Name:

## 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.

<ol> <li>I collect information without making judgments.</li> <li>I feel disoriented by so much change in my life.</li> <li>The process of my own self-healing enables me to help heal others.</li> <li>I have let others down.</li> <li>I feel safe.</li> <li>I put fear aside and do what needs to be done.</li> <li>I put the needs of others before my own.</li> <li>I try to be authentic wherever I am.</li> <li>When life gets dull, I like to shake things up.</li> <li>I find satisfaction caring for others.</li> <li>Others see me as fun.</li> <li>I feel attractive.</li> <li>I believe that people don't really mean to hurt each other.</li> <li>Giving makes me happier than receiving.</li> <li>I agree with the statement: "It is better to have loved and lost than never to have loved at all."</li> <li>I min the process of creating my own life.</li> <li>I believe there are many good ways to look at th same thing.</li> <li>I am no longer the person I thought I was.</li> <li>I find it easier to do for others than to do for myself.</li> <li>I find fulfillment through relationships.</li> <li>I four fulfillment through relationships.</li> <li>I find turke rules too seriously.</li> <li>I have times of high accomplishment that feel effortless to me.</li> <li>I have times of high accomplishment that feel effortless to me.</li> <li>I have leadership qualities.</li> <li>I have leadership qualities.</li> </ol>				
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34. I can count on others to take care of me.	32. I hav	e leadership quali	ies.	
	33. I am	searching for way	s to improve myself.	
	34. I can	count on others to	o take care of me.	
35. I prefer to be in charge.	35. I pref	er to be in charge		
36. I try to find truths behind illusions.	36. I try	o find truths behi	nd illusions.	
37. Changing my inner thoughts changes my outer life.		jing my inner tho	ughts changes my oute	۶r

38. I develop resources—human or natural.
<ol> <li>I am willing to take personal risks in order to defend my beliefs.</li> </ol>
<ol> <li>I can't sit back and let a wrong go by without challenging it.</li> </ol>
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	Orphan	Warrior	Altruist
5	14	6	7
13	22	39	10
34	27	40	15
49	30	44	24
63	50	57	55
65	71	59	68
Total	Total	Total	Total

Seeker	Lover	Destroyer	Creator
33	12	2	8
47	16	4	19
51	17	21	31
62	25	52	60
70	29	61	64
72	45	66	69
Total	Total	Total	Total

Ruler	Magician	Sage	Jester
26	3	1	9
32	23	18	11
35	37	20	28
38	42	36	43
46	48	41	53
67	58	56	54
Total	Total	Total	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.