The Caregiver · The Archetypes Within

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YOUR CARD AND REFLECTION PROMPT

THE CAREGIVER
Care that includes you

USEFUL QUALITIES
Offering warmth, attentiveness and practical support.

POSSIBLE SHADOW PATTERN
Overgiving, taking over or tying your worth to being needed.

A FAMILIAR MOMENT
You rearrange your evening to help someone before checking whether you have enough energy.

A PERSPECTIVE TO CONSIDER
Care can be freely offered and deeply meaningful. It may become restrictive when saying no feels like a personal failure, or when helping leaves no space for another person to act for themselves.

WHAT MAY NEED MORE ROOM
Your own preferences, anger, tiredness and wish to receive care may deserve attention.

FINDING A BALANCE
Separate what you can offer from what another person needs to decide or do.

REFLECTION QUESTIONS
1. What do I enjoy giving?
2. What am I giving from obligation or fear?
3. What support would I welcome for myself?

ONE SMALL EXPERIMENT
Before one request, say: “Let me check and come back to you.” Use the pause to consider your capacity.

A PHRASE TO KEEP
My needs belong in the circle of care.

CONNECTING THIS WITH EVERYDAY LIFE
If saying yes comes quickly and your own needs come last, useful next topics might include learning to say no, assertive communication and self-esteem. You could explore how to make a clear request, set a kind boundary or receive help without treating it as something you must earn.

EXPLORE FURTHER
For practical worksheets, free downloads and resources, visit https://selfimprovecoach.com/ and choose a topic that feels useful. No need to work through everything.

This collection uses the twelve-archetype framework developed by Carol S. Pearson, building on Jungian ideas. Names follow Pearson’s current terminology; earlier names include Innocent (Idealist), Orphan (Realist) and Destroyer (Revolutionary).
https://carolspearson.com/about/the-pearson-12-archetype-system-human-development-and-evolution
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