

## Archetype Shadows

“Shadow” = those parts of ourselves we do not want to see or admit to ourselves or others.

Development may be

Balanced – elusive, may change rapidly under stress

Inflated – exaggerated, over-active, toxic

Deflated – Subversive, weakened, withdrawn

## Finding Balance

All can be accessed, some easier than others

Men vs women (stereotypically)

Often a natural shift in mid-life

Goal to transform shadows into allies

## Pathways to Transformation

Truth: What is and is not. What we are and are not.

Admit fear – Magician

Own pain – Warrior

Express feeling – Lover

Ask for what you need – Sovereign

## Tools for Transformation

Meditation and Journaling

Exercise and Self-Care

Mentors and “True Friends”

Connections and Community

Gratitude and Service

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# “Who’s Driving Your Bus?”

## Managing Your Inborn Leadership Archetypes for Life and Business Success

Presented by

**John Goll, LMFT**

### Program

Welcome and Introduction

The Bus Story

Leadership and Archetypes

Jung: “...innate and universal psychic dispositions”

An energy, idea or theme

Gives rise to symbols, images, characteristic traits

ie: The Hero, The Mother, The Wise Old Man, The Golden Child

Cross-cultural and trans-generational

Influenced by personality and early experience

Accessibility, development and balance is possible

Moore and Gillette: Sovereign, Warrior, Lover, Magician

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## Sovereign (King/Queen)

Charts the course, High Self-Worth, Decides, Blesses, Gets Power From Source Beyond Self

- Inflated = Tyrant
    - “Special one”
    - Perfectionist
    - Cynical, Critical, Degrading
    - Places self ahead of others
    - Ignores, diminishes others
  - Deflated = Weakling
    - Unloved and unlovable
    - No personal power
    - Captive to other’s approval
    - Avoids conflict
    - Not good enough
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## Magician

Wise, Insightful, Tolerates Ambiguity, Assesses, Adapts, Non-Judgmental

- Inflated = Manipulator
    - Secretive
    - Controlling
    - Manipulates with fear
    - Suspicious
    - Aloof
    - Hurtful humor
  - Deflated = Dummy
    - Confused, Afraid
    - Fears mistakes
    - Quick to judge
    - Discounts self
    - Disorganized
    - False ignorance
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## Lover

Connects, Engages, Emotionally Comfortable, Welcoming, Self-caring, Nurturing

- Inflated = Addict
    - Obsessed with pleasure
    - Prone to fanaticism
    - Overwhelmed by feelings
    - Prone to addictions
    - Tends to codependency
  - Deflated = Stoic
    - Unfeeling, Numb, disconnected
    - Fears abandonment
    - Can’t have fun
    - Avoids emotion
    - Sexually inactive or impotent
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## Warrior

Committed, Accomplishes, Sense of Duty, Boundaries, Faces Adversity, Appropriate Anger

- Inflated = Savage
    - Angry, explosive
    - Ignores boundaries
    - Defiant, intolerant
    - Works to burnout
    - Must win
  - Deflated = Victim
    - Denies anger
    - Avoids conflict
    - Weak boundaries
    - Ineffective
    - Can’t say “No”
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