The Idealist · The Archetypes Within

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YOUR CARD AND REFLECTION PROMPT

THE IDEALIST
Hope with open eyes

USEFUL QUALITIES
Noticing possibility, trusting kindness and keeping hope alive.

POSSIBLE SHADOW PATTERN
Looking away from difficulties to preserve a reassuring picture.

A FAMILIAR MOMENT
You reassure a friend that everything will work out, then notice they also need you to hear how difficult things are.

A PERSPECTIVE TO CONSIDER
Hope can make a hard day more bearable. It becomes more useful when it leaves room for disappointment, evidence and practical support. You can believe improvement is possible without promising a particular outcome.

WHAT MAY NEED MORE ROOM
Discernment and an honest expression of disappointment may need room alongside optimism.

FINDING A BALANCE
Pair one hopeful possibility with one fact you need to acknowledge. Neither has to cancel the other.

REFLECTION QUESTIONS
1. What helps me keep a sense of possibility?
2. What am I finding difficult to acknowledge?
3. What would realistic hope look like in this situation?

ONE SMALL EXPERIMENT
Name one thing that is difficult and one helpful action still available to you.

A PHRASE TO KEEP
Hope can leave room for the whole picture.

CONNECTING THIS WITH EVERYDAY LIFE
This reflection may connect with everyday worry, disappointment or pressure to stay positive. You might want to explore how to acknowledge a difficult feeling, check an assumption and build confidence in your ability to cope without needing a guaranteed outcome.

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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