Worksheet 1: Finding Your Hero's Shadow (and Your Villain)

1 TRAITS/QUALITIES or VALUES that make your HERO a Hero	2 OPPOSITE of the TRAIT/QUALITY or VALUE in 1 (what does your hero hate most?)	3 BEHAVIOR THAT DEMONSTRATES the opposite quality in 2	TRAITS or QUALITIES that make your VILLAIN a villain	(optional) Qualities your hero's shadow (Opposites column) and your Villain have in common

Helpful resources: Sandy Tritt's Personality Components chart (scroll about halfway down the page) at http://users.wirefire.com/tritt/tip8.html

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Full text of article to accompany worksheets at http://www.archetypewriting.com/ resources_fiction_articles_archetypes2_shadow.htm

Worksheet 2: How Heroes Fall When Villains Push

What is most important to your HERO? (ex: marriage/home, integrity, justice)	OPPOSITE QUALITIES embodied by your VILLAIN (ex infidelity, willingness to betray, inequality, unlawfulness)	Is there any way to take what's most important to your hero away? How?	If your villain can't take it, in what way can your villain manipulate or force your hero to express the OPPOSITE quality or value so s/he becomes *more like* the VILLAIN?

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