



Heart Coach

Charge What You're Worth

The Four Survival Archetypes

Class #8

Today's Objectives

1. Introducing the four main ways we can get stopped when pursuing our goals and looking to see where and when we let them impact us
2. Learning the ways to impact and counteract these archetypes

Carl Jung & The Collective Unconscious

- What is an Archetype? An archetype is an energy pattern that is carried within our psyche or unconscious. It can be inherited from generation to generation or created through early childhood experiences.
- Carl Jung was a Swiss psychiatrist and psychoanalyst who founded analytical psychology and the first to formally describe patterns in the human psyche
- He was influential in the fields of psychiatry, philosophy, psychology and religious studies and created a detailed map of the unconscious, explaining that there are universal roles that all of us unwittingly play out
- These stories are guided by archetypes or story models which he called the Collective Unconscious

The Four Survival Archetypes

- Human nature is complex and there are many different subconscious archetypes available to us but there are four that are common to everyone—they are called the four survival archetypes
- These four act in specific ways, all linked, however, to our survival instinct. These four remain with you throughout your lifetime and are linked to how you manage your energy and power.
- They are programmed at an early age to keep you safe—to help you maintain your survival—and are centered around fear.
- They get supplied from your upbringing, parentally and socially, general life experience and are an attempt to protect you.
- These four archetypes represent the greatest challenges you face for your success. They influence how you perceive and respond to the varied events of your life, and, depending on how you work with them, you either suffer your fate or embrace your destiny
- The archetypes are the Child, the Prostitute, the Saboteur, and the Victim

The Child

The Child- Guardian of Innocence

The Child archetype is the first archetype you identify and sets up our earliest perceptions of life, safety, loyalty, and family. Its core issue is dependency and responsibility.

Examples:

- Avoiding responsibility and blaming others for our circumstances.
- The Child within you expects a protected life, a perfect life ... expects life to be very nurturing and safe.
- The Child believes that nothing happens to you unless you deserve it.
- Your Child looks for whether life is fair or not. Whether you deserve something or not ("I don't deserve that", "Life's unfair")
- Thirst for approval (good boy/good girl)
- Temper tantrums, jealousy, needing to be the center of attention

The Saboteur

The Saboteur—Guardian of Choice

- The Saboteur archetype makes itself known mostly through disruptions, and its purpose is to help you learn the many ways you undermine yourself.
 - The saboteur fills your mind with sabotaging thoughts, which when acted upon leads you to make choices that directly impact your success.
- It is fuelled by fear and low self-esteem, resulting in issues that cause you to make choices that block your own empowerment or success
Examples:
Inner voice saying “you can't do it”, “don't have what it takes”
“What if ppl let me down”, “what if people don't show up?”
 - The core issue is fear of initiating change into your life, especially changes that can change your reality and requires you to call in opportunities that shape and deepen your self-esteem and empowerment.
- It typically makes its presence known through a feeling or a thought that is rooted in fear. It may be a feeling of anxiety, doubt, of looking stupid, lack of confidence, or being afraid of failing.

The Victim

The Victim—Guardian of Self-Esteem

- The Victim archetype may manifest the first time you don't get what you want or need, or you're accused or punished for something you didn't do.

Example:

Wonder if you're cursed? Frequently getting emotionally dysregulated or being physically hurt in seemingly random events?

- The Victim feels like a bad luck magnet with lots of evidence that the universe is against him/her.
- Victimhood usually starts with tragic circumstances the Victim does not have the tools to process. The Victim forms a self-definition around this heavy emotional baggage and eventually so strongly identifies with it that the Victim subconsciously attracts the events and people that will reinforce his or her role as a Victim.
- In other words, Victims feel their personal boundaries are negotiable and that lack of strong boundaries leaves them victimizing themselves—telling themselves they are not deserving, not smart enough, or not good enough.
- When you operate out of a victim archetype, you reside in blame and control and wait to be rescued.

The Prostitute

The Prostitute—Guardian of Faith

- The Prostitute archetype comes into play when our survival is threatened. The prostitute learns to survive and be secure in the world by negotiating away his/her power
Example: “What is in it for me?”, “How can I make others feel that I am more important, intelligent, successful, evolved, interesting, and powerful than I really am?”, “How can I make others look up to me”
- Deeply wants a perceived sense of safety, so the Inner Prostitute will go to great measures to ensure that we feel guarded and protected. Common things our Inner Prostitutes are willing to “give” away include:
 - Sacrificing our dreams for comfort, Ignoring our values for social approval, doing something mainly for financial gain rather than passion or conviction. “Selling out” in order to gain popularity rather than being true to yourself and your unique message, Staying in an abusive or toxic relationship for emotional, social or financial security
 - Being falsely nice to others solely to gain something from them, Doing something that goes against your ethics, Manipulating others in order to get an advantage over them
 - Essentially “I will give you anything you want (even at expense of my faith, self-respect, and integrity) just as long as you give me something I want in return (in the form of financial or personal gain).
Its core issue is how much you are willing to sell yourself—your morals, your integrity, your intellect, your word, your body, or your soul—for the sake of physical security.

Exercise

In your groups:

Awareness Cause Disappearance

1. Pick something that you are feeling stuck, stopped or blocked in, in regards to coaching and identify which archetype is at play in that area
2. Look to see where else that same archetype shows up and if there are patterns where one shows up more often than another
3. If there is time try and find situation in your present (or past) where these other archetypes might also be impacting you

Resources

The Archetypes and the Collective Unconscious- Carl Gustav Jung

Sacred Contracts- Caroline Myss

King, Warrior, Magician, Lover- Robert L. Moore & Douglas Gilette