



EXPLORE  
**Archetypes  
In Your Life**

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**What archetypal pattern is like my present behavior and fantasy?  
Who am I like when I do and feel this way?**



**Hillman, Re-Visioning Psychology.**

### **Explore**

Archetypes are patterns of experience that shape and structure our human experience. There are many, many such forms. There is no set number or complete list.

At different times in your life, one or another will take on greater importance, or “show up” more frequently in your experience. Different roles you find yourself playing will take on various archetypal qualities. James Hillman uses the idea of “seeing through” archetypes: they frame the way we understand the events of our lives. Maybe you have “seen through” the perspective of Mother--or Teacher --or Warrior --or Poet... These are a few. You can probably think of many more yourself. Use this space to jot down those you think of:

***Remember--you are not an archetype! Humans are not archetypes! You are not “The Queen of Wands,” or “The Great Mother,” for instance. You are not “Death” or “The Saviour.” In fact, we’re better to call them “archetypal images” than “archetypes”: think of them as descriptive, not definitive.***

## **Archetypal mood board**

Use a notebook, the wall, or your computer--wherever seems best to you.

### **Choose one archetype to work with.**

It might be one that is coming up for you a lot, in dreams, in your waking life, in the movies you feel like watching, in the roles you find yourself playing.

It may be one that you keep running into in a negative way, and you're wondering why, or looking for guidance on how to deal with it.

It could be one that you're simply curious about or drawn to in this moment.

It does not need to be a human form (but could be).

### **What is the archetype?**

### **How would you describe?**

**List keywords** that you associate. They don't have to agree with each other. Every archetype has many faces. For instance, "Mother" might include both "loving" and "terrifying"...

**Think of examples** of this archetype: from your life, from history, literature, film, myth, art, fairy tales...

**Gather images.** These can be from the internet, from your personal photos, you can sketch them... They do not need to be “literal,” but any image that evokes this archetype for you.

**Want to take it a step further?** Imagine your own creative expression of this archetype and give it form...as story or poem or painting or collage...or any way you imagine!



Mary

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*Dr. Lounsbury is a mythologist, artist, and educator. Drawing from her extensive research in multi-cultural mythological traditions, she uses expressive arts and story for intuitive awareness and group cohesion.*

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