The Realist · The Archetypes Within

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YOUR CARD AND REFLECTION PROMPT

THE REALIST
Belonging in an imperfect world

USEFUL QUALITIES
Recognising limits, valuing solidarity and meeting life as it is.

POSSIBLE SHADOW PATTERN
Expecting disappointment so strongly that support or possibility gets dismissed.

A FAMILIAR MOMENT
A colleague offers to help. You assume they will let you down, although you have not yet asked what they can realistically offer.

A PERSPECTIVE TO CONSIDER
Experience can teach us to notice gaps between promises and actions. That discernment matters. It can also be worth checking whether an expectation belongs to this situation or to an earlier one.

WHAT MAY NEED MORE ROOM
The wish to trust, receive help or feel hopeful can be easy to hide behind self-sufficiency.

FINDING A BALANCE
Make support specific and bounded. Trust can develop through small observations rather than an all-or-nothing decision.

REFLECTION QUESTIONS
1. Where do I feel a sense of ordinary belonging?
2. Which expectation is based on what is happening now?
3. What would make accepting help feel workable?

ONE SMALL EXPERIMENT
If appropriate, accept one small offer of help and notice what actually happens.

A PHRASE TO KEEP
I can be realistic and still leave room for support.

CONNECTING THIS WITH EVERYDAY LIFE
If expecting disappointment has become a familiar protection, you may be interested in self-esteem, trust and accepting support. Exploring thoughts about your own worth or other people’s intentions can help you consider what belongs to this situation and what you are anticipating.

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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