

Archetype Index

The Heroic Myth Index (HMI) is designed to help people better understand themselves and others by identifying the different archetypes active in their lives. Individuals taking the inventory receive a numerical score indicating their degree of identification with the twelve archetypes described in this handout. All twelve archetypes are valuable, and each brings with it a special gift. Each has an important contribution to make in our lives. None is better or worse. Hence, there are no right or wrong answers.

Heroic Myth Index

Name (optional): _____ Date: _____

Age: _____ Occupation: _____ Gender _____

Race: _____

Directions

- A. Please indicate how often you agree with each statement as descriptive of you 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

- B. Working as quickly as is comfortable; your first reaction is often the best indicator.

- C. Please do not skip any items, since doing so might invalidate your results. If you're unsure, just make your best determination and go on.

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- _____ 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 sexy.
- _____ 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 towards 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.

Scoring Directions

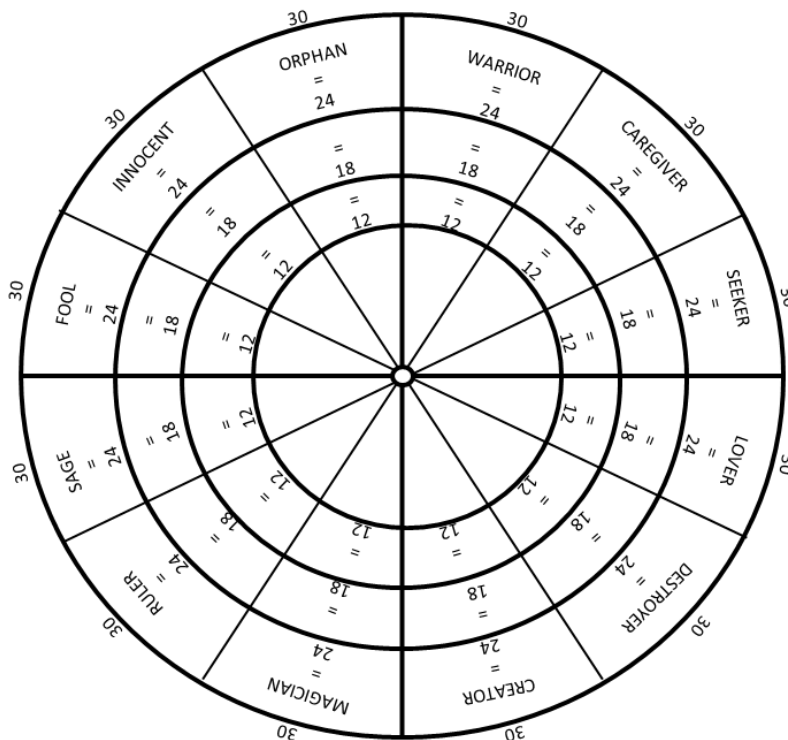
Under the name of each archetype are six blanks with numbers corresponding to the questions on the HMI. Transfer your responses (1-5) to the columns below. For example, if your answer to question 5 was 4 (“Usually”), put a 4 in the blank next to 5, the first number in the column under “Innocent”. When you have put a number in each blank, then add up the columns. Your total score for each archetype will be between 6 and 30. When you have completed scoring the instrument, you may wish to graph your scores on the pie chart to get a visual representation of your particular score pattern.

Innocent	Orphan	Warrior	Caregiver	Seeker	Lover
5 _____	14 _____	6 _____	7 _____	33 _____	12 _____
13 _____	22 _____	39 _____	10 _____	47 _____	16 _____
34 _____	27 _____	40 _____	15 _____	51 _____	17 _____
19 _____	30 _____	44 _____	24 _____	62 _____	25 _____
63 _____	50 _____	57 _____	55 _____	70 _____	29 _____
65 _____	71 _____	59 _____	68 _____	72 _____	45 _____
Total _____	_____	_____	_____	_____	_____

Destroyer	Creator	Magician	Ruler	Sage	Fool
2 _____	8 _____	3 _____	26 _____	1 _____	9 _____
4 _____	19 _____	23 _____	32 _____	18 _____	11 _____
21 _____	31 _____	37 _____	35 _____	20 _____	28 _____
52 _____	60 _____	42 _____	38 _____	36 _____	43 _____
61 _____	64 _____	48 _____	46 _____	41 _____	53 _____
66 _____	69 _____	58 _____	67 _____	56 _____	54 _____
Total _____	_____	_____	_____	_____	_____

Archetype wheel

Mark on each axis your degree of identification with that archetype. Then shade in toward the center of the circle.



Understanding Your HMI Results

Remember that no archetype is any “better” or “worse” than any other, each has its own characteristics, gift, and lesson. Notice your highest scores. These indicate archetypes that, based on your HMI scores, would be expected to be very active in your life. Then notice your lowest score or scores (especially those under fifteen). These are archetypes that you are currently choosing to repress or ignore. If the score moves toward the fifteen-and-under range, you may have an aversion to the archetype either because (1) you have overdone it in the past and have developed the equivalent of an “allergy” or (2) you do not approve of it and hence do not allow yourself to express (or notice its expression) in your life.

If the former is the case, you may want to stay away from that archetype; if the latter, the archetype or archetypes that you have not allowed expression may represent alter ego or shadow qualities in you that others may be more aware of than you yourself. Reclaiming these disowned parts of yourself gives you more choices for responding to situations and makes it less likely that you will be blindsided by inadvertent expressions of the less positive attributes of the archetype. If you allow full expression of the archetype, it’s likely that its expression will be in a more positive form and that it will provide increased energy and variety in your life.

No test knows more about you than you do. If you think the archetype is either more or less active in your life than your score on the instrument indicates, adjust the score accordingly.