

Heroic Myth Index Test

NAME: _____ DATE: _____

AGE: _____ GRADE: _____ CLASS PERIOD: _____ GENDER: M F

*The following Heroic Myth Index (HMI) was originally based on the theories Carol S. Pearson published in *The Hero Within*. It is designed to help people understand and identify the different--and sometimes contradictory--myths that shape their lives. On the HMI, Pearson names each myth for its central character and that character's way of interpreting events and acting in the world. She points out, "All twelve archetypes included in the HMI are valuable, and each brings with it a special gift. None is better or worse. Therefore there aren't right or wrong, better or worse answers." Online Version of this test available at <http://avidtran.tripod.com/archetype.html>*

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. Work 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.

- ____ 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 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 experiencing 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.

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