



# WHAT ARE ARCHETYPES?

By Carmen Harra & Alexandra Harra



Throughout history, we've tried to classify people into different groups according to their personalities in an attempt to understand "why they do the things they do." This is the basis for all psychology. Why does one person lie and another tell the truth? Why does one person cheat and another remain faithful?

The word archetype comes from the Greek *archein*, meaning "original," and *typos*, meaning "pattern." So an archetype is an original pattern. In psychology, it's a pattern of thought present in the human psyche.

The forerunner of prototypes was Plato's theory of forms, his argument being that all forms (things) on Earth draw their origins from perfect forms in the realm of ideas. According to this theory, the patterns we perceive in our world are merely representations of a perfect pattern on some higher plane of existence.

Carl Jung was inspired by Plato's forms and applied the concept to human psychology. Jung believed that universal patterns reside within the depths of our consciousness and surface in the form of beliefs, fears, wishes, and so on. He identified three basic human motivations—the Ego, the Self, and the Soul—containing four archetypes each. The ego is made up of the Innocent, the Orphan, the Hero, and The Caregiver. The Soul is comprised of the Explorer, the Rebel, the Lover, and the Creator. The Self is represented through the Jester, the Sage, the Magician, and the Ruler. Each of these twelve archetypes is the human incarnation of an ideal form. We share the Jungian belief that archetypes are manifestations of the collective consciousness which we experience throughout life.

"What is the evidence that archetypes exist?" you might ask. Well, one way we know archetypes exist is our very own evolution. Humans derive from an original mold of their kind. If we analyze the forces that drive us, we will see that they're mutual throughout the human race: we run on the same thread. We all strive for ideals of love, liberty, and happiness, among others. We know an archetype for the concept of love exists because love is ingrained in us, even if it's intangible or has innumerable definitions. We continue to draw on cosmic consciousness—thinking, feeling, and doing the same things that have existed since the dawn of time. Archetypes are nestled within the very roots of our nature. We cannot change them; we can

only change how we relate to them as we expand our understanding.

The theory of archetypes can be well applied to relationships. The ways in which we relate (or don't relate) to another person also emerge from our subconscious. We have witnessed this truth for many years, working as psychologists and intuitive counselors and hearing every type of love scenario imaginable. We've worked with women who desperately desired the emotionally unavailable man, women who sought to escape the overwhelming man, couples that fell out of love then back in love, and men who realized they had been living a lie and actually loved other men. You name it, we've heard it.

In listening to tens of thousands of cases over time, something interesting happened: we noticed that the same types of people kept cropping up—people unrelated to each other but displaying almost identical qualities and comportment. As soon as a client started describing the man she was dating, we could almost finish her sentence because we knew what came next based on the archetype she was describing.

We began to comprehend that personality traits descend from archetypes and that a person's behavior is steered by his higher design. We noted that people come with characteristics similar to how a person with red hair also has freckles or a person with dark skin usually has dark eyes. For example, someone who is predisposed to introversion is also likely to have issues with communication and trust. We also realized that while we inherit much of our personality, it's not fully formed until we pass through experiences that solidify who we are. No one is born narcissistic or too independent, addicted to his work or to the idea of love, emotionally reserved or wounded. But the likelihood of becoming introverted will be exacerbated if that person is bullied in school, not shown enough love at home, or rejected by a lover.

We believe a person's archetype is encoded in his genes, even if it's not physically apparent. It continues to develop through his early relationship with his family and incipient awareness of his sexuality. The latter is dependent on the former: a person's relationship with his family during his youth sets the groundwork for his relationship with his sexuality as he enters adulthood. A mother's or father's parenting style will impact the child for life, long after moving out of the house.



A few years ago, someone advised Alexandra to write a book for young women to recognize Mr. Right from Mr. Wrong. We realized it's not quite that easy when we talked about this. While it's true that some partners are just plain wrong for us, most human beings are far more complex than we can imagine. Our characters aren't black or white, good or bad; we are a symphony of colors. Our personalities are multidimensional. It is, therefore, not our place to tell you that the archetype you're dating or would like to date is right or wrong for you. We're here to provide insight into what you can expect. The value of the seven archetypes we've identified is that they serve as a predictability chart, laying out all the components of a man's personality. We present each archetype's most critical character traits—innate and learned—that influence his relationships positively and negatively.

#### A CLOSER LOOK AT THE SEVEN ARCHETYPES

We continued observing the personas we encountered in our practice, particularly in regard to how they handled love relationships. We began taking notes on our clients' backgrounds, experiences, and demeanors and eventually developed seven distinct archetypes:

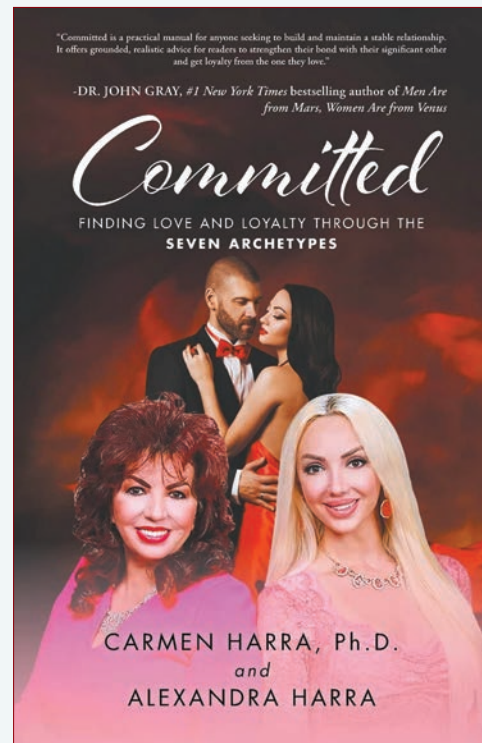
- The Independent
- The Workaholic
- The Narcissist
- The Free Spirit
- The Hopeless Romantic
- The Wounded Warrior
- The Introvert

More specifically, we divided the archetypes into two categories: the "me" archetypes and the "we" archetypes. The difference between the two is how much the archetype relies on his ego to make decisions in his relationships. The Independent, the Workaholic, the Narcissist, and the Free Spirit are more ego-driven, while the Hopeless Romantic, the Wounded Warrior, and the Introvert employ their egos less. Selfishness or selflessness will impact the energy of a relationship tremen-

dously. We also provide an analysis of the truly balanced individual, which we call the Well-Rounded One, in comparison to the other archetypes. Our next two chapters focus on the archetypes within these categories.

Each of the seven archetypes possesses strengths and weaknesses, and each is capable of upholding a relationship so long as he's willing to work on himself. As stated before, we believe there's no such thing as a commitment-phobe, but some archetypes adapt to commitment more easily than others: certain attributes lend them a higher susceptibility to attachment and a keener sense of dedication. Other archetypes are more emotionally resistant or have tougher psychological barriers to overcome before they can engage in a healthy relationship. It boils down to what values each archetype must learn or change to cultivate a fulfilling relationship for both partners. For example, the Narcissist needs to learn the value of sacrifice. The Independent needs to learn the value of attachment. The Workaholic needs to learn to prioritize what really matters, the Wounded Warrior needs to heal, and the Free Spirit needs to ground himself in purpose. The Hopeless Romantic needs to be more realistic, while the Introvert needs to open up and trust.

Each archetype needs to unlearn something unhealthy or unhelpful, then learn something new and positive to be in a successful relationship. We don't want to remain confined to the limitations of our archetype, unable to live up to our commitment goals and to renege on our promises. This causes us much suffering and confusion, not to mention a heck of a lot of trouble for our partner! Our goal is to escape the boundaries of one archetype and become as flexible as possible in our lives and our romances, ready to tackle any challenge. The goal isn't to achieve perfection but balance.



**Carmen Harra** is an intuitive psychologist, best-selling author, radio show host and relationship expert. In the past 25 years, she has helped over 40,000 people rediscover peace of mind, reclaim

personal power and regain joy. Her clients come from all walks of life, from the lady next door to Hollywood celebrities and eminent politicians.

She's the author of international best-sellers like

*Everyday Karma*, *Decoding Your Destiny*; *The Eleven Eternal Principles*; and *Wholeness*, among others. Carmen has hosted call-in shows on Hay House Radio, WOR Radio and WABC Radio.

She currently hosts *Miracle Guidance for Everyday Life* every Tuesday on OMTimes Radio.

**Alexandra Harra** is a certified life and relationship coach and author, while also boasting commendable career accomplishments as a writer. She writes regularly for renowned publications such as the Huffington Post and proactively aids her mother's mission to bring joy and love into people's relationships.

Follow the author on her website, [www.CarmenHarra.com](http://www.CarmenHarra.com).