



Heart Coach

Charge What You're Worth

The Four Survival Archetypes Part 2

Today's Objectives

Build upon the 4 survival archetypes we discussed last week and learning HOW to conquer them by introducing new ways to impact them without judgment

The Four Survival Archetypes

- 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 a Swiss psychiatrist and psychoanalyst founded analytical psychology, also the first to formally describe patterns in the human psyche. First to formally map out patterns that exist within all of us.
- The archetypes are **the Child, the Prostitute, the Saboteur, and the Victim**. These four act in specific negative ways, all linked, however, by the 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 served a purpose!!

The Four Survival Archetypes

Child:

- Wants to be taken care of, has lots of ideas but can't take action on them, doesn't want to take responsibility
- Avoiding responsibility and blaming others for our circumstances
- Thirst for approval (good boy/good girl). Temper tantrums, jealousy, needing to be the center of a attention

Saboteur:

- Runs on fear & low self-esteem, resulting in issues that cause you to make choices that block your own empowerment or success
- It is the logical voice that sounds sensible but holds you back, second guesses, puts things off, tells you that you aren't good enough

Victim:

- Blames circumstances, never her/his fault, lots of drama, has no power
- Feels like a bad luck magnet with lots of evidence to support that belief
- personal boundaries are negotiable
- "not good enough", "not smart enough", "undeserving"

Prostitute:

- Willing to do anything for money, trades important things for survival, doesn't think s/he can look after themselves.
- Doesn't know his/her value
- Falsely nice to others solely to gain something from them
- Sacrificing your dreams for comfort

The Modern Archetypes

- **Caroline Myss** further developed on Jung's ideas and combines archetypes with self-development and personal insight/intuition.
- She describes four survival archetypes whose presence in the subconscious is universal and can be used/introduced to impact these 4 survival archetypes
- By using these more Mature archetypes to support the impacts of the previous Survival Archetypes we can find a new way to influence and interrupt the default subconscious operating system.
- We can impact what happens on autopilot (without making what exists wrong) and create new pathways for success, growth and progress.

Recap of The Child

The Child- Guardian of Innocence

- 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 a attention

The King/Queen (Combats the Child)

The King/Queen

- This is the part of you responsible for leadership in your life. It is responsible for finding your vision, giving you a sense of purpose and direction in the world, and running your life in the best possible way.
- This is the part of you that makes the important decisions about how to live your life, what career to follow, where to live, and how to manage your Kingdom, your particular realm.
- Your Kingdom might be your family, your business, your circle of friends, your own life where your Queen is the leader in each area. When this energy is expressed fully, your Queen makes you a mature, decisive, powerful and potent leader.

Recap of The Saboteur

The Saboteur—Guardian of Choice

- 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 Magician

(Combats The Saboteur)

The Magician

- The Magician's main motivation is problem solving and coming up with solutions, for this is an archetype concerned with thinking in all its forms – rational thinking, creative thinking, logical thinking, and magic.
- Belief in the impossible.
- This is the archetype that acts as an adviser or counsellor. The Magician finds solutions to problems, likes an intellectual challenge and comes up with strategies and creates ways around difficulties.

Recap of The Victim

The Victim—Guardian of Self-Esteem-

- 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 them.
- 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 operates inside of blame and control and waits to be rescued.

The Warrior

(Combats The Victim)

The Warrior

- This archetype is all about taking action in the world and setting boundaries.
- The warrior is there to protect people in the kingdom, to defend the boundaries of the kingdom, or simply to get things done.
- Warriors can fight from an offensive or defensive position
- Not aggressive or bloodthirsty, more like tapping into our masculine energy which is simply about taking action in the world, about getting things done, accomplishing tasks, and achieving objectives.

Recap of The Prostitute

The Prostitute—Guardian of Faith

- 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.
- 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.

The Lover

(Combats the Prostitute)

The Lover

- Not about sex but about establishing connection with other human beings. Creating intimacy
- The Lover brand archetype is about creating relationships and evoking emotions. Lovers are always looking for ways to make others feel special and to meet their needs.
- The Lover is passionate and unashamed to foster relationships and express appreciation
- More than anything, the Lover archetype wants to achieve intimacy through close relationships, and create a special feeling in others

The 4 Survival Archetypes & The Modern Archetypes

SHADOW/SURVIVAL

Child: Wants to be taken care of, has lots of ideas but doesn't want to/can't take action on them, doesn't want to take responsibility

Saboteur: Runs on fear and low self-esteem, causing you to make choices that block your own empowerment or success. second guesses, puts things off, tells you that you aren't good enough.

Victim: Blames circumstances, never her/his fault, lots of drama, has no power. Frequently emotionally dysregulated. Thinks the world is against them, "a bad luck magnet".

Prostitute: Willing to do anything for money, trades important things for survival, doesn't think s/he can look after herself. Doesn't know her value.

EMPOWERED/MODERN

Queen/King: makes powerful decisions, takes responsibility, is very grounded and confident, comfortable being visible, mission is important to her

Magician: is powerful, has the power to create, trusts intuition, takes action on intuition, wise, transformative, healing. can make the impossible possible

Warrior: is fierce, gathers resources, leads, shows up, not afraid to take action and do what is necessary or right, stands up for her/himself

Lover: knows her/his worth, knows what s/he values and lives them no matter what, lives in a place of alignment even when it is hard/scary

Support For Our Shadow

- The Child, the Saboteur, the Victim, and the Prostitute are the intimate companions that are here to stay.
- They make you conscious of your vulnerabilities, your fears and your blocks.
- The more conscious you can remain about the archetypal patterns influencing your behavior (without judgment), the more likely you can call in these partner set of energies to work in collaboration with them so you can be balanced and connected to your whole self powerfully.
- The main concept is not to try and get rid of, or shame, the existing archetypes but instead call in support or alternate archetypes to help get you where you need to go

Exercise

1. Share an area of your life that is being controlled, influenced or impacted by one of the 4 survival archetypes. (**Child, Victim, Saboteur, Prostitute**). Be sure to be honest and share in detail.
2. Now include the appropriate modern archetype into that situation. (ie: if you find yourself in a “Victim” archetype how does your perspective shift if you try standing in the ‘Warrior’ archetype?) ***King/Queen, *Warrior, *Magician, *Lover**
3. How do you feel with this new framework applied? How do you feel internally when standing in this new frame of beingness about the situation affecting your relationship/life/business? How does your perspective change or shift when seeing that same situation in this new way?
4. What do you see newly what next action steps stem from introducing this new archetype?

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How To Use This In Your Work

Incorporating the survival and empowered archetypes into coaching not only provides a rich framework for discussion and reflection but also offers clients a structured path to personal growth and self-actualization.

Enhancing Emotional Intelligence: By understanding the emotional drivers behind the survival archetypes, you can help clients develop greater emotional intelligence. This involves recognizing their emotional responses, understanding the triggers behind them, and learning how to manage emotions more effectively.

Strengthening Relationships: The archetypes can also be used to navigate and improve interpersonal relationships. Understanding one's own archetype and the archetypes of others can foster empathy, patience, and better communication. As a coach you can guide clients in recognizing the archetypal dynamics at play in their relationships and teach them how to interact with others in a way that is healthy and constructive.

Career and Purpose Alignment: You can use the archetypes to assist clients in aligning their careers and life purpose with their true selves. By understanding the attributes and values of each empowered archetype, clients can explore career paths and life choices that resonate more deeply with their authentic selves.

How To Use This In Your Work

Creating a Personalized Ritual and Routine: Incorporating the archetypal framework into daily life can be powerful. You can help clients develop rituals and routines that nurture their desired archetype. This could include specific affirmations, journaling prompts, or activities that embody the qualities of the empowered archetypes.

Overcoming Inner Critic and Building Self-Compassion: The knowledge of survival archetypes can be instrumental in addressing the inner critic that often keeps individuals stuck in unhelpful patterns. By guiding clients in recognizing when their inner survival archetype is active and teach them techniques to cultivate self-compassion and silence the inner critic.

Facilitating Transformation Through Storytelling: Storytelling can be a powerful tool for transformation. As a coach you can encourage clients to rewrite their personal narratives through the lens of their desired empowered archetype. This process helps individuals see themselves as the heroes of their own stories, capable of overcoming challenges and achieving their goals. It shifts the narrative from one of victimhood or fear to one of empowerment and purpose.