

Spring 2016

The Fantasy Self

Jill LoBianco-Bartalis
Governors State University

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THE FANTASY SELF

By

Jill LoBianco-Bartalis
B.A., Columbia College Chicago, 2000
A.A., Mesa Community College, 1996

THESIS

Submitted in partial fulfillment of the requirement

For the Degree of Master of Fine Arts
With a Major in Independent Film and Digital Imaging

Governors State University
University Park, IL 60484

2016

I would like to acknowledge the following people for their pivotal roles
in the creation, execution and support of The Fantasy Self:

Beth Parin, MFA - Professor and Mentor

Rebecca M. - Seamstress and Advisor

Donald G. - Construction Engineer and Model

Jennine L. - Model

Melissa B. - Model

John L. - Model

Jennifer G. - Model

Joanna M.- Model

Jeff B. - Model

Bela B. - Model

Jennifer C. - Model

Anca M. - Model

Zsunna P. - Model

Maria B. - Model and Inspiration

Michelle S. - Model

Madelyn V. -Model

Zara B. - Model

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ABSTRACT

If you could be anything what would you be? The Fantasy Self is a visual and psychological examination of fantasy personas, analyzed using the vehicles of photography and Jungian psychology. The subjects are photographed as their fantasy self and then psychoanalyzed with the intention of making the connections between the subconscious mind and the conscious mind. The Collective Unconscious is comprised of twelve major archetypes, each with their own set of distinct characteristics. The Innocent, The Orphan, The Warrior, The Caregiver, The Seeker, The Destroyer, The Lover, The Creator, The Ruler, The Sage, The Magician, and The Fool. Every human being has components of all twelve in their psyche. At each stage in life, the hierarchy of the active archetypes will change. The intention of the thesis is to make connections between the subjects' active archetypes and their fantasy personas. Understanding that fantasy does not live in the ether, but lives in our subconscious mind, helps one develop a relationship to one's fantasy as a tool for therapy and a path to self awareness.

The Fantasy Self is a blend of photography and psychology and was born from my desire to find deeper meaning in portraiture. Traditional portraiture is representational but seeing someone represented as they are physically, does not necessarily illuminate who they are on the inside. Finding a way to reveal the inner workings of my subjects minds, in order to create a deeper, more meaningful portrait, led me to consider different conceptual approaches. Ultimately, the approach from the perspective of fantasy created a visual dialogue that was universal and easy to understand. Allowing the subject and viewer to speak through symbolism dissolves the barriers of gender, age, and culture.

Fantasy. Where does it come from? Why do we need it? What role in the human condition does fantasy play? These questions have inspired me to examine fantasy and the role it plays in the human experience. Using the vehicle of Jungian archetypes, I am approaching the topic from a psychological perspective. Diving below the surface of fantasy to dissect and analyze the fantasies of the individual and how they relate to the larger Jungian concept of the “collective unconscious”.

Carl Gustav Jung (1875-1961) is the founding father of Analytical Psychology. Analytical Psychology is the school of thought that believes our consciousness is a very small component of our being. Consciousness is like the tip of the iceberg sticking above sea level and what lies below the surface is the vast collective unconscious. Jung believes that this unconscious is more influential than the conscious, as it includes all the forces that make up who we

are as human beings. According to psychology expert Kendra Cherry

Swiss Psychiatrist Carl Jung believed that archetypes are models of people, behaviors or personalities. Jung suggested that the psyche was composed of three components: the ego, the personal unconscious and the collective unconscious. According to Jung, the ego represents the conscious mind while the personal unconscious contains memories, including those that have been suppressed. The collective unconscious is a unique component in that Jung believed that this part of the psyche served as a form of psychological inheritance. It contains all of the knowledge and experiences we share as a species.

As for the origin of archetypes, Jung believes that they exist in the collective unconscious. He suggests that these models are hereditary, universal and innate. The function of the archetype is to organize how we experience things. In Jungian psychology there are four fundamental archetypes from which all other archetypes stem. Those archetypes are The Self, The Shadow, The Animus or Anima, and The Persona. According to Cherry,

The Self is an archetype that represents the unification of the unconsciousness and consciousness of an individual. The creation of the self occurs through a process known as individuation, in which the various aspects of personality are integrated. Jung often represented the self as a circle, square, or mandala.

The Shadow is an archetype that consists of the sex and life instincts. The Shadow exists as part of the unconscious mind and is composed of repressed ideas, weaknesses, desires, instincts, and shortcomings. This archetype is often described as the darker side of the psyche, representing wildness, chaos, and the unknown. These latent dispositions are present in all of us, Jung believed, although people sometimes deny this element of their own psyche and instead project it onto others.

The Anima is a feminine image in the male psyche and the Animus is a male image in the female psyche. The Anima/Animus represents the “true self” rather than the image we present to others and serves as the primary source of communication with the collective unconscious.

The combination of the Anima and Animus is known as the Syzygy, or the divine couple. The Syzygy represents completion, unification and wholeness. The Persona is how we present ourselves to the world. The word “persona” is derived from a Latin word that literally means “mask.” It is not a literal mask, however. The Persona represents all of the different

social masks that we wear among different groups and situations. It acts to shield the ego from negative images. According to Jung, the Persona may appear in dreams and take a number of different forms.

In conjunction with archetypes, Jungian psychology relies heavily on dream interpretation and symbolism. Jung believes that we are as awake when dreaming as we are when our bodies are physically awake. The dream state is connected to the unconscious, which is believed to make up a richer, more complex part of ourselves than the ego-driven conscious state.

Expanding on the four fundamental archetypes, Jung identified twelve primary archetypes in the human psyche that symbolize human motivation. It is these twelve archetypes that I will be using to examine the psychology of the fantasy selves of my subjects.

The experiment involves the subjects first choosing their fantasy self. I begin by simply asking the question, “ If you could be anything what would you be? “ I make it clear that they are free to choose anything they want and that they do not need to be confined to reality. The next phase is figuring out how to translate their idea into an interesting visual image. Costumes, lighting and staging is discussed, once all the elements are ready I bring them into the studio. For this project I am shooting all of the subjects in the photo studios at Triton College using a digital dslr camera and strobe lighting.

To add a richer, more complex dimension to the project I shoot the fantasy portrait of the subject, and also a *high-key* head shot as well. High key lighting is done on an all white sweep. My sweep is a 10 foot roll of white paper. The technique uses four strobes with the back lights brighter than the

main lights to blow out the backdrop, making it bright white. The subjects wear white for their headshot to maintain continuity and to keep distractions to a minimum. The purpose of the headshot is to have the subject look deep into my camera lens and have them convey their fantasy self through their eyes. My goal is to see if the eyes are the window to the soul. Can our eyes convey our fantasy?

For the gallery exhibit, I will be hanging the two images of each subject side by side. Both images are printed at the size 16" x 20" and framed in 19.75" x 27" frames. The headshot will be visible when you enter the gallery, but the fantasy portraits will be hidden behind curtains fixed to the frame. When the visitor enters the gallery they are given a list of Fantasy Selves. The viewer then walks around the exhibit and tries to match the headshot to the fantasy self. The headshots will be numbered and the viewer will make guesses and fill out their list. After everyone has made their guesses the curtains will be opened to reveal the Fantasy Self images. This interactive feature is meant to engage the viewer on a psychological level. The dialogue I am hoping to generate is why they made the choices they made about the fantasy selves in relation to the headshots. Was their collective unconscious at work making connections to the images from their experiences? Did their personal biases about identity and gender play a part? Did they make choices by stereotyping? Or were they able to connect to the eyes of the subjects subconsciously?

This layering is meant to weave a psychological tapestry that involves both the subjects and the viewers. The viewer is both looking at the exhibit

like fish in an aquarium while being a fish in the larger aquarium of the collective unconscious.

Returning now to the subject of the archetypes, after the photo shoot I give my subjects two different pieces of literature to read. The first is a list of the twelve archetypes described in brief paragraphs. I ask them to read through the list and pick the three they relate to the most. The second is a 72 question quiz in which they are asked a variety of questions pertaining to the archetypes. They fill out the quiz and I share the results with them later.

The following paragraphs are an excerpt from an article by Carl Golden. They are separated into the three categories of the Ego types, the Soul types and the Self types. I have taken the liberty of changing a few of the names of the archetypes to match the official Jungian archetypes to avoid any confusion for the subjects. The paragraphs are worded as follows..

The Ego Types

1. The Innocent

Motto: Free to be you and me

Core desire: to get to paradise

Goal: to be happy

Greatest fear: to be punished for doing something bad or wrong

Strategy: to do things right

Weakness: boring for all their naive innocence

Talent: faith and optimism

The Innocent is also known as: Utopian, traditionalist, naive, mystic, saint, romantic, dreamer.

2. The Orphan

Motto: All men and women are created equal

Core Desire: connecting with others

Goal: to belong

Greatest fear: to be left out or to stand out from the crowd

Strategy: develop ordinary solid virtues, be down to earth, the common touch

Weakness: losing one's own self in an effort to blend in or for the sake of superficial relationships

Talent: realism, empathy, lack of pretense

The Orphan is also known as: The good old boy, everyman, the person next door, the realist, the working stiff, the solid citizen, the good neighbor, the silent majority.

3. The Warrior

Motto: Where there's a will, there's a way

Core desire: to prove one's worth through courageous acts

Goal: expert mastery in a way that improves the world

Greatest fear: weakness, vulnerability, being a "chicken"

Strategy: to be as strong and competent as possible

Weakness: arrogance, always needing another battle to fight

Talent: competence and courage

The Hero is also known as: The warrior, crusader, rescuer, superhero, the soldier, dragon slayer, the winner and the team player.

4. The Caregiver

Motto: Love your neighbor as yourself

Core desire: to protect and care for others

Goal: to help others

Greatest fear: selfishness and ingratitude

Strategy: doing things for others

Weakness: martyrdom and being exploited

Talent: compassion, generosity

The Caregiver is also known as: The saint, altruist, parent, helper, supporter.

The Soul Types

5. The Seeker

Motto: Don't fence me in

Core desire: the freedom to find out who you are through exploring the world

Goal: to experience a better, more authentic, more fulfilling life
Biggest fear: getting trapped, conformity, and inner emptiness
Strategy: journey, seeking out and experiencing new things, escape from boredom
Weakness: aimless wandering, becoming a misfit
Talent: autonomy, ambition, being true to one's soul
The explorer is also known as: The seeker, iconoclast, wanderer, individualist, pilgrim.

6. The Destroyer

Motto: Rules are made to be broken
Core desire: revenge or revolution
Goal: to overturn what isn't working
Greatest fear: to be powerless or ineffectual
Strategy: disrupt, destroy, or shock
Weakness: crossing over to the dark side, crime
Talent: outrageousness, radical freedom
The Outlaw is also known as: The rebel, revolutionary, wild man, the misfit, or iconoclast.

7. The Lover

Motto: You're the only one
Core desire: intimacy and experience
Goal: being in a relationship with the people, work and surroundings they love
Greatest fear: being alone, a wallflower, unwanted, unloved
Strategy: to become more and more physically and emotionally attractive
Weakness: outward-directed desire to please others at risk of losing own identity
Talent: passion, gratitude, appreciation, and commitment
The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

8. The Creator

Motto: If you can imagine it, it can be done
Core desire: to create things of enduring value
Goal: to realize a vision
Greatest fear: mediocre vision or execution
Strategy: develop artistic control and skill

Task: to create culture, express own vision
Weakness: perfectionism, bad solutions
Talent: creativity and imagination
The Creator is also known as: The artist, inventor, innovator, musician, writer or dreamer.

The Self Types

9. The Fool

Motto: You only live once
Core desire: to live in the moment with full enjoyment
Goal: to have a great time and lighten up the world
Greatest fear: being bored or boring others
Strategy: play, make jokes, be funny
Weakness: frivolity, wasting time
Talent: joy
The Jester is also known as: The fool, trickster, joker, practical joker or comedian.

10. The Sage

Motto: The truth will set you free
Core desire: to find the truth.
Goal: to use intelligence and analysis to understand the world.
Biggest fear: being duped, misled—or ignorance.
Strategy: seeking out information and knowledge; self-reflection and understanding thought processes.
Weakness: can study details forever and never act.
Talent: wisdom, intelligence.
The Sage is also known as: The expert, scholar, detective, advisor, thinker, philosopher, academic, researcher, thinker, planner, professional, mentor, teacher, contemplative.

11. The Magician

Motto: I make things happen.
Core desire: understanding the fundamental laws of the universe
Goal: to make dreams come true
Greatest fear: unintended negative consequences
Strategy: develop a vision and live by it
Weakness: becoming manipulative

Talent: finding win-win solutions

The Magician is also known as: The visionary, catalyst, inventor, charismatic leader, shaman, healer, medicine man.

12. The Ruler

Motto: Power isn't everything, it's the only thing.

Core desire: control

Goal: create a prosperous, successful family or community

Strategy: exercise power

Greatest fear: chaos, being overthrown

Weakness: being authoritarian, unable to delegate

Talent: responsibility, leadership

The Ruler is also known as: The boss, leader, aristocrat, king, queen, politician, role model, manager or administrator.

I inform my subjects that is it not necessary to chose one archetype from each type, but to rather pick the three that they relate to the most. The 72 question quiz is from *Awakening The Heroes Within* by Carol S. Pearson. This quiz digs deep into personality traits which are then translated as they apply to the archetypes. The questions are meant to be answered on a scale of 1 to 5 with 1 being the answer that is not like you and 5 being most like you with 3 falling in the middle. The questions to the quiz are as follows..

1. I collect information without making judgements.
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

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 make me happier than receiving
16. I agree with the statement "It is better to have loved and lost than to never 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 to 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 change my outer thoughts
38. I develop resources, human or natural
39. I am willing to take personal risks 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 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 the 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 reality
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

After the subjects take the quiz and choose from the paragraphs, I

analyze the information and make connections to their Fantasy Selves. In my analysis, I have discovered that our fantasies are rooted in our personal psychology and mirror in many cases the fundamental archetypes that are currently dominant in our lives. In addition to making the connections between the fantasies and the archetypes, the relationships the subjects have to the archetypes they think they are, are often at odds with the archetypes they actually are, according to the Pearson quiz.

Interestingly, the subjects see themselves as they wish to be, as opposed to who they actually are. Regardless of choices being conscious or unconscious, they do exist. Which adds to the complex nature of self analysis. It is not uncommon to protect one's own image and, in doing so, inflate or flatter the qualities that they wish they had. When I tell my subjects, myself included, of the contradictions between the archetypes they have chosen and the archetypes the quiz revealed, I am met with apprehension and insistence that the quiz must be flawed. After discussing at length the characteristics that are predominant in their lives at present, the subjects tend to transition from skepticism to understanding, which fundamentally leads to growth via awareness. Connecting the dots between fantasy and reality, in essence, helps the subjects realize that their desires may be guiding them toward what they need to learn to reveal a deeper, richer level of their relationships with themselves and others.

In her book *Awakening The Heroes Within, Twelve Archetypes To Help Us Find Ourselves And Transform Our World*, Carol S. Pearson explains the roles of archetypes in our lives. According to Pearson, we each have

all twelve of the archetypes in us because they are what makes up the collective unconscious. According to Jungian belief, we are meant to grow in our lives and move through the archetypes with age; however, traumas get us stuck in archetypes that we find ourselves unable to move past. Often this happens unconsciously and we feel the effects of being stuck but are unable to articulate the feelings and have no idea that examining the rolls of the archetypes can be used as a psychological tool for personal growth.

Pearson describes the human life cycle in six stages: childhood, adolescent / young adult, adult, mid-life, maturity, and old age. The natural progression of the archetypes begins with ego development, which includes The Innocent, followed by The Orphan, followed by The Warrior, followed by The Caregiver. The Innocent begins in infancy when we are taken care of by our parents. It is the archetype that lives in safety and security and it is where we establish our persona. Fundamentally, we all want to be loved and accepted. This is the archetype where we all begin.

The next ego archetype to develop, is The Orphan. This is the part of us that develops when we feel abandoned, neglected or victimized. These occurrences can be simple or complex in the grand scheme of things. Simple, as when our classmate makes fun of us, or when an authority figure treated us unfairly, to complex issues such as sexual abuse. When this occurs we no longer feel the blanket of safety that we felt in The Innocent stage. We become cynical and are less trusting.

The next ego archetype is The Warrior. This archetype, which develops

after The Orphan, is a fighter. This is the stage where we no longer feel naive. We have gone through the absolute safety of The Innocent stage, to being hurt in The Orphan stage, and it is in The Warrior stage that we learn to protect ourselves. This is where we fight for ourselves. We have matured and learned enough to understand that people get hurt in life. People hurt us and we hurt other people. Whether or not the hurt was intended, it is a reality of life. The Warrior is the archetype where we learn to create boundaries.

The archetype that develops after The Warrior is The Caregiver. This archetype is the most difficult of the ego archetypes to do well. Altruistic is nature, people such as Mother Teresa and Gandhi represent this archetype. This is the stage when we transition from the ego to the soul level of life. The Caregiver is when we learn to nurture others, to branch out from caring only about ourselves. Represented by the Tree of Life or by iconography such as the fertility goddess, The Caregiver is compassionate and nurturing.

The ego archetypes, like the soul and the self archetypes, build on themselves. This is a slippery slope of sorts because, unless we have healthy development from one ego archetype to the next, our psychological foundation will not be solid. If one of the ego archetypes is ill formed, the chances of healthy development in the subsequent archetypes is a major challenge. Each archetype is complex and rich like an ornate tapestry. If we manage to have a high-functioning relationship to the archetypes, then we will thrive in the positive characteristics of what they represent. If we have a dysfunctional relationship to the archetype then we live in what is known as The Shadow

side of the archetype.

The Shadow side is the negative aspect of the archetype and it is easy to fall into The Shadow. The key is to recognize the relationship you have with the archetype and to do the work necessary to transform your relationship, if needed. The Innocent, in its highest form, represents a Wise Innocent. This means that one has developed past The Innocent, but chooses to return to an optimistic point of view. The positive Innocent tends to return later in the life cycle. Belief in God and spirituality can fall in the Wise Innocent category, but the relationship with humans does not turn back into blind dependence or denial. A Wise Innocent can believe that the human species is fundamentally good, but they will still lock their doors when they leave their house. It is a positive attitude, but not naive.

The Shadow side of the Innocent occurs when one refuses to embrace The Orphan. An example would be a young girl who develops an eating disorder, because puberty would be represented by a fall of innocence and change. The Innocent fears change, rather than embracing it as a natural part of the human life cycle. Another example is a man or woman staying in an abusive relationship or going from one abusive relationship to the next. The Innocent feels safe when allowing others to control the definition of themselves. If they have a defined role to play they feel safe-even in an unsafe environment. The shadow Innocent tends to live in denial. Denial of self and denial of others.

The way to break free from living in the Shadow of the Innocent is to accept personal responsibility. To forgive oneself for not being perfect and to

be honest about how other people treat them and how they treat other people. When the shadow Innocent is expressed in adulthood it is counterproductive. Adults throwing tantrums is a wonderful example of the immaturity that accompanies this type of thinking. Having a malformed relationship to the Innocent archetype is a precursor for failure in obtaining the other ego archetypes in a psychologically healthy way.

The Orphan is a necessary archetype in human development. At best, when in The Orphan archetype, we bond with our peers and feel we relate to them, albeit through a shared suffering or injustice. The Orphan is the opposite of the naive Innocent, as it is an archetype of pessimism. Religiously speaking, this is the stage that bodes the best with agnosticism. It is imperative that one navigate this archetype successfully because it is easy to fall into the Shadow side. The Shadow shows itself in the form of depression. Hopelessness that all things will eventually lead to disappointment or betrayal. In this mind set advertising is successful. Feeling inadequate, consumerism can bring a sense of false hope that if we buy this or that we will become a better version of ourselves and in turn become more worthy and will be abandoned less. The most destructive path that this archetype can take is self orphaning. Deep, debilitating depression is a common occurrence when we self orphan. By giving up on others, the world as a whole, and ourselves, we collapse like a house of cards over and over again. Unable to internalize that we can make a mistake and move on, the self abandoned Orphan takes all mistakes so seriously, so deeply, that an immobility takes over and failure at school, work, and in relationships

is the only outcome.

The victim mentality resides in the Shadow Orphan. The belief that one has no control over their destiny and that they are, in essence, powerless. Guilt and blame thrive in the Orphan. Many adults and even some cultures embrace the victim mentality. This mentality, however, leads nowhere. Assigning blame elsewhere forfeits the opportunity for personal growth and, without growing and self assessing ones relationship to self and the greater world, becomes stunted. To eliminate the need to blame is the way out of the Shadow. To understand that life is not always fair and that people hurt other people and to understand this intellectually, without emotion, is the way to the Warrior.

The Warrior archetype is the stage where we develop courage and strength. In this archetype we learn to develop boundaries which are necessary to thrive into adulthood. In competitive environments the Warrior mentality does well because it is the archetype of discipline and the desire to win. Females often have conflict with the Warrior archetype, especially if they were raised in an environment where girls were taught to be feminine and demure. In many cultures and in many homes, strong women are condemned as being too aggressive or too demanding, when in reality, they are acting no differently then men. Clarrisa Pinkola Estes, Ph. D, author of the book *Women Who Run With the Wolves, Myths and Stories of the Wild Woman Archetype* celebrates the Warrior woman, the wild woman who lives in all women everywhere. The book, with stories that cross many cultures,

tells of the true spirit of women, wild, passionate and creative. This wild woman, however, has been stifled, discouraged, and over- domesticated through time by men and culture. As children we learn from an early age that the powerful woman archetype are witches. Ugly, frightening, child-eating witches to be feared or despised. The princesses, on the other hand, are beautiful, feminine and dependent on a man to survive. Beauty and strength are at odds with each other. In recent years there has been a shift towards showing young girls and women as powerful in animated films, but the traditional roles are deeply ingrained in culture and the relationship, collectively to princesses remains, largely, the same.

The pressure to be considered beautiful as a woman is sometimes so strong that women will deny their warrior so completely it fails to exist. When a girl or woman takes on the caretaker role without developing the Warrior she will inevitably be taken advantage of by people. A woman who is able to develop her Warrior successfully has more chances of finding a true partner in a relationship because she knows that she is valuable and equal and deserving of good things. Sometimes women who have a developed Warrior end up in relationships with partners who cannot handle the strength she possesses and the relationship will be prone to fighting. It takes a well-grounded and confident partner to handle a woman who has a well-developed Warrior.

Men have a different relationship to the Warrior archetype than women. Men are required to be strong, brave, and competitive by cultures throughout the world. A well-developed Warrior in men will rise above the

macho bravado that resides in the lower level of the archetype. Truly advanced Warriors don't fight at all. They use their mental skill, integrity and bravery to lead others. Achieving a high level of the Warrior archetype takes a true conscious effort, self discipline, and maturity.

The Shadow side of the Warrior is, unfortunately, very common. When a person needs to win at all costs, regardless of the price, the Shadow Warrior is dominant. Criminals and murderers are the lowest level of the archetype. To transition from the Shadow, one must realize that winning isn't everything. To learn for themselves that good triumphs evil, and to be on the righteous path for not only themselves, but for society. Many men and some women will struggle within the dynamics of this archetype for a lifetime.

The last archetype of the ego category is The Caregiver. The Caregiver, as the name implies, is the archetype that is concerned with taking care of others. In this stage of development we begin to expand from the Ego to the Soul Level. It is here where we begin to concern ourselves with the needs of others. Often this stage comes with having children. Females are associated more with this archetype than men, however, all human beings must develop the caregiver within in order to continue to grow successfully. The Caregiver is the most generous of the archetypes and it is also an often difficult one to develop successfully. Women are often thrown into the role of caretaker before they have had a chance to develop their Warrior. Without the Warrior, the Caregiver will not understand how to parent with boundaries. Raising a child without boundaries will inevitably lead to conflict and the relationship of child

and caregiver will be rife with struggles for control. It is not uncommon to see women in the caregiver role who have not developed their warrior, partner with men who are living in the Shadow of the Warrior. Those dynamics are a recipe for abuse. The man feels empowered by dominating and the woman does not have the skill set to defend herself and chooses not to in an unconscious effort to maintain her role as Caregiver.

The positive side of the archetype is the development of empathy and compassion. Symbols associated with this stage are the Tree of Life and the Fertility Goddess. Both are life-giving symbols that convey nurturing and sustenance. The highly-developed Caregiver is able to give of themselves without sacrificing themselves to their own detriment.

The Shadow side of the Caregiver develops when the Caregiver loses their self in the process of caring for others. The inability to say no is a common theme of the maladapted Caretaker. Martyrdom and resentment are both Shadows of the archetype. Men who have not developed their Caregiver will have issues with women. Unable to care for themselves, they will look to women for nurturing, while at the same time they resent the women for needing them. It is important to have balance in this archetype. By having balance, one can give and receive the benefits of care giving.

The next four archetypes fall into the Soul category. The Soul archetypes are achieved after the ego has developed, though as mentioned earlier, trauma, neglect, or abuse in childhood can effect healthy development of the ego.

The first of the four is The Seeker. The Seeker archetype surfaces

twice in life. Once in early adulthood and once in mid life. The Seeker is the part of us that wants to break free from the routine and experience as much as possible. As a young adult, this is a very exciting time. This is when we leave our parent's house, go to college, or travel to unknown places. This is also when we begin to find our place in the world. Here is when we choose our career path and look for relationships.

Someone who has a healthy ego will transition smoothly into the Seeker and be excited about this new phase in life. Someone who has issues with their Innocent or Orphan may experience fear when the Seeker calls. Instead of traveling the world, the fearful Seeker may only seek in small ways, but, either way, we are all called to seek.

At mid life, when the Seeker calls again, we call it a mid life crisis. This is the time when we have the realization of our mortality. We begin to question the relationships that we are in and the careers we have chosen. This may be the time when we purchase extravagant items and act impulsively.

Interestingly, in both stages of the Seeker, we are not actually searching for what we think we are. We look outside of ourselves to find happiness and to try to find where we fit in life. In reality, the Seeker archetype is wanting us to search within ourselves to find a deeper, richer connection to our existence. This is why the expression "Money can't buy happiness" is true. Happiness and fulfillment come from within ourselves. When we are content with knowing who we are, we can develop a deep relationship with ourselves. Having a deep relationship with one self makes all other connections and relationships have more

meaning.

The Shadow side of the Seeker occurs when we are not in tune with our true search. Risk taking, for the thrill and the rush, fall into the Shadow of this archetype. Young photographers who climb buildings and hang off the edge for the perfect picture, and end up plummeting to their death, is an example of negative seeking. Gamblers who chase the rush of the big win, and end up losing more than they planned, is another example.

There are also Shadow Wanderers that fall under the Seeker archetype. These people have lost touch with themselves so much so that they don't even know what they are searching for externally or internally, and so they wander aimlessly, unable to make the smallest step on the path for true personal connection.

Ideally, if one has a healthy relationship with the Seeker archetype they will travel in youth and find healthy ways to experience the phase. When it resurfaces in mid life, the most desirable way to relate to the stage is to look deep within ones self and access spirituality as it is connected to the universe. To form a bond with the concept of being part of something bigger. This does not mean religion, but rather connectedness to the universe, which will fill the individual with a true sense of oneness.

The archetype that follows the Seeker is the Destroyer. The Destroyer is an advancement of the Warrior with a darker agenda. This archetype surfaces when we experience great loss or stare our mortality in the face. Great loss, such as death of a spouse, parent or child ignites in us the Destroyer.

It is the stage when we truly come to understand that life is not always fair and that there are things that are out of our control. The feelings of powerlessness, hopelessness and depression are associated with the Destroyer. The abandonment felt by the Orphan pales in comparison to the abandonment felt in this stage. When a major loss or tragedy occur and the thoughts creep in that life is meaningless and has no value, are parts of the Destroyer archetype.

Fortunately, or unfortunately, depending on how you look at it, the Destroyer is an essential stage in personal growth. It is how we handle the stage that matters. The Shadow side of the Destroyer is exhibited in self destructive behavior of all types, including, but not limited to obesity, drug abuse and alcohol abuse. The pain felt in this stage is so great that wanting to escape it is natural. The void left by loss can trigger the need to do whatever it takes to not feel bad. Playing the victim and making excuses for self-defeating behavior is common when living in the Shadow side of the Destroyer. This is also the archetype most prevalent in the lives of those who rape, commit murder and perform heinous acts upon human beings and animals. When one is living in the darkest Shadow of the Destroyer nothing, and no one, has any intrinsic value and that is why these individuals are able to behave badly. The vast majority of us are able to navigate the Destroyer without such drastic consequences to self and society, but others, especially when mental illness is involved, have a much greater difficulty passing through this stage.

The psychologically ideal way to handle the Destroyer stage is to accept that life is not fair and that terrible events and losses do occur. The key is

to be able to accept these losses and to still be able to see the beauty that life has to offer. The life lesson that the Destroyer can teach us is humility. If one can find the strength and purpose this archetype offers, then one can make a difference in the world. Examples of individuals who find strength in the Destroyer would be a rape victim who, not only, testifies against her assailant, but also becomes an advocate for other victims. If they were to take the route of Shadow after rape, they may develop an addiction as a coping mechanism, and bury or deny the event. Another example would be a parent losing their child to murder. The Shadow way to handle that tragedy would be to stop living life. To become perhaps addicted, and wallow in sadness. Using the tragedy to find strength would yield different results. John Walsh, for example, had a son Adam that was kidnapped and killed in 1980. John then went on a journey to help others, which resulted in the show, “America’s Most Wanted”. That show helped others and led to hundreds of dangerous criminals being arrested. Finding strength in tragedy has helped countless other people. His story is the true essence of something incredibly positive that can come out of something so negative.

The next archetype in the soul level is The Lover. The Lover, as the name implies, is about love. Throughout our lives we experience love in a variety of ways. Motherly love, self love, romantic love and erotic love. The most intense form of love is eros. Eros is passion and it does not have to be constrained to romantic love. Eros can be present when one is doing something which brings great fulfillment. Working in the Arts or for a cause you feel strongly

about can bring great passion and pleasure.

Unfortunately, in our contemporary society, the Divine Feminine is not celebrated due to the influence of patriarchal religions. In cultures where the feminine is celebrated along side the male, there is the concept of the Divine Couple. The Divine Couple concept celebrates sexual, passionate love as something sacred. In this context, sex is not thought of as dirty or shameful, but rather as the life force of creation. When one has a healthy relationship to the Lover archetype, they are able to have love for themselves and love for others. If they follow their soul, versus their ego, they will live a life full of passion, which will infiltrate their entire being and not be limited to the relationships with other people. The ability to love and be loved is an essential component to experiencing the fullness of the human condition.

The Shadow side of the Lover occurs when there is a disconnect from Soul love, leaving love to reside in the ego. When love is experienced in the ego narcissism is very likely to develop. To narcissists, people take on the role of objects and relationships are shallow and self serving. Unable to genuinely connect to others with empathy, sex is taken out of the realm of the sacred and resides in the profane. Addiction to pornography is a result of The Shadow Lover. People who are unable to experience love on the soul level miss out on the richness one can experience with human connection.

The last of the Soul archetypes is The Creator. The Creator stage is where we give birth to our authentic selves. This is the archetype where our imagination lives. Artists of all kinds have a deep relationship with the

Creator. This is where we find truth through visual arts, poetry or professions such as teaching and ministry. Individuals who have repressed their imagination may have trouble accessing their Creator. Sadly, many people let the ego get in the way of creating. The voice of the ego can be hyper critical during the creation process, which will inevitably end with the person telling themselves they possess no talents in the arts. When one thinks this way, they miss the point that art and creativity resides in the soul and not the ego. The Soul has a voice and the ego should not judge the work being created. The soul has a language and we should let it speak. The ego should play a role in the Creator in the form of taking care of the Creator. Some artists will work an unhealthy amount of time on a piece or project. It is then that the presence of the ego is needed to be the internal voice that tells the Creator it is time to take a break before they get sick.

The Shadow side appears when the creator is making work for which they take no responsibility. Some creations come strictly out of the environment of the person creating. It is the duty of the creator to think about what they are creating, and why, before sharing it with the collective. A good example would be censorship. As an artist myself, I am against any form of censorship. That being said, I believe that artists, musicians, writers, etc need to be accountable for the work they are producing, and to strongly consider why they are making what they are making. Examples would be Andres Serrano's "Piss Christ" (1987), which is a photograph of a crucifix in a jar of urine. When it came out it was met with outrage. Then the question is, what was the intention of the art? Was it meant to be shocking just for the sake of shock? Was it meant to start a dialogue about

iconography and its place in religious and secular society? His decision to make that image was his right, but the consequences of his decision can be debated. In some music, women are referred to in derogatory terms. Again, living in a free society, the artists have the right to talk about whatever they want to talk about. The consequences of these statements to young women needs to be talked about. What is the purpose of degrading women? Is it to show male domination in certain cultures? Is it meant to break down the self esteem of young women? What is the purpose of referring to women as objects to be used and discarded? These are questions the artists alone can answer. It is the responsibility of the creator to have a purpose to the work.

If we were all able to celebrate our imagination and innate creative talents, the world would be a richer place. If each of us could access our gifts and add to the tapestry of creation, imagine how satisfying life would be for everyone.

The last four archetypes fall under the category of the Self. The Self consists of The Ruler, The Magician, The Sage and The Fool. These archetypes surface in adult life and come after the ego and the soul types. These four archetypes are meant to work together to compliment each other and enhance ones life.

The first Self archetype is The Ruler. The Ruler manages life and makes sure that the proverbial kingdom is taken care of and functioning properly. In this stage, we take charge of ourself and have gained some wisdom. Like the other archetypes, the Ruler thrives if the foundation archetypes of the ego and soul have been well formed. If one has a healthy relationship to the

previous eight archetypes, the Ruler will be able to recognize their strengths and their weaknesses, and know how to engage in the world. The archetype is more about managing life than about learning new ways of being. Psychologically speaking, if invaders come to ones kingdom, the Ruler will employ their Warrior to defend against a siege. If a tragedy befalls ones personal kingdom, then the Ruler will rely on their inner Caregiver to soothe the hurt, or the positive side of the Destroyer to rationalize the tragedy and get through the pain. The Ruler will balance the passions of the Lover and the Creator with sensibility. In theory all the parts of ones personality can live and thrive in harmony.

The Shadow Ruler does not rule with order and peace, but rather acts as an evil tyrant. When one is living in the Shadow they get power by taking from others. Think of an evil king or queen who kills members of the kingdom for sport. One example is the Hungarian Countess Elizabeth Bathory (1560- 1614), who had virgins killed so she could bathe in their blood. She believed that doing this would supply eternal youth. Being a Countess, she had the power to have all of her sinister wishes granted. It is very important to keep the Ruler in check. As a powerful archetype, the Ruler can generate great happiness or pain for themselves and those in their kingdom.

The archetype to come after the Ruler is The Magician. The Magician is the most spiritual of the archetypes and encompasses intuition and healing. If the Magician flourishes they will begin to make cosmic connections to events and relationships within their lives. A counselor to the Ruler, the Magician has mystical qualities and has answers to questions that elude the other archetypes.

In our culture the Magician, sadly, is not celebrated which in turn keeps people from accessing their inner knowledge. In cultures of the past, the Magician was revered and respected. In Native Americans societies the Magician was the Shaman. In the days of Kings and Queens, the Magician was key in decision making. Czar Nicholas of Russia had Rasputin as a confidant, who was a Magician. In contemporary societies, where Christianity is wide spread, Magicians are seen as witches or devil worshipers. Having this culturally narrow-minded view denies the power of intuition. The personal power of this archetype lies in the ability to acknowledge the Shadows that reside within and work through the shadows and release them in a positive way. Prayer, meditation, and active imagination techniques are all ways to be the Magician in a positive way. At best, a high functioning Magician will understand that everything is connected in the universe and celebrate and feel oneness. They are aware that their thoughts create reality and so they are mindful in how they speak to themselves and others. In relationships, the Magician will help heal those that are hurting. The energy is positive and accepting of them self and others.

The Shadow Magician will use the power of manifestation to think harmful thoughts about other people. Anytime one wishes ill on another, the Shadow Magician is active. Contemporary advertising falls under the Shadow Magician because the message being sent is that people are not good enough and by buying this or doing that they will somehow have more value. Targeting others vulnerabilities for personal gain, under the guise of helping, falls under the Shadow as well.

The next Self archetype is The Sage. The Sage is associated with a mature wisdom and is an archetype that we experience in mid-to late-life. The main goal of the Sage is to understand the world, not change it or control it. Symbolically, the Sage is represented by the scholar. A true scholar has a thirst for knowledge and spends their time in those pursuits. A high level Sage will understand that reality is perception and that the truth is not black and white, and that everyone will have a different experience of reality. For the wise Sage, this information is not disturbing, it is understood and accepted without strong emotion. The wise Sage could be compared to the those who practice Buddhism. The Buddhists believe that all life is suffering and that the goal is to get to Nirvana and free oneself from the attachments of this world. The successful Sage is able to transcend the ego. To achieve this level, one must make a conscious effort. It is a long and arduous task to reach this level of enlightenment.

The Shadow Sage occurs when one has achieved a high level of knowledge and then becomes close minded about other points of view. An example would be someone very knowledgeable in Science closing their mind to spirituality. It is also easy for an advanced level Sage to become judgmental of others who do not share the same views. One can also believe them self to be superior to others, due to their level of education and then relationships break down, and they can become loners.

Ideally, to navigate this archetype successfully, one would understand that each person has their own reality due to their experiences and perception. To take that knowledge and express it thorough compassion and tolerance.

Examining reality, the larger picture, and one's consciousness is good and helps us on our journey in life. The goal is to avoid the pitfalls of becoming judgmental and all the time avoid the close-mindedness that can come from believing that one is right.

The final archetype of the Self is The Fool. The Fool bookends our experience as humans. It is with us in the beginning of our life and in the end. In addition, the Fool is with us our whole lives, in the background, making its appearance here and there. The Fool, as the name conveys, is about having fun. Living life in the moment without the worry about tomorrow. The Fool, also known in some cultures as the Trickster, plays an important role. By celebrating the fool, we add levity to life. When things get too serious, we can call on the Fool to help lighten our load. Sadly, in contemporary Christian society, the Fool is thought to be devil's play. What Christian society doesn't understand is that the Fool is a necessary part of life. If the Fool is repressed, then the Fool goes into the Shadow.

The Shadow fool occurs when the Fool is repressed. One cannot deny their Fool forever, often it will surface in scandal. An example would be someone who is against sex for pleasure. This person may be a minister or a conservative politician. They may publicly push their agenda that sex is for procreation only and should be between a man and woman only. Fast forward and you may find this person has either had an affair, or is somehow connected to pornography. The Fool, whose primary focus is pleasure for the sake of pleasure, is in each and every one of us. We need to celebrate that component of ourselves and

find balance.

Another version of the Shadow Fool is someone who parties too much or seeks pleasure without any balance for responsibility. When this occurs, the Fool is playing a damaging role in life, versus the positive role it is meant to play. Ideally, the Fool brings pleasure to the human experience. Laughing, game play, and enjoying the beauty in life are all aspects of the positive Fool.

The twelve archetypes that make up our journey will be experienced at different times in different ways throughout the entirety of our lives. The purpose of studying the archetypes is to use the information as a psychological tool to navigate the different stages in life. When one lives consciously, analyzes behaviors, thought processes, and routines, one can identify which archetypes are dominant at present.

Now that we have an understanding of the twelve archetypes, and the thoughts and behaviors associated with them, we can begin to analyze the fantasies of the subjects and how they relate, in context, to their archetypes. Fantasies are part of the unconscious. They all have a root in our thoughts and desires. The key for personal growth will be to understand the fantasies and what they represent to us.

Subject 1.



Fantasy Self - Famous Painter



Subject One made the following archetype selections for who they feel they are.

1. The Caregiver

Motto: Love your neighbour as yourself

Core desire: to protect and care for others

Goal: to help others

Greatest fear: selfishness and ingratitude

Strategy: doing things for others

Weakness: martyrdom and being exploited

Talent: compassion, generosity

The Caregiver is also known as: The saint, altruist, parent, helper, supporter.

2. The Sage

Motto: The truth will set you free

Core desire: to find the truth.

Goal: to use intelligence and analysis to understand the world.

Biggest fear: being duped, misled—or ignorance.

Strategy: seeking out information and knowledge; self-reflection and understanding thought processes.

Weakness: can study details forever and never act.

Talent: wisdom, intelligence.

The Sage is also known as: The expert, scholar, detective, advisor, thinker, philosopher, academic, researcher, thinker, planner, professional, mentor, teacher, contemplative.

3. The Magician

Motto: I make things happen.

Core desire: understanding the fundamental laws of the universe

Goal: to make dreams come true

Greatest fear: unintended negative consequences

Strategy: develop a vision and live by it

Weakness: becoming manipulative

Talent: finding win-win solutions

The Magician is also known as: The visionary, catalyst, inventor, charismatic leader, shaman, healer, medicine man.

Subject One had the following quiz results.

The Innocent		The Orphan		The Warrior	
05.	3	14.	4	06.	3
13.	2	22.	1	39.	4
34.	1	27.	3	40.	4
49.	2	30.	2	44.	4
63.	3	50.	1	57.	4
65.	1	71.	2	59.	4
<hr/>		<hr/>		<hr/>	
12		13		23	

The Caregiver		The Seeker		The Lover	
07.	4	33.	3	12.	1
10.	5	47.	4	16.	5
15.	5	51.	3	17.	3
24.	5	62.	4	25.	4
55.	4	70.	4	29.	4
68.	4	72.	4	45.	4
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27		22		21	

Subject One quiz results continued...

The Destroyer		The Creator		The Magician	
02.	4	08.	5	03.	3
04.	2	19.	3	23.	1
21.	3	31.	3	37.	4
52.	2	60.	3	42.	3
61.	4	64.	2	48.	3
66.	2	69.	3	58.	4
<hr/>		<hr/>		<hr/>	
17		19		18	

The Ruler		The Sage		The Fool	
26.	3	01.	3	09.	2
32.	2	18.	3	11.	3
35.	3	20.	5	28.	1
38.	4	36.	5	43.	4
46.	3	41.	4	53.	4
67.	4	56.	3	54.	4
<hr/>		<hr/>		<hr/>	
19		23		18	

Subject 1. Results

1. The Caregiver = 27 points

Motto: Love your neighbour as yourself

Core desire: to protect and care for others

Goal: to help others

Greatest fear: selfishness and ingratitude

Strategy: doing things for others

Weakness: martyrdom and being exploited

Talent: compassion, generosity

The Caregiver is also known as: The saint, altruist, parent, helper, supporter.

2. The Warrior = 23 points

Motto: Where there's a will, there's a way

Core desire: to prove one's worth through courageous acts

Goal: expert mastery in a way that improves the world

Greatest fear: weakness, vulnerability, being a "chicken"

Strategy: to be as strong and competent as possible

Weakness: arrogance, always needing another battle to fight

Talent: competence and courage

The Hero is also known as: The warrior, crusader, rescuer, superhero, the soldier, dragon slayer, the winner and the team player.

2. The Sage = 23 points

Motto: The truth will set you free

Core desire: to find the truth.

Goal: to use intelligence and analysis to understand the world.

Biggest fear: being duped, misled—or ignorance.

Strategy: seeking out information and knowledge; self-reflection and understanding thought processes.

Weakness: can study details forever and never act.

Talent: wisdom, intelligence.

The Sage is also known as: The expert, scholar, detective, advisor, thinker, philosopher, academic, researcher, thinker, planner, professional, mentor, teacher, contemplative.

Subject 1. Analysis

Subject One had a difficult time coming up with their Fantasy Self.

The subject originally wanted to be a Dungeon Master, but felt that would be embarrassing and was afraid to allow himself the opportunity to pretend.

Subject One is also interested in the Arts, so he chose a less shocking fantasy for the project. I feel that this thought process is a direct reflection of his archetype choices. When asked to choose his top three from the paragraph list, the choices made were the Caregiver, the Sage, and the Magician. After taking the quiz, the archetypes revealed were the Caregiver, the Sage and the Warrior. The Caregiver ranked the highest overall, which tells us that he puts the needs of others above his own. Caring for people and helping people are a top priority in his life. He did not identify himself with the Warrior on a conscious level, though the quiz revealed that this is, indeed, an active part of his persona. The Dungeon Master, I believe, would be the fantasy most identified with the Shadow Caregiver and the Shadow Warrior. The Shadow Caregiver, because when one gives of them self too much there can be an underlying resentment towards those for whom they care for. This resentment makes sense in the Dungeon Master fantasy, where controlling others replaces caring. The denial of the Warrior archetype can lead to the Shadow taking over, which is another archetype concerned with control. It is important for the subject to embrace the Warrior that is active in his life so he can develop the positive aspects of the archetype. It is also important to find balance in the Caregiver to maintain healthy boundaries and avoid resentment.

Subject 2.



Fantasy Self - Goddess



Subject Two made the following archetype selections for who they feel they are.

1. The Caregiver

Motto: Love your neighbour as yourself

Core desire: to protect and care for others

Goal: to help others

Greatest fear: selfishness and ingratitude

Strategy: doing things for others

Weakness: martyrdom and being exploited

Talent: compassion, generosity

The Caregiver is also known as: The saint, altruist, parent, helper, supporter.

2. The Lover

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

3. The Innocent

Motto: Free to be you and me

Core desire: to get to paradise

Goal: to be happy

Greatest fear: to be punished for doing something bad or wrong

Strategy: to do things right

Weakness: boring for all their naive innocence

Talent: faith and optimism

The Innocent is also known as: Utopian, traditionalist, naive, mystic, saint, romantic, dreamer.

Subject Two had the following quiz results.

The Innocent	The Orphan	The Warrior
05. 2	14. 2	06. 3
13. 3	22. 2	39. 3
34. 3	27. 4	40. 3
49. 3	30. 2	44. 3
63. 3	50. 4	57. 2
65. 3	71. 3	59. 3
<hr/>		
17	17	17

The Caregiver	The Seeker	The Lover
07. 4	33. 3	12. 3
10. 5	47. 4	16. 2
15. 5	51. 5	17. 4
24. 5	62. 3	25. 5
55. 5	70. 3	29. 4
68. 5	72. 4	45. 5
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29	22	23

Subject Two quiz results continued...

The Destroyer		The Creator		The Magician	
02.	5	08.	4	03.	5
04.	3	19.	4	23.	3
21.	4	31.	4	37.	2
52.	4	60.	3	42.	2
61.	3	64.	4	48.	3
66.	3	69.	4	58.	3
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22		23		18	

The Ruler		The Sage		The Fool	
26.	3	01.	3	09.	2
32.	3	18.	3	11.	4
35.	3	20.	3	28.	1
38.	3	36.	4	43.	5
46.	4	41.	3	53.	4
67.	4	56.	1	54.	3
<hr/>		<hr/>		<hr/>	
20		17		19	

Subject 2. Results

1. The Caregiver =29 points

Motto: Love your neighbour as yourself

Core desire: to protect and care for others

Goal: to help others

Greatest fear: selfishness and ingratitude

Strategy: doing things for others

Weakness: martyrdom and being exploited

Talent: compassion, generosity

The Caregiver is also known as: The saint, altruist, parent, helper, supporter.

2. The Creator = 23 points

Motto: If you can imagine it, it can be done

Core desire: to create things of enduring value

Goal: to realize a vision

Greatest fear: mediocre vision or execution

Strategy: develop artistic control and skill

Task: to create culture, express own vision

Weakness: perfectionism, bad solutions

Talent: creativity and imagination

The Creator is also known as: The artist, inventor, innovator, musician, writer or dreamer.

2. The Lover = 23 points

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

Subject 2. Analysis

Subject Two wanted to be a dominatrix for her Fantasy Self, but was too shy to see it through. She chose instead to be a Goddess of Love. I feel that both of her choices have direct connections to the archetypes that are active in her life right now. The Caregiver, which ranks the highest, is the archetype most concerned with taking care of others. The fantasy of being a Dominatrix would correspond with the Shadow side of the Caregiver. Desiring to exert control over others is a fantasy that is a total opposite of the role she is playing in her real life. When one cares too much for others resentment can breed, which tells me that her caring is out of balance. The subject's choice of the Goddess of Love relates to all three of the archetypes active in her current life. A true Goddess of Love would love creatively and with all of her being. The Lover is an obvious connection to the fantasy, being the Goddess of Love. The positive Caretaker would relate to the Goddess in the sense that an ideal lover is caring and compassionate. It is very important that the subject maintain balance within these three archetypes. It would be very easy for the subject to lose their identity in the process of tending to others. None of her archetypes are power related, so creating and keeping boundaries should be a top priority for subject two. Caretaking and loving others are wonderful qualities, but loving and protecting ones self are critical skills to develop in life.

Subject 3.



Fantasy Self - 1940's Jazz Singer



Subject Three made the following archetype selections for who they feel they are

1. The Seeker

Motto: Don't fence me in

Core desire: the freedom to find out who you are through exploring the world

Goal: to experience a better, more authentic, more fulfilling life

Biggest fear: getting trapped, conformity, and inner emptiness

Strategy: journey, seeking out and experiencing new things, escape from boredom

Weakness: aimless wandering, becoming a misfit

Talent: autonomy, ambition, being true to one's soul

The explorer is also known as: The seeker, iconoclast, wanderer, individualist, pilgrim.

2. The Lover

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

3. The Creator

Motto: If you can imagine it, it can be done

Core desire: to create things of enduring value

Goal: to realize a vision

Greatest fear: mediocre vision or execution

Strategy: develop artistic control and skill

Task: to create culture, express own vision

Weakness: perfectionism, bad solutions

Talent: creativity and imagination

The Creator is also known as: The artist, inventor, innovator, musician, writer or dreamer.

Subject Three had the following quiz results.

The Innocent		The Orphan		The Warrior	
05.	5	14.	5	06.	5
13.	4	22.	3	39.	5
34.	3	27.	2	40.	3
49.	3	30.	1	44.	5
63.	3	50.	3	57.	3
65.	5	71.	3	59.	4
<hr/>		<hr/>		<hr/>	
23		17		25	

The Caregiver		The Seeker		The Lover	
07.	4	33.	5	12.	4
10.	4	47.	5	16.	5
15.	5	51.	3	17.	5
24.	3	62.	4	25.	4
55.	5	70.	3	29.	5
68.	2	72.	3	45.	4
<hr/>		<hr/>		<hr/>	
23		23		27	

Subject Three quiz results continued...

The Destroyer		The Creator		The Magician	
02.	3	08.	5	03.	5
04.	3	19.	5	23.	5
21.	5	31.	3	37.	5
52.	5	60.	4	42.	4
61.	3	64.	5	48.	5
66.	1	69.	4	58.	5
<hr/>		<hr/>		<hr/>	
20		26		29	

The Ruler		The Sage		The Fool	
26.	4	01.	3	09.	3
32.	4	18.	4	11.	4
35.	4	20.	5	28.	3
38.	5	36.	5	43.	5
46.	5	41.	5	53.	3
67.	5	56.	4	54.	4
<hr/>		<hr/>		<hr/>	
27		26		22	

Subject 3. Results

1. The Magician =29 points

Motto: I make things happen.

Core desire: understanding the fundamental laws of the universe

Goal: to make dreams come true

Greatest fear: unintended negative consequences

Strategy: develop a vision and live by it

Weakness: becoming manipulative

Talent: finding win-win solutions

The Magician is also known as: The visionary, catalyst, inventor, charismatic leader, shaman, healer, medicine man.

2. The Ruler = 27 points

Motto: Power isn't everything, it's the only thing.

Core desire: control

Goal: create a prosperous, successful family or community

Strategy: exercise power

Greatest fear: chaos, being overthrown

Weakness: being authoritarian, unable to delegate

Talent: responsibility, leadership

The Ruler is also known as: The boss, leader, aristocrat, king, queen, politician, role model, manager or administrator.

2. The Lover =27 points

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

Subject 3. Analysis

Subject Three was able to tap into her fantasy self without any difficulty. Her original choices and her quiz results varied in two archetypes. She felt she identified with the Seeker, but her Magician is the strongest persona in her life at the moment. The Magician being the most esoteric of the archetypes, ties into the haunting melodies of the sultry jazz singer. When the subject sings, all head turn to listen to the hypnotic quality of her instrument. The subject was shocked at the high scoring of the Ruler archetype. The recent life challenges of Subject Three, have developed in her a strength and persistence that she was unaware was emerging. The Ruler ties in the fantasy self in that a singer commands the attention of those in the audience and controls her environment. The Lover archetype ties into the jazz singer by embodying the feminine. Her beautiful face and voluptuous body exudes sensuality. It is my opinion that the Subject Three is in a very stable and healthy place in her life. The Magician, the Ruler, and the Lover all balance each other. The Ruler with its strength, the Lover with its softness, and the Magician with a sprinkling of magic and belief in the interconnections of the universe, will aid in the spiritual and psychological development of the subject.

Subject 4.



Fantasy Self - Humphrey Bogart



Subject Four made the following archetype selections for who they feel they are

1. The Caregiver

Motto: Love your neighbour as yourself

Core desire: to protect and care for others

Goal: to help others

Greatest fear: selfishness and ingratitude

Strategy: doing things for others

Weakness: martyrdom and being exploited

Talent: compassion, generosity

The Caregiver is also known as: The saint, altruist, parent, helper, supporter.

2. The Ruler

Motto: Power isn't everything, it's the only thing.

Core desire: control

Goal: create a prosperous, successful family or community

Strategy: exercise power

Greatest fear: chaos, being overthrown

Weakness: being authoritarian, unable to delegate

Talent: responsibility, leadership

The Ruler is also known as: The boss, leader, aristocrat, king, queen, politician, role model, manager or administrator.

3. The Fool

Motto: You only live once

Core desire: to live in the moment with full enjoyment

Goal: to have a great time and lighten up the world

Greatest fear: being bored or boring others

Strategy: play, make jokes, be funny

Weakness: frivolity, wasting time

Talent: joy

The Jester is also known as: The fool, trickster, joker, practical joker or comedian.

Subject Four had the following quiz results.

The Innocent		The Orphan		The Warrior	
05.	5	14.	1	06.	5
13.	4	22.	1	39.	2
34.	2	27.	2	40.	4
49.	1	30.	1	44.	4
63.	3	50.	3	57.	5
65.	1	71.	3	59.	5
<hr/>		<hr/>		<hr/>	
	16		11		25

The Caregiver		The Seeker		The Lover	
07.	3	33.	5	12.	3
10.	5	47.	5	16.	5
15.	3	51.	1	17.	5
24.	2	62.	2	25.	3
55.	2	70.	1	29.	1
68.	3	72.	2	45.	4
<hr/>		<hr/>		<hr/>	
	18		16		21

Subject Four quiz results continued...

The Destroyer		The Creator		The Magician	
02.	1	08.	5	03.	1
04.	3	19.	4	23.	3
21.	5	31.	3	37.	3
52.	5	60.	3	42.	2
61.	5	64.	1	48.	3
66.	1	69.	2	58.	3
<hr/>		<hr/>		<hr/>	
20		18		15	

The Ruler		The Sage		The Fool	
26.	3	01.	2	09.	3
32.	5	18.	3	11.	4
35.	5	20.	2	28.	2
38.	2	36.	3	43.	5
46.	4	41.	3	53.	5
67.	4	56.	3	54.	3
<hr/>		<hr/>		<hr/>	
23		16		22	

Subject 4. Results

1. The Warrior =25 points

Motto: Where there's a will, there's a way

Core desire: to prove one's worth through courageous acts

Goal: expert mastery in a way that improves the world

Greatest fear: weakness, vulnerability, being a "chicken"

Strategy: to be as strong and competent as possible

Weakness: arrogance, always needing another battle to fight

Talent: competence and courage

The Hero is also known as: The warrior, crusader, rescuer, superhero, the soldier, dragon slayer, the winner and the team player.

2. The Ruler = 23 points

Motto: Power isn't everything, it's the only thing.

Core desire: control

Goal: create a prosperous, successful family or community

Strategy: exercise power

Greatest fear: chaos, being overthrown

Weakness: being authoritarian, unable to delegate

Talent: responsibility, leadership

The Ruler is also known as: The boss, leader, aristocrat, king, queen, politician, role model, manager or administrator.

3. The Fool =22 points

Motto: You only live once

Core desire: to live in the moment with full enjoyment

Goal: to have a great time and lighten up the world

Greatest fear: being bored or boring others

Strategy: play, make jokes, be funny

Weakness: frivolity, wasting time

Talent: joy

The Jester is also known as: The fool, trickster, joker, practical joker or comedian.

Subject 4. Analysis

Subject Four believed they identified closest with the Caregiver. However, when they took the quiz, the Caregiver ranked very low. The archetype that ranked the highest was the Warrior. Perhaps the subject cares for others using the vehicle of the Warrior. To care with the Warrior is to defend and fight for the those they care about. When asked to participate in the Fantasy Self project, Subject Four had no problem coming up with his Fantasy persona. Humphrey Bogart embodies the subjects three archetypes completely. The Warrior, in that being a detective requires bravery and the will to fight for what is right. The Ruler balances the Warrior bringing a level head to the table where the Warrior may be too emotional and volatile to be trusted to make the best decisions. The Ruler also exudes authority and commands respect. When Humphrey Bogart was on the case, he had a confidence about him which ties into the Ruler. The Fool archetype ties into the Fantasy because Bogart had a good sense of humor even while being in charge. It is in my opinion that the subject may benefit in real life by developing a softer archetype to balance the Ruler and the Warrior.

Subject 5.



Fantasy Self - Equestrienne



Subject Five made the following archetype selections for who they feel they are

1. The Caregiver

Motto: Love your neighbour as yourself

Core desire: to protect and care for others

Goal: to help others

Greatest fear: selfishness and ingratitude

Strategy: doing things for others

Weakness: martyrdom and being exploited

Talent: compassion, generosity

The Caregiver is also known as: The saint, altruist, parent, helper, supporter.

2. The Lover

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

3. The Sage

Motto: The truth will set you free

Core desire: to find the truth.

Goal: to use intelligence and analysis to understand the world.

Biggest fear: being duped, misled—or ignorance.

Strategy: seeking out information and knowledge; self-reflection and understanding thought processes.

Weakness: can study details forever and never act.

Talent: wisdom, intelligence.

The Sage is also known as: The expert, scholar, detective, advisor, thinker, philosopher, academic, researcher, thinker, planner, professional, mentor, teacher, contemplative.

Subject Five had the following quiz results.

The Innocent		The Orphan		The Warrior	
05.	2	14.	3	06.	3
13.	4	22.	3	39.	3
34.	4	27.	1	40.	2
49.	2	30.	1	44.	4
63.	4	50.	2	57.	3
65.	4	71.	2	59.	3
<hr/>		<hr/>		<hr/>	
20		12		18	

The Caregiver		The Seeker		The Lover	
07.	5	33.	4	12.	2
10.	5	47.	2	16.	5
15.	4	51.	2	17.	5
24.	4	62.	2	25.	5
55.	4	70.	2	29.	5
68.	4	72.	3	45.	5
<hr/>		<hr/>		<hr/>	
26		15		27	

Subject Five quiz results continued...

The Destroyer		The Creator		The Magician	
02.	2	08.	5	03.	4
04.	3	19.	3	23.	5
21.	4	31.	4	37.	5
52.	4	60.	3	42.	3
61.	3	64.	4	48.	3
66.	2	69.	5	58.	3
<hr/>		<hr/>		<hr/>	
18		24		23	

The Ruler		The Sage		The Fool	
26.	3	01.	2	09.	2
32.	4	18.	4	11.	5
35.	4	20.	5	28.	2
38.	4	36.	4	43.	5
46.	5	41.	4	53.	5
67.	5	56.	3	54.	2
<hr/>		<hr/>		<hr/>	
25		22		21	

Subject 5. Results

1. The Lover = 27 points

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

2. The Caregiver = 26 points

Motto: Love your neighbour as yourself

Core desire: to protect and care for others

Goal: to help others

Greatest fear: selfishness and ingratitude

Strategy: doing things for others

Weakness: martyrdom and being exploited

Talent: compassion, generosity

The Caregiver is also known as: The saint, altruist, parent, helper, supporter.

3. The Ruler = 25 points

Motto: Power isn't everything, it's the only thing.

Core desire: control

Goal: create a prosperous, successful family or community

Strategy: exercise power

Greatest fear: chaos, being overthrown

Weakness: being authoritarian, unable to delegate

Talent: responsibility, leadership

The Ruler is also known as: The boss, leader, aristocrat, king, queen, politician, role model, manager or administrator.

Subject 5. Analysis

Subject Five was easily able to decide on a fantasy persona. Knowing herself quite well, she was able to identify two of the three archetypes active in her life at the moment. She believes she most identifies with the Caregiver, the Lover and the Sage, but when she took the quiz her results yielded that the archetypes active in her life at the moment are the Lover, the Caregiver, and the Ruler. Her Fantasy Self being an equestrienne definitely relates to her archetypes. An Equestrienne embodies romanticism when referred to in historical context. The subject's intent was to create her persona as if she were living 100 years ago. The Caregiver ties into the fantasy because the relationship with the horse is a loving one. The horse trusts the equestrienne to take care of it and treat it lovingly. The Ruler archetype ties into the fantasy on several levels. One must be in control of the horse in order to steer it and keep them self safe. Secondly, only wealthy people were equestriennes. Historically, wealthy people held themselves in high esteem, projecting confidence and authority. The subjects original choice of the Sage would not tie as well into the fantasy, the Sage is more concerned with thinking than doing, would not be the obvious choice to steer the horse. It is my opinion that the subject would benefit from embracing their Ruler in order to fully access the positive qualities of the archetype and to avoid falling into the Shadow, which can occur when one denies the existence of an active archetype in their life.

Subject 6.



Fantasy Self - Audrey Hepburn



Subject Six made the following archetype selections for who they feel they are

1. The Seeker

Motto: Don't fence me in

Core desire: the freedom to find out who you are through exploring the world

Goal: to experience a better, more authentic, more fulfilling life

Biggest fear: getting trapped, conformity, and inner emptiness

Strategy: journey, seeking out and experiencing new things, escape from boredom

Weakness: aimless wandering, becoming a misfit

Talent: autonomy, ambition, being true to one's soul

The explorer is also known as: The seeker, iconoclast, wanderer, individualist, pilgrim.

2. The Magician

Motto: I make things happen.

Core desire: understanding the fundamental laws of the universe

Goal: to make dreams come true

Greatest fear: unintended negative consequences

Strategy: develop a vision and live by it

Weakness: becoming manipulative

Talent: finding win-win solutions

The Magician is also known as: The visionary, catalyst, inventor, charismatic leader, shaman, healer, medicine man.

3. The Lover

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

Subject Six had the following quiz results.

The Innocent		The Orphan		The Warrior	
05.	5	14.	1	06.	4
13.	5	22.	3	39.	4
34.	5	27.	3	40.	4
49.	5	30.	1	44.	4
63.	4	50.	1	57.	1
65.	5	71.	2	59.	4
<hr/>		<hr/>		<hr/>	
	29		11		21

The Caregiver		The Seeker		The Lover	
07.	3	33.	5	12.	4
10.	4	47.	5	16.	5
15.	4	51.	2	17.	5
24.	4	62.	3	25.	3
55.	3	70.	3	29.	5
68.	3	72.	5	45.	5
<hr/>		<hr/>		<hr/>	
	21		23		27

Subject Six quiz results continued...

The Destroyer		The Creator		The Magician	
02.	3	08.	5	03.	5
04.	3	19.	5	23.	5
21.	3	31.	5	37.	5
52.	4	60.	4	42.	5
61.	3	64.	5	48.	5
66.	1	69.	3	58.	5
<hr/>		<hr/>		<hr/>	
17		27		30	

The Ruler		The Sage		The Fool	
26.	4	01.	4	09.	4
32.	4	18.	5	11.	4
35.	3	20.	5	28.	4
38.	4	36.	5	43.	5
46.	4	41.	5	53.	4
67.	5	56.	4	54.	3
<hr/>		<hr/>		<hr/>	
24		28		24	

Subject 6. Results

1. The Magician = 30 points

Motto: I make things happen.

Core desire: understanding the fundamental laws of the universe

Goal: to make dreams come true

Greatest fear: unintended negative consequences

Strategy: develop a vision and live by it

Weakness: becoming manipulative

Talent: finding win-win solutions

The Magician is also known as: The visionary, catalyst, inventor, charismatic leader, shaman, healer, medicine man.

2. The Innocent = 29 points

Motto: Free to be you and me

Core desire: to get to paradise

Goal: to be happy

Greatest fear: to be punished for doing something bad or wrong

Strategy: to do things right

Weakness: boring for all their naive innocence

Talent: faith and optimism

The Innocent is also known as: Utopian, traditionalist, naive, mystic, saint, romantic, dreamer.

10. The Sage = 28 points

Motto: The truth will set you free

Core desire: to find the truth.

Goal: to use intelligence and analysis to understand the world.

Biggest fear: being duped, misled—or ignorance.

Strategy: seeking out information and knowledge; self-reflection and understanding thought processes.

Weakness: can study details forever and never act.

Talent: wisdom, intelligence.

The Sage is also known as: The expert, scholar, detective, advisor, thinker, philosopher, academic, researcher, thinker, planner, professional, mentor, teacher, contemplative.

Subject 6. Analysis

Subject Six feels she most identifies with the archetypes of the Seeker, the Magician and the Lover, but after taking the quiz the archetypes that were most dominant were the Magician, the Innocent and the Sage. When I approached the subject about participating in the project, she knew right away that she would like her persona to be Audrey Hepburn. When I asked what she found intriguing about Hepburn she responded that she was inspirational and had a wonderful outlook on life. That she was authentic and charitable and loving. The archetypes that were revealed during the quiz correspond with what she admires in Audrey Hepburn. The Magician with its relationship with the universe and belief in magic ties into the magical qualities she believes Hepburn embodies. The Innocent archetype ties into the wide eyed beauty in movies such as, “Breakfast at Tiffanys”, where she believed everything was going to work out and she had many people taking care of her and helping to protect her childish innocence. The Sage ties into Hepburn in her off screen persona, being charitable and thinking about the greater good. Subject Six in essence already embodies what she admires in Hepburn, and in my opinion, the choice of Fantasy was natural and intuitive.

Subject 7.



Fantasy Self - Bank Robber



Subject Seven made the following archetype selections for who they feel they are

1. The Sage

Motto: The truth will set you free

Core desire: to find the truth.

Goal: to use intelligence and analysis to understand the world.

Biggest fear: being duped, misled—or ignorance.

Strategy: seeking out information and knowledge; self-reflection and understanding thought processes.

Weakness: can study details forever and never act.

Talent: wisdom, intelligence.

The Sage is also known as: The expert, scholar, detective, advisor, thinker, philosopher, academic, researcher, thinker, planner, professional, mentor, teacher, contemplative.

2. The Seeker

Motto: Don't fence me in

Core desire: the freedom to find out who you are through exploring the world

Goal: to experience a better, more authentic, more fulfilling life

Biggest fear: getting trapped, conformity, and inner emptiness

Strategy: journey, seeking out and experiencing new things, escape from boredom

Weakness: aimless wandering, becoming a misfit

Talent: autonomy, ambition, being true to one's soul

The explorer is also known as: The seeker, iconoclast, wanderer, individualist, pilgrim.

4. The Caregiver

Motto: Love your neighbour as yourself

Core desire: to protect and care for others

Goal: to help others

Greatest fear: selfishness and ingratitude

Strategy: doing things for others

Weakness: martyrdom and being exploited

Talent: compassion, generosity

The Caregiver is also known as: The saint, altruist, parent, helper, supporter.

Subject Seven had the following quiz results.

The Innocent		The Orphan		The Warrior	
05.	4	14.	2	06.	3
13.	3	22.	2	39.	4
34.	2	27.	3	40.	4
49.	1	30.	3	44.	2
63.	2	50.	4	57.	3
65.	2	71.	4	59.	3
<hr/>		<hr/>		<hr/>	
14		18		19	

The Caregiver		The Seeker		The Lover	
07.	4	33.	4	12.	3
10.	4	47.	4	16.	4
15.	3	51.	4	17.	4
24.	4	62.	3	25.	5
55.	5	70.	2	29.	4
68.	4	72.	4	45.	5
<hr/>		<hr/>		<hr/>	
24		21		25	

Subject Seven quiz results continued...

The Destroyer		The Creator		The Magician	
02.	3	08.	4	03.	4
04.	2	19.	3	23.	2
21.	3	31.	3	37.	4
52.	4	60.	3	42.	3
61.	4	64.	2	48.	3
66.	3	69.	3	58.	3
<hr/>		<hr/>		<hr/>	
19		18		19	

The Ruler		The Sage		The Fool	
26.	3	01.	5	09.	3
32.	3	18.	3	11.	3
35.	4	20.	5	28.	2
38.	3	36.	3	43.	5
46.	4	41.	4	53.	4
67.	3	56.	3	54.	4
<hr/>		<hr/>		<hr/>	
21		23		21	

Subject 7. Results

1. The Lover = 25 points

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

2. The Caregiver = 24 points

Motto: Love your neighbour as yourself

Core desire: to protect and care for others

Goal: to help others

Greatest fear: selfishness and ingratitude

Strategy: doing things for others

Weakness: martyrdom and being exploited

Talent: compassion, generosity

The Caregiver is also known as: The saint, altruist, parent, helper, supporter.

3. The Sage = 23 points

Motto: The truth will set you free

Core desire: to find the truth.

Goal: to use intelligence and analysis to understand the world.

Biggest fear: being duped, misled—or ignorance.

Strategy: seeking out information and knowledge; self-reflection and understanding thought processes.

Weakness: can study details forever and never act.

Talent: wisdom, intelligence.

The Sage is also known as: The expert, scholar, detective, advisor, thinker, philosopher, academic, researcher, thinker, planner, professional, mentor, teacher, contemplative.

Subject 7. Analysis

Subject Seven feels that they identify the most with the archetypes of the Sage, the Seeker, and the Caregiver, but after taking the quiz, it was revealed that the Lover, the Caregiver and the Sage are the most active in their life. The Lover while being the dominant archetype was dismissed originally by the subject. This tells me that for whatever reason they are denying its influence. When one does not acknowledge an active archetype then the Shadow side may be present. The Shadow of the Lover presents the risk of losing ones own identity by needing to please others. The Caregiver archetype is also dominant in the subjects current life. This archetypes influence is acknowledged by the subject. Having a Fantasy Self of a Bank Robber I believe is a reaction to giving too much to others and wanting to take something back. That something may be their own identity which in the bank robber can metaphorically be their riches. The Sage may play into the fantasy as looking for the truth. Perhaps he feels he need to steal the truth back because he has given so much away. It is important to set boundaries when one does not have a strong archetype presently in their persona. The absence of the Warrior and the Ruler may lead to being taken advantage of, which may stunt the growth of the subject. By embracing the Lover within, the subject may be able to embrace some of their own passions versus giving all of their passions away in caring for others.

Subject 8.



Fantasy Self- Professional Poker Player



Subject Eight made the following archetype selections for who they feel they are

1. The Fool

Motto: You only live once

Core desire: to live in the moment with full enjoyment

Goal: to have a great time and lighten up the world

Greatest fear: being bored or boring others

Strategy: play, make jokes, be funny

Weakness: frivolity, wasting time

Talent: joy

The Jester is also known as: The fool, trickster, joker, practical joker or comedian.

2. The Innocent

Motto: Free to be you and me

Core desire: to get to paradise

Goal: to be happy

Greatest fear: to be punished for doing something bad or wrong

Strategy: to do things right

Weakness: boring for all their naive innocence

Talent: faith and optimism

The Innocent is also known as: Utopian, traditionalist, naive, mystic, saint, romantic, dreamer.

3. The Magician

Motto: I make things happen.

Core desire: understanding the fundamental laws of the universe

Goal: to make dreams come true

Greatest fear: unintended negative consequences

Strategy: develop a vision and live by it

Weakness: becoming manipulative

Talent: finding win-win solutions

The Magician is also known as: The visionary, catalyst, inventor, charismatic leader, shaman, healer, medicine man.

Subject Eight had the following quiz results.

The Innocent		The Orphan		The Warrior	
05.	5	14.	2	06.	3
13.	4	22.	2	39.	3
34.	2	27.	2	40.	4
49.	5	30.	4	44.	4
63.	4	50.	2	57.	4
65.	5	71.	1	59.	3
<hr/>		<hr/>		<hr/>	
25		13		21	

The Caregiver		The Seeker		The Lover	
07.	2	33.	3	12.	3
10.	3	47.	3	16.	4
15.	3	51.	2	17.	4
24.	2	62.	2	25.	5
55.	3	70.	4	29.	4
68.	3	72.	4	45.	5
<hr/>		<hr/>		<hr/>	
16		18		25	

Subject Eight quiz results continued...

The Destroyer		The Creator		The Magician	
02.	2	08.	5	03.	1
04.	1	19.	3	23.	4
21.	1	31.	2	37.	2
52.	2	60.	3	42.	4
61.	4	64.	4	48.	4
66.	2	69.	3	58.	3
<hr/>		<hr/>		<hr/>	
12		20		18	

The Ruler		The Sage		The Fool	
26.	3	01.	3	09.	5
32.	5	18.	3	11.	5
35.	4	20.	4	28.	3
38.	2	36.	3	43.	5
46.	4	41.	2	53.	5
67.	5	56.	3	54.	5
<hr/>		<hr/>		<hr/>	
23		18		28	

Subject 8. Results

1. The Fool = 28 points

Motto: You only live once

Core desire: to live in the moment with full enjoyment

Goal: to have a great time and lighten up the world

Greatest fear: being bored or boring others

Strategy: play, make jokes, be funny

Weakness: frivolity, wasting time

Talent: joy

The Jester is also known as: The fool, trickster, joker, practical joker or comedian

2. The Lover = 25 points

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

3. The Innocent = 25 points

Motto: Free to be you and me

Core desire: to get to paradise

Goal: to be happy

Greatest fear: to be punished for doing something bad or wrong

Strategy: to do things right

Weakness: boring for all their naive innocence

Talent: faith and optimism

The Innocent is also known as: Utopian, traditionalist, naive, mystic, saint, romantic, dreamer.

Subject 8. Analysis

Subject Eight is actively living their Fantasy Self of trying to become a professional poker player. The archetypes the subject feels they identify with the most are the Fool, the Innocent, and the Magician, but after taking the quiz the archetypes that were revealed were the Fool, the Lover and the Innocent. The archetypes that were dominant in the quiz tie directly into the fantasy of being a professional poker player. The Fool, which embodies having fun and not taking life too seriously, ties into the game aspect of the fantasy. The Lover is revealed in the gambler through passion. A professional poker player can play up to twelve continuous hours in a tournament which requires intense passion to maintain focus and interest. One must have a true love of the game to make this type of commitment both physically and emotionally. The Innocent archetype is tied into the fantasy because in order to take financial risks one must believe that everything is going to turn out all right. The subject needs to be careful with the gambling fantasy because none of the archetypes active in their life embodies caution or reason. It would be very easy to lose more than they bargained for when the Fool, the Lover and the Innocent are calling the shots. I recommend the subject work on developing their Ruler, in order to protect them self from potential self destruction.

Subject 9.



Fantasy Self - Gypsy Clairvoyant



Subject Nine made the following archetype selections for who they feel they are

1. The Creator

Motto: If you can imagine it, it can be done

Core desire: to create things of enduring value

Goal: to realize a vision

Greatest fear: mediocre vision or execution

Strategy: develop artistic control and skill

Task: to create culture, express own vision

Weakness: perfectionism, bad solutions

Talent: creativity and imagination

The Creator is also known as: The artist, inventor, innovator, musician, writer or dreamer.

2. The Lover

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

3. The Innocent

Motto: Free to be you and me

Core desire: to get to paradise

Goal: to be happy

Greatest fear: to be punished for doing something bad or wrong

Strategy: to do things right

Weakness: boring for all their naive innocence

Talent: faith and optimism

The Innocent is also known as: Utopian, traditionalist, naive, mystic, saint, romantic, dreamer.

Subject Nine had the following quiz results.

The Innocent		The Orphan		The Warrior	
05.	4	14.	2	06.	4
13.	4	22.	1	39.	4
34.	2	27.	2	40.	4
49.	2	30.	2	44.	5
63.	3	50.	4	57.	4
65.	2	71.	4	59.	3
<hr/>		<hr/>		<hr/>	
17		15		25	

The Caregiver		The Seeker		The Lover	
07.	4	33.	5	12.	3
10.	3	47.	4	16.	4
15.	3	51.	2	17.	5
24.	2	62.	3	25.	4
55.	3	70.	2	29.	3
68.	3	72.	3	45.	5
<hr/>		<hr/>		<hr/>	
18		19		24	

Subject Nine quiz results continued...

The Destroyer		The Creator		The Magician	
02.	3	08.	5	03.	4
04.	3	19.	5	23.	3
21.	3	31.	3	37.	4
52.	3	60.	5	42.	3
61.	2	64.	4	48.	5
66.	2	69.	4	58.	3
<hr/>		<hr/>		<hr/>	
	16		26		22

The Ruler		The Sage		The Fool	
26.	4	01.	2	09.	3
32.	5	18.	4	11.	5
35.	3	20.	4	28.	2
38.	3	36.	5	43.	5
46.	3	41.	4	53.	3
67.	3	56.	1	54.	4
<hr/>		<hr/>		<hr/>	
	21		20		22

Subject 9. Results

1. The Creator = 26 points

Motto: If you can imagine it, it can be done

Core desire: to create things of enduring value

Goal: to realize a vision

Greatest fear: mediocre vision or execution

Strategy: develop artistic control and skill

Task: to create culture, express own vision

Weakness: perfectionism, bad solutions

Talent: creativity and imagination

The Creator is also known as: The artist, inventor, innovator, musician, writer or dreamer.

2. The Warrior = 25 points

Motto: Where there's a will, there's a way

Core desire: to prove one's worth through courageous acts

Goal: expert mastery in a way that improves the world

Greatest fear: weakness, vulnerability, being a "chicken"

Strategy: to be as strong and competent as possible

Weakness: arrogance, always needing another battle to fight

Talent: competence and courage

The Hero is also known as: The warrior, crusader, rescuer, superhero, the soldier, dragon slayer, the winner and the team player.

3. The Lover = 24 points

Motto: You're the only one

Core desire: intimacy and experience

Goal: being in a relationship with the people, work and surroundings they love

Greatest fear: being alone, a wallflower, unwanted, unloved

Strategy: to become more and more physically and emotionally attractive

Weakness: outward-directed desire to please others at risk of losing own identity

Talent: passion, gratitude, appreciation, and commitment

The Lover is also known as: The partner, friend, intimate, enthusiast, sensualist, spouse, team-builder.

Subject 9. Analysis

The archetypes that Subject Nine believed they most identified with are the Creator, the Lover, and the Innocent. After taking the quiz the archetypes that were revealed as active in their life are the Creator, the Warrior and the Lover. The fantasy of being a gypsy clairvoyant relates to the Creator in that one must be open minded and in touch with their imagination to develop their psychic and intuitive gifts for connecting to the supernatural. The gypsy is also creative in that they dance to the beat of their own drum. The fashion sense of a gypsy tends to be quite colorful and mismatch, mixing patterns and layers, breaking out from the traditional garb worn by the more conservative members of society. The Warrior relates to the gypsy clairvoyant because one must have a toughness when being a non conformist. The gypsy also is wild like a warrior, intense and difficult to control. The Lover is related to the fantasy through passion. The Lover lives life to the fullest, passionately embracing the joy and heartache that is known as the human experience. I would advise the subject to develop their Caretaker. While it is good to be a fighter, aggression is not always the best way to navigate life. The Warrior protects the deeply felt emotions of the Creator and the Lover but can sometimes push away the things they love the most.

Subject 10.

Due to a medical condition, subject ten was unable to participate in the archetype quiz and analysis.



Fantasy Self - Cloud



Subject 11

Due to a language barrier, subject eleven was unable to participate in the archetype quiz and analysis.



Fantasy Self - Ballerina



Subject 12

Due to a language barrier, subject twelve was unable to participate in the archetype quiz and analysis.



Fantasy Self - Little Red Riding Hood



Subject 13

Due to their age, subject thirteen was unable to participate in the archetype quiz and analysis.



Fantasy Self - Detective



Subject 14

Due to their age, subject fourteen was unable to participate in the archetype quiz and analysis.



Fantasy Self - Super Girl



Subject 15

Due to their age, subject fifteen was unable to participate in the archetype quiz and analysis.



Fantasy Self - Mermaid



Subject 16

Due to their age, subject sixteen was unable to participate in the archetype quiz and analysis.



Fantasy Self - Rockstar



Upon conclusion of this project, I have learned many things.

Our fantasies are indeed deeply rooted in the collective unconscious. The active archetypes in our lives are guiding our imagination with or without our permission. Our Fantasy Self personas will evolve as the active archetypes change through the seasons of life. Fantasy is a wonderful way to both escape and be fully present.

The research from this project suggests, that the subjects who have strong Caregiver archetypes active in their lives have a subconscious need to break free from the caring, as in the unrealized fantasies of the Dungeon Master and Dominatrix and in the realized fantasy of the Bank Robber. These findings reveal that there needs to be a balance and if we don't create that balance consciously it will appear subconsciously. The research also suggests that when denying archetypes that are active in our life the Shadow of the archetype will surface. Self awareness and acceptance are key to evolving through the archetypes. Being honest about the good, the bad and the ugly that we all have within us, helps us navigate our lives and control our destiny.

My studies have also revealed that most of us have the Lover archetype active in our lives. The spiritual teachings of the importance of love, to both give and receive, are woven into the fabric of human kind. Even the subjects who did not have the Lover as a top three archetype, still scored high in that category.

Using children in the project will yield results in the future. It will be very interesting to see their personalities develop over time and to make the connections between the choices they made while very young. Will the Rockstar

be a spirited young adult with a rebellious streak, channeling her inner Warrior? Will the Mermaid remain feminine and develop into a Caregiver at a young age? Will the Detective remain curious and embrace her Seeker when it calls for the first time in young adulthood? Will the Super Girl maintain her desire for courage as she navigates the challenges of adolescence and adulthood? These questions currently have no answers and like many studies will take years to complete.

In closing, as a life-long student of the self-help genre, my intention with this project is to create a tool for use in art therapy. A creative therapeutic approach to using imagination will support an internal visual dialogue for the subject, helping them to understand how and why they think and act the way they do. Identifying and embracing the Fantasy Self and active archetypes within, has the power to create positive change in our self awareness.

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APPENDIX

Location, Hardware, and Software

All photographs were taken in the photography studios located inside of the T building at Triton College, 2000 Fifth Ave, River Grove, IL 60171.

All photographs were taken using strobe lighting with various modifiers including, soft boxes, strips, grids, back light reflectors and gels.

All photographs were shot digitally using the following equipment.
Cameras - Canon 7D DSLR, Canon 5D Mark iii DSLR,
Lenses - Canon 50mm F1.8 and Tamaron 24-70F2.8

All photographs were edited with Adobe Photoshop CC and Topaz Labs software.

All images were printed on satin paper on 42" HP 5200 large format printer.

All photographs were printed to a final size of 16' x 20' and framed in IKEA Ribba frames size 19.75" x 27.75".

Fantasy Portraits were exhibited behind red fabric curtains affixed to the frames via 'L' brackets and dowel rods attached to the top sides of the frames.