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| **12 Hero Archetypes** | | **Examples** |
| **Hero Archetype** | **Definition** |  |
| TheInnocent | * The Innocent, fearing abandonment, seeks safety. * Their greatest strength is the trust and optimism that endears them to others * Their main danger is that they may be blind to their obvious weaknesses. They can also become dependent on others to fulfil their heroic tasks. |  |
| The Orphan | * Fearing exploitation, seeks to regain safety in the arms of loving parents. To fulfill their quest they must go through the agonies of the [developmental stages](http://changingminds.org/explanations/learning/learning_stage_theory.htm) they have missed. * Their strength is the interdependence and pragmatic realism that they had to learn at an early age. * A hazard is that they will fall into the victim mentality and so never achieve a heroic position. |  |
| The Warrior | * The Warrior is relatively simple in their thought patterns, seeking simply to win whatever confronts them * Their challenge is to bring meaning to what they do, perhaps choosing their battles wisely, which they do using courage and the warrior's discipline. |  |
| The Caregiver | * Caregivers first seek to help others, which they do with compassion and generosity. A risk they may end up being harmed themselves. * They dislike selfishness |  |
| The Seeker | * Seekers are looking for something that will improve their life in some way, but in doing so may not realize that they have much already inside themselves. * They embrace learning and are ambitious in their quest and often avoid the encumbrance of support from others. Needing to 'do it themselves', they keep moving until they find their goal |  |
| The Lover | * The Lover seeks the bliss of true love. They often show the passion that they seek in a relationship in their energy and commitment to gaining the reciprocal love of another. * They fear both being alone and losing the love that they have gained |  |
| The Destroyer | * The Destroyer is a paradoxical character whose destructiveness reflects the [death drive](http://changingminds.org/disciplines/psychoanalysis/concepts/life_death_drives.htm) and an inner fear of annihilation. As a fighter, they are thus careless of their own safety and may put others in danger too. * Their quest is to change, to let go of their anger or whatever force drives them and return to balance, finding the [life drive](http://changingminds.org/disciplines/psychoanalysis/concepts/life_death_drives.htm) that will sustain them. Living on the cusp of life and death, they are often surprisingly humble. |  |
| The Creator | * Creators, fearing that all is an illusion, seek to prove reality outside of their minds. * A critical part of their quest is in finding and accepting themselves, discovering their true [identity](http://changingminds.org/explanations/identity/identity.htm) in relation to the external world. |  |
| The Ruler | * Quest to create order and structure and hence an effective society in which the subjects of the Ruler can live productive and relatively happy lives. * They must thus be wholly responsible -- for which they need ultimate authority. |  |
| The Magician | * The Magician's quest is not to 'do magic' but to transform or change something or someone in some way. * The Magician has significant power and as such may be feared. They may also fear themselves and their potential to do harm. * Perhaps their ultimate goal is to transform themselves, achieving a higher plane of existence. |  |
| The Sage | * A seeker after truth and enlightenment and journeys far in search of knowledge. * Their deep fear is that their hard-won wisdom is built on the sand of falsehood. Their best hope is that they play from a position of objective honesty and learn to see with a clarity that knows truth and untruth. |  |
| The Fool | * The goal of the Fool is just to enjoy life as it is, with all its paradoxes and dilemmas. * What causes most dread in the Fool is a lack of stimulation and being 'not alive'. They must seek to 'be', perhaps as the Sage, but may not understand this. |  |