The Revolutionary · The Archetypes Within

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YOUR CARD AND REFLECTION PROMPT

THE REVOLUTIONARY
Change with something to build

USEFUL QUALITIES
Questioning unhelpful rules and making space for necessary change.

POSSIBLE SHADOW PATTERN
Rejecting everything at once, or making disruption an end in itself.

A FAMILIAR MOMENT
A familiar expectation no longer fits. You feel tempted to abandon the whole arrangement before considering the parts you still value.

A PERSPECTIVE TO CONSIDER
Questioning a pattern can reveal choices that once seemed unavailable. Change becomes more workable when you distinguish what needs to end, what deserves to remain and what support a transition requires.

WHAT MAY NEED MORE ROOM
Patience, grief and care for what has mattered can accompany a wish for change.

FINDING A BALANCE
Make the change specific. Consider consequences, resources and a proportionate first step.

REFLECTION QUESTIONS
1. Which rule or arrangement am I questioning?
2. What is worth preserving?
3. What would I like to build instead?

ONE SMALL EXPERIMENT
Rewrite one unhelpful “I must” as a choice. Try a small, reversible change where it is safe and appropriate.

A PHRASE TO KEEP
I can question a rule and choose my response.

CONNECTING THIS WITH EVERYDAY LIFE
Questioning an old rule can bring up guilt, frustration or uncertainty about change. Useful areas to explore may include personal values, learning to say no and communicating a different choice clearly. Small, considered changes can be a place to practise before making larger decisions.

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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