WORKSHEET:
What Type of Person Are You?
By Caroline Myss

The best gift you can give yourself is knowing yourself. One way to do that is by identifying your archetype—the type of person you are. Knowing your archetypal patterns is the beginning of understanding why you are the way you are. This knowledge is, in other words, the entry into who you really are at the depth and core of your soul. Use this exercise to find out who you are.

Directions: Under each of the archetypes are statements that are typical of that archetypal pattern. If you relate to most of those statements, check off that archetype as one that could possibly be among your own personal patterns. Take your time with this exercise and have fun.

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THE ARTIST ARCHETYPE
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☐ I see the world as a creative palette for my ideas.

☐ I enjoy bringing beauty into the lives of my friends.

☐ Artistic expression is a primary language of mine. (Artistic expression includes painting, sculpting, poetry, culinary arts, home design, home arts and crafts, the way you dress, etc.)

☐ Friends see me as artistic.

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THE ENTREPRENEUR ARCHETYPE
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☐ I naturally think in terms of how to make a project translate into something financially productive.

☐ I take calculated risks.

☐ I can see the long-term potential in an idea.

☐ Failure does not scare me.

☐ I am not intimidated by wealth.

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THE NETWORKER ARCHETYPE
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☐ I am a natural at connecting with people.

☐ I am skilled at forging alliances between people who should meet each other.

☐ I tend to organize or attend large events in order to expand my own network.

☐ I am gifted at seeing the potential in other people and helping them develop that potential.

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THE HEALER ARCHETYPE
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☐ I have a passion to assist people on their journey to recover their health.

☐ Other people’s suffering does not scare me.

☐ I discovered my gift for healing through having to heal myself.

☐ I believe that we can influence our own healing through our inner resources.

☐ My personal intuition becomes highly active when I serve others in the healing capacity.
THE RESCUER ARCHETYPE

- I tend to offer my assistance to people in crisis.
- I sometimes offer my assistance before thinking about the consequences of my commitment.
- I have developed codependent relationships with others as a result of my rescuing tendencies.
- I have told myself that I must learn when and when not to help out.
- When I rescue another person for all the right reasons, I feel totally empowered.

THE ADDICT ARCHETYPE

- I have a history of struggling with food, drugs, alcohol, gambling, shopping or some other behavior in the extreme.
- I have gone through treatment because of my addiction.
- I have denied that I am an addict.
- I have ordered my life around my addiction, often keeping it a secret from friends and family.
- My addiction has diminished the quality of my life.
- Confronting my addiction was the most empowering choice I ever made (or need to make).

THE HERMIT ARCHETYPE

- I need time alone each day for personal reflection and to nurture my creativity.
- My hermitage is my sanctuary.
- I do not consider my time alone as “running away” but as essential to feeding my soul.
- Silence is comforting to me.

THE QUEEN ARCHETYPE

- I think of myself as a benevolent individual.
- I feel obligated to protect and care for the people I am responsible for.
- People see me as representing feminine power and authority.
- I admit to loving luxury and bling.
- I will go to war to defend my throne.
- I have a love of power that can cause me to get into nasty power plays.

THE BFF ARCHETYPE

- I am loyal and unselfish when it comes to my BFF.
- I feel lost without a BFF; an ordinary friend will not do.
- I provide my BFF with a quality of support and confidence that is high-end, and I expect the same in return, as that is the nature of the BFF bond.
- I expect to be recognized as a BFF and give the same recognition in return.
- I admit to sometimes feeling jealous and possessive of my BFF.

THE LOVER ARCHETYPE

- Being seen as sexually attractive is important to me.
- My life is incomplete without a lover.
- I see myself as an attractive lover for someone.
- Romance is central to my life.
- I indulge in romance novels and movies and often have fantasies of my ideal lover.
- I am frequently disappointed by my romances because they do not live up to my fantasies.