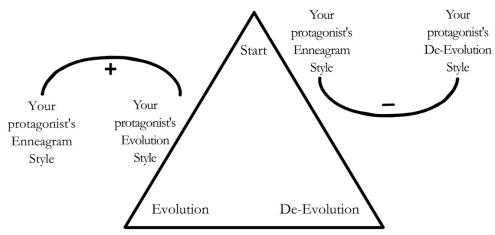
Protagonist Change Worksheet

- Identify Protagonist Change Triangle (Chapter 9)
- Identify change triangle components (Chapter 9)
- Finalize your protagonist's change triangle

Use this worksheet to identify the protagonist's overall change process using the Protagonist Change Triangle tool.

1. <u>Identify the Protagonist's Change Triangle:</u>

Your protagonist's baseline behavior for their Enneagram style. Usually kind of middle-ofthe-road screwed up—or they can be very screwed up—it's up to you



This is the Enneagram style behavior for your protagonist's elevation. This reflects their selfrealization in the end of the story and represents the Enneagram style of how they grow This is the Enneagram style behavior for your protagonist's decline, i.e., their pattern of bad behavior throughout the middle of the story, and can be the style where they end their story emotionaly

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Write out your protagonist's Enneagram style and evolution points:
Enneagram Style:
Enneagram Evolution:
Write out your protagonist's Enneagram style and de-evolution points:
Enneagram Style:
Enneagram De-Evolution:
Write out your protagonist's Starting Statement: (This is their baseline behavior at the start of the story.)
Write out your protagonist's Evolution Statement: (This is the Enneagram-based statement describing how they would behave if they changed for the better.)

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Write out your protagonist's Evolution Statement: (This is the Enneagram-based statement describing how they would behave if they changed for the worse.)	
	Identify the Enneagram Resources contributing to these statements: (What Enneagram patterns informed these choices?) Focus of Attention: (What Focus of Attention applies to your protagonist's style identified above?)
	Core Image: (What core image applies to your protagonist's style identified above?)
	Survival Strategy: (What survival strategy applies to your protagonist's style identified above?)
	Hexad Circuit of Safety (1,7,5,8,2,4): (Where does your protagonist move on the Enneagram when they feel safe?)
	Hexad Circuit of Fear (1,4,2,8,5,7): (Where does your protagonist move on the Enneagram when they feel afraid?)

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Triad Circuit of Safety (3,6,9): (Where does your protagonist move on the Enneagram when they feel safe?)

Triad Circuit of Fear (3,9,6): (Where does your protagonist move on the Enneagram when they feel afraid?)

3. Finalize Your Protagonist's Change Triangle: (Based on your work above, fill in the blanks and customize your triangle for your protagonist.)

