



Self-Concept Worksheet:

Character:	
What is his/her self-concept? How does s/he see her/himself (regardless of how others see her/him)?	
What would s/he never, ever think?	
What would s/he never, ever feel?	
What would s/he never, ever say?	
What would s/he never, ever do?	
What is the most satisfying outcome for her/him?	

Make her/him think it, feel it, say it, do it.

Writing Exercise 1: Challenge Your Character

Write a scene that challenges your character's self-concept. If she feels in control, put her in a situation outside of her control. If he feels comfortable with his lifestyle, make him feel uncomfortable, etc.

- What would s/he think, feel, say, do?
- Does s/he accept the challenge (and learn something about her/himself) or does s/he resist the challenge (and create further problems)?

Writing Exercise 2: Lay Siege to Your Character

What defence mechanisms would your character build to secure their self-concept?

Write three points throughout your story that would attack/undermine these defences.

Writing Exercise 3: Never Evers

Using the Never Evers listed above, write scenes where s/he thinks, feels, says and does stuff that s/he would never normally think, feel, say or do. Work these scenes into your plot. These can be examples of hitting rock bottom for your character, or of triumph for your character. For example, if your hero would never apologise, put him in a position where he has to. If your heroine would never hurt someone, put her in a position where she strikes back.