

WRITING FUNDAMENTAL SERIES

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**The
Character
Archetype
Analysis
Worksheet**

by

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About the Author

Heena Rathore-Pardeshi is an award-winning novelist, developmental editor, and creative writing mentor with over a decade of experience helping writers shape powerful stories.

She has taught hundreds of writers through her courses, workshops, and editing programs, and has

worked with bestselling authors, debut novelists, and publishing houses across India and abroad. She has also worked with multiple American and British production houses for turning books into scripts.

Her own works, including the acclaimed psychological thriller *Deceived*, gothic Indian-folklore horror *The Manor* and her upcoming book *The Art of Storytelling*, are known for their depth, atmosphere, and intricate psychological layering.

A passionate reader (she reads over 100 books a year), Heena brings to her teaching a rare blend of literary insight, structural precision, and emotional intelligence. Through her YouTube channel and Verbatik Media, she continues to build spaces for writers to learn, create, and grow.



Introduction

Every story is built not merely on plot, but on people; living, breathing mirrors of our deepest desires and fears. Beneath every unforgettable character lies an archetype, a timeless shape of truth that has existed across myth, history, and literature.

Archetypes aren't boxes to limit your imagination; they're foundations that help you understand why certain characters resonate so deeply. They represent energy (or a vibe) the Hero who dares, the Shadow who tempts, the Mentor who guides, the Trickster who disrupts, and the Ally who grounds.

In this worksheet, you'll map out these five essential archetypes within your story and explore how they interact. Once you see the invisible architecture between them, you'll begin to understand not only who your characters are, but what they mean.

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SECTION 1

CHARACTER ARCHETYPE

“Archetypes are not clichés; they are the moulds of our species’ identity.”

Every story lives through its people, and every memorable character carries an archetype, an ancient role in the eternal human play.

These roles, Hero, Shadow, Mentor, Trickster, and Ally, are not stereotypes. They are energies that shape how stories feel and why readers remember them.

This worksheet helps you:

- Identify your main archetypes.
- Understand how they interact.
- Deepen your characters beyond surface traits.

When you understand your character’s archetype, you’re not confining them; you’re giving them roots. Archetypes provide the emotional foundation from which individuality grows. Every layered, unpredictable character begins with an ancient truth, a pattern of being that you, as the writer, will later twist, test, and transform.

SECTION 2

THE HERO: THE ONE WHO CHANGES

“The Hero’s journey is not about triumph; it’s about transformation.”

The Hero carries the reader through the story’s emotional arc. They seek something, truth, peace, and/or belonging, and the journey changes them forever.

Answer these:

1. What does your Hero truly want (not just superficially)?

2. What fear or flaw stops them from getting it?

3. What choice defines their transformation?

4. How do they mirror or oppose the Shadow?

Examples:

- **Leela (The Manor):** The Reluctant Hero: battles ancestral horror to reclaim agency.
- **Allison (Deceived):** The Survivor Hero: redefines strength through awareness.
- **Frodo, Katniss, & Amir:** Transformation through endurance, not victory.

Tip: Your Hero doesn't need to "win." They just need to evolve.

SECTION 3

THE SHADOW

“The Shadow is not the villain; it’s the truth your Hero refuses to face.”

They personify the protagonist’s repressed desires, fears, or moral decay. They exist to challenge, not merely to destroy.

Answer these:

1. What does your Shadow want, and why does it feel justified?

2. How is your Shadow similar to your Hero?

3. What truth does your Hero see through them?

Examples:

- **The Manor:** The Widow is the maternal silence and inherited guilt.
 - **Deceived:** Danny is love twisted into control.
 - **Voldemort, Cersei, Gollum are** all mirrors of desire gone wrong.
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SECTION 4

THE MENTOR

“The Mentor doesn’t provide answers; they prepare the Hero to find them.”

They embody wisdom, morality, or faith, but they’re not infallible.

Good Mentors pass on lessons that the Hero must outgrow.

Answer these:

1. What lesson or truth does your Mentor represent?

2. What flaw or limit makes them human?

3. Does their guidance stay or die with them?

Examples:

- **The Manor:** Amma (false mentor) is bound by obedience; her silence becomes her teaching.
- **Deceived:** Steve (the journalist cousin) is the voice of reason and awareness, grounding Allison in truth.
- **Rahim Khan, Gandalf, Dumbledore** share wisdom that outlives presence.

Tip: A Mentor's true success is their own irrelevance, when the Hero no longer needs them.

SECTION 5

THE TRICKSTER

“The Trickster doesn’t break the rules; they reveal that the rules were illusions.”

They destabilise order, provoke truth, and force evolution; sometimes through chaos, sometimes through wit.

Answer these:

1. Who (or what) disrupts your Hero’s journey in unexpected ways?

2. What truth do they expose through irony or deception?

3. How does the Hero change because of their chaos?

Examples:

- **The Manor:** The House itself; warping time and reality to confront buried truth.
 - **Deceived:** Danny's deceptive charm; illusion as catalyst.
 - **Tyrion Lannister, Fred & George Weasley:** chaos as revelation.
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SECTION 6

THE ALLY

“When all else falls apart, the Ally reminds the Hero who they are.”

They represent loyalty, compassion, or moral balance. They don't always survive, but their presence humanises the journey

Answer these:

1. Who grounds your protagonist emotionally?

2. What value does the Ally represent (love, loyalty, sanity, kindness)?

3. What happens if they're lost, physically or emotionally?

Examples:

- **The Manor:** Purab; innocence and reason, the voice of sanity.
- **Deceived:** Sam; empathy, trust, the thread of normalcy.
- **Samwise, Hassan, Ron:** love as endurance.

Tip: Allies are the story's quiet heroes; their losses carry the deepest weight.

SECTION 7

INTERACTION MATRIX + REFLECTION

“Stories reveal themselves through relationships; how archetypes collide defines how your story feels.”

A. Archetype Interaction Grid

Relationship	Type of Tension	Example
Hero ↔ Shadow	Moral mirror, temptation	Leela & The Widow; Allison & Danny
Hero ↔ Mentor	Guidance vs independence	Leela & Amma; Frodo & Gandalf
Hero ↔ Ally	Faith vs fear	Amir & Hassan; Harry & Ron
Hero ↔ Trickster	Order vs disruption	Jon Snow & Tyrion; Allison & Michael
Mentor ↔ Shadow	Wisdom vs corruption	Amma & The Widow (spiritual vs ritual)

B. Reflection Prompts

1. Which archetype is missing or underdeveloped in your current story?

2. Which relationship defines your emotional core?

3. How do these archetypes reflect your theme?



THANK YOU!