

Story XLI / Ep. 44  
**FRAGMENTS OF SELF**

→ CARL JUNG ARCHETYPES  
 → PMAI  
 PERSON MARR  
 ARCHETYPE  
 INDICATOR

**THEMES THAT SHAPE OUR THOUGHTS, EMOTIONS & BEHAVIORS**

**THE 4 MAIN ARCHETYPES**

**SELF**: REPRESENTS THE UNIFIED CENTER OF THE PSYCHE  
 AIMS FOR WHOLENESS + INTEGRATION OF ALL ASPECTS OF THE PERSONALITY  
 GUIDES THE PROCESS OF INDIVIDUATION  
 PERSONAL GROWTH / SELF-REALIZATION

**PERSONA**: (GRAVED) MASK (PRESENTED) TO THE WORLD OUTSIDE  
 ROLES PLAYED + SOCIETAL EXPECTATIONS FULFILLED  
 VITAL FUNCTION NAVIGATING SOCIAL INTERACTIONS  
 CAN HIDE TRULIENESS OF SELF, LEADING TO FEELINGS OF DISCONNECTION INAUTHENTICITY

**SHADOW**: HIDDEN OR UNCONSCIOUS ASPECTS DARKEST FEARS, DEEPEST DESIRES REPRESSED OR DENIED QUALITIES OF PERSONALITY

**ANIMA/ANIMUS**: THE FEMININE ASPECT OF THE MALE PSYCHE / THE MASCULINE ASPECT OF THE FEMALE PSYCHE  
 REPRESENTS THE UNCONSCIOUS OPPOSITE GENDER QUALITIES WITHIN INDIVIDUALS.

**THE 12 JUNGIAN ARCHETYPES**

① **THE INNOCENT** purity, optimism, desires to be happy + free  
 Strategy: doing things right, embracing faith + optimism

② **THE ORPHAN** desires connection + belonging  
 fearing being left out or standing out  
 Strategy: developing ordinary virtues; being down to earth  
 empathizing with others

③ **THE HERO** prove worth through courageous acts  
 fearing weakness + vulnerability  
 Strategy: to be strong, competent, may struggle with arrogance

④ **THE CAREGIVER** motivated by desire to protect + care for others  
 fearing selfishness + ingratitude  
 Strategy: doing things for others, may fall into martyrdom + exploitation

⑤ **THE EXPLORER** craves freedom + authenticity  
 fearing getting trapped or inner emptiness  
 Strategy: includes journeying, seeking new experiences + maintaining autonomy

⑥ **THE REBEL** yearns for revolution or change  
 fearing powerlessness or ineffectuality  
 Strategy: involves disruption or shocking  
 may risk crossing into crime

⑦ **THE LOVER** seeks intimacy + connection  
 fears loneliness or rejection  
 Strategy: become more attractive (physically/emotionally)  
 may lose identity

⑧ **THE CREATOR** strives to create enduring value  
 fearing mediocrity  
 Strategy: developing artistic skill despite struggles  
 with perfectionism

⑨ **THE JESTER** embraces joy + humor  
 fears boredom or boring others  
 Strategy: playing, balancing, making jokes, may struggle with frivolity

⑩ **THE SAGE** driven by a quest for truth  
 fearing being misled / ignorant  
 Strategy: seeking knowledge + understanding  
 may struggle with inaction

⑪ **THE MAGICIAN** aims to make dreams come true  
 fearing unintended negative consequences  
 Strategy: developing a vision, finding win-win solutions  
 may become manipulative

⑫ **THE RULER** desires control + prosperity  
 fearing chaos or being overthrown  
 Strategy: involves exercising power + leadership  
 may struggle with authoritarianism

**EXERCISE "GETTING TO KNOW YOUR ARCHETYPES"**

- just intuitively, to which of the 12 archetypes do you feel a strong connection?
- journal about the strategies you used/followed and about the struggles of the shadow side of these archetypes that you checked/knew within yourself
- now, identify your very personal archetypes, eg your head, your heart, your coping strategies (binge-eating/watching...), your inner critic
- during the following week start interacting with one and build a trusting relationship, observe changes