

### Heroic Myth Index

Indicate how often you would agree with each statement as descriptive of yourself by writing in the blank beside the statement number:

- 1 = Almost never descriptive of me
- 2 = Rarely descriptive of me
- 3 = Sometimes descriptive of me
- 4 = Usually descriptive of me
- 5 = Almost always descriptive of me

Work as quickly as is comfortable; your first reaction is often the best indicator. Please do not skip any items, since doing so might invalidate your results.

	1. I collect information without making judgments.
	2. I feel disoriented by so much change in my life.
	3. The process of my own self-healing enables me to help heal others.
	4. I have let others down.
	5. I feel safe.
	6. I put fear aside and do what needs to be done.
	7. I put the needs of others before my own.
	8. I try to be authentic wherever I am.
	9. When life gets dull, I like to shake things up.
	10. I find satisfaction caring for others.
	11. Others see me as fun.
	12. I feel attractive.
	13. I believe that people don't really mean to hurt each other.
	14. As a child, I was neglected or victimized.
	15. Giving makes me happier than receiving.
	16. I agree with the statement: "It is better to have loved and lost than never to have loved at all."
	17. I embrace life fully.
	18. I keep a sense of perspective by taking a long-range view.
	19. I am in the process of creating my own life.
	20. I believe there are many good ways to look at the same thing.
	21. I am no longer the person I thought I was.
	22. Life is one heartache after another.
	23. Spiritual help accounts for my effectiveness.
	24. I find it easier to do for others than to do for myself.
	25. I find fulfillment through relationships.
	26. People look to me for direction.
	27. I fear those in authority.
	28. I don't take rules too seriously.
	29. I like to help people connect with one another.
	30. I feel abandoned.
	31. I have times of high accomplishment that feel effortless to me.
	32. I have leadership qualities.
	33. I am searching for ways to improve myself.
	34. I can count on others to take care of me.
	35. I prefer to be in charge.
	36. I try to find truths behind illusions.
	37. Changing my inner thoughts changes my outer life.

	38. I develop resources—human or natural.
	39. I am willing to take personal risks in order to defend my beliefs.
	40. I can't sit back and let a wrong go by without challenging it.
	41. I strive for objectivity.
	42. My presence is often a catalyst for change.
	43. I enjoy making people laugh.
	44. I use discipline to achieve goals.
	45. I feel loving toward people in general.
	46. I am good at matching people's abilities with tasks to be done.
	47. It is essential for me to maintain my independence.
	48. I believe everyone and everything in the world are interconnected.
	49. The world is a safe place.
	50. People I've trusted have abandoned me.
	51. I feel restless.
	52. I am letting go of things that do not fit for me anymore.
	53. I like to "lighten up" people who are too serious.
	54. A little chaos is good for the soul.
	55. Sacrificing to help others has made me a better person.
	56. I am calm.
	57. I stand up to offensive people.
	58. I like to transform situations.
	59. The key to success in all aspects of life is discipline.
	60. Inspiration comes easily to me.
	61. I do not live up to my expectations for myself.
	62. I have a sense that a better world awaits me somewhere.
	63. I assume that people I meet are trustworthy.
	64. I am experimenting with turning my dreams into realities.
	65. I know my needs will be provided for.
	66. I feel like breaking something.
	67. I try to manage situations with the good of all in mind.
	68. I have a hard time saying no.
	69. I have a lot more great ideas than I have time to act on them.
	70. I am looking for greener pastures.
	71. Important people in my life have let me down.
	72. The act of looking for something is as important to me as finding it.

## Heroic Myth Index Scoring Directions

- Under the name of each archetype are six blanks with numbers corresponding to the questions on the HMI. Transfer your responses (1-5) to the columns below. For example, if your response to statement 5 was 3 (“Sometimes”), put a 3 in the blank next to 5, the first number in the column under “Innocent.”
- When you have put a number in each blank, add up the columns. Your total score for each archetype will be between 6 and 30.
- When you have completed scoring, you will be able to see which archetypes are most representative.

### **Innocent**

5 \_\_\_\_\_  
 13 \_\_\_\_\_  
 34 \_\_\_\_\_  
 49 \_\_\_\_\_  
 63 \_\_\_\_\_  
 65 \_\_\_\_\_  
 Total

### **Orphan**

14 \_\_\_\_\_  
 22 \_\_\_\_\_  
 27 \_\_\_\_\_  
 30 \_\_\_\_\_  
 50 \_\_\_\_\_  
 71 \_\_\_\_\_  
 Total

### **Warrior**

6 \_\_\_\_\_  
 39 \_\_\_\_\_  
 40 \_\_\_\_\_  
 44 \_\_\_\_\_  
 57 \_\_\_\_\_  
 59 \_\_\_\_\_  
 Total

### **Altruist**

7 \_\_\_\_\_  
 10 \_\_\_\_\_  
 15 \_\_\_\_\_  
 24 \_\_\_\_\_  
 55 \_\_\_\_\_  
 68 \_\_\_\_\_  
 Total

### **Seeker**

33 \_\_\_\_\_  
 47 \_\_\_\_\_  
 51 \_\_\_\_\_  
 62 \_\_\_\_\_  
 70 \_\_\_\_\_  
 72 \_\_\_\_\_  
 Total

### **Lover**

12 \_\_\_\_\_  
 16 \_\_\_\_\_  
 17 \_\_\_\_\_  
 25 \_\_\_\_\_  
 29 \_\_\_\_\_  
 45 \_\_\_\_\_  
 Total

### **Destroyer**

2 \_\_\_\_\_  
 4 \_\_\_\_\_  
 21 \_\_\_\_\_  
 52 \_\_\_\_\_  
 61 \_\_\_\_\_  
 66 \_\_\_\_\_  
 Total

### **Creator**

8 \_\_\_\_\_  
 19 \_\_\_\_\_  
 31 \_\_\_\_\_  
 60 \_\_\_\_\_  
 64 \_\_\_\_\_  
 69 \_\_\_\_\_  
 Total

### **Ruler**

26 \_\_\_\_\_  
 32 \_\_\_\_\_  
 35 \_\_\_\_\_  
 38 \_\_\_\_\_  
 46 \_\_\_\_\_  
 67 \_\_\_\_\_  
 Total

### **Magician**

3 \_\_\_\_\_  
 23 \_\_\_\_\_  
 37 \_\_\_\_\_  
 42 \_\_\_\_\_  
 48 \_\_\_\_\_  
 58 \_\_\_\_\_  
 Total

### **Sage**

1 \_\_\_\_\_  
 18 \_\_\_\_\_  
 20 \_\_\_\_\_  
 36 \_\_\_\_\_  
 41 \_\_\_\_\_  
 56 \_\_\_\_\_  
 Total

### **Jester**

9 \_\_\_\_\_  
 11 \_\_\_\_\_  
 28 \_\_\_\_\_  
 43 \_\_\_\_\_  
 53 \_\_\_\_\_  
 54 \_\_\_\_\_  
 Total

#### **Remember:**

- No archetype is any “better” or “worse” than any other; each has its own characteristics, gifts, lessons, etc., and each can be represented by a “good” or a “bad” character.
- For us (the living not the literature), archetypes are not fixed constructions. As we change, so too do our present archetypes. They serve as a guide to where we are now, not where we will always be.