Narrative Engine Middle Worksheet

- Identify the Narrative Engine Middle structure (Chapter 12)

- Define the offer/refusal loop (Chapter 12)

- Define the Pattern of Decline (Chapter 12)

- Define the Pattern of Elevation (Chapter 12)

Use this worksheet to identify the main pieces of your story's Narrative Engine Middle structure. You may not have every piece of each structure figured out at this point, but that is why you have worksheets. Come back and rework as needed to fill in as much as you can over time.
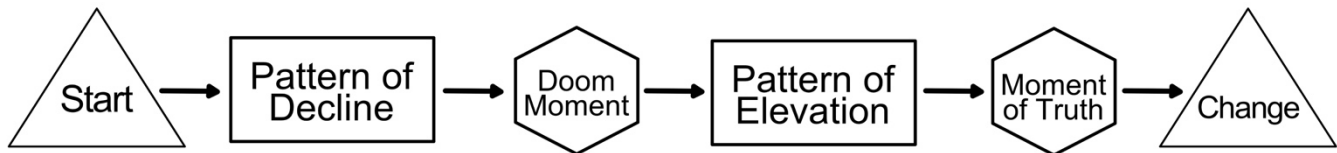
1. *Identify the Start (Offer/Refusal Loop)*: (Review Chapter 12 to get each component's definition.)

- *Offer to Change*: (What offer to change is the protagonist constantly being given? This is high level to the story, not scene specific.)

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- *Refusal to Change:* (What behavioral strategy does the protagonist refuse to give up rather than change? This is not behavior specific, i.e., stop being controlling, or stop lying, etc.)

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- *Doom Moment: (*Defines the scene or scenes where all is lost, goal is furthest from being achieved.)

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  _____

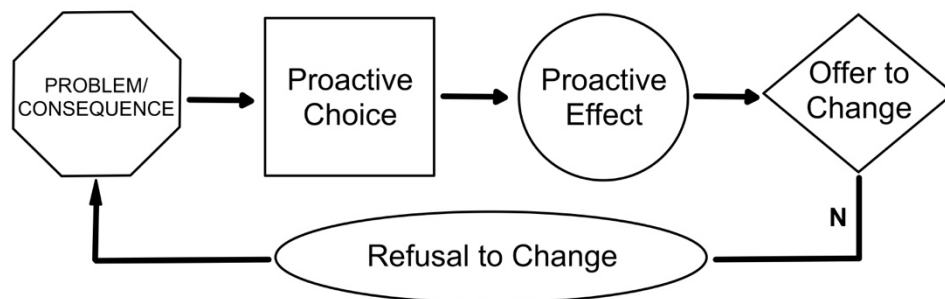- *Truth Moment: (*Scene or scenes where protagonist sees their blind spot and heals it.)

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- *Resolution/Change:*

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STOP
REMEMBER (Remember: all of this is Enneagram based, as it relies on the Patterns of Decline and Elevation.)

2. *Define the Pattern of Decline*: (Review Chapter 12 to get expansion of this definition.)

Write at least three cycles of the offer/refusal loop with scene specifics to illustrate a progressive pattern of behavioral and emotional decline for the protagonist. The object is to illustrate Enneagram-based behaviors that direct character choices leading to a refusal to change, when the situation offers the opportunity to do so. SHOW how the protagonist refuses and what they are refusing.

Scene 1:

*Story Problem They Face: (*This is a scene-specific context; this is not a high-level story problem.)

_____

_____

*Proactive Choice They Make (*action to solve the problem*):*

_____

_____

*What Effect Results from This Choice (*consequence of their proactive choice*):*

_____

_____

*Offer to Change (*What happens specifically that makes them stop and think about changing?):

_____

_____

_____

*Refusal to Change (*What happens specifically that makes them reject the offer—SHOW in action the constrictive behavior they exhibit.*):*

_____

_____

_____

Scene 2:

*Story Problem They Face: (*scene-specific context; this is not a high-level story problem*)*

_____

_____

*Proactive Choice They Make (*action to solve the problem*):*

_____

_____

What Effect Results from This Choice (consequence of their proactive choice*):*

_____

_____

Offer to Change (what happens specifically that makes them stop and think about changing, but …):

_____

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_____

*Refusal to Change (*What happens specifically that makes them reject the offer—SHOW in action the constrictive behavior they exhibit.*):*

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Scene 3:

*Story Problem They Face: (*scene-specific context; this is not a high-level story problem*)*

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_____

*Proactive Choice They Make (*action to solve the problem*):*

_____

_____

*What Effect Results from This Choice (*consequence of their proactive choice*):*

_____

_____

*Offer to Change (*what happens specifically that makes them stop and think about changing, but …):

_____

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*Refusal to Change (*What happens specifically that makes them reject the offer—SHOW in action the constrictive behavior they exhibit.):

_____

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3. *State the Pattern of Decline: (*Write out as a prose statement how you would describe the Enneagram-based pattern of decline for your protagonist, based on all the previous work above.*)*

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4. _Define the Pattern of Elevation_: (Review Chapter 12 to get each component's definition.)

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┌─────────┐   ┌─────────┐   ┌─────────┐   ┌─────────┐   ┌─────────┐   ┌─────────┐   ┌─────────┐
│  Doom   │ → │   1st   │ → │ 1st Step│ → │   2nd   │ → │Reconnects│ → │  Final  │ → │ Moment  │
│ Moment  │   │Awakening│   │ Toward  │   │Awakening│   │in a New │   │Awakening│   │of Truth │
│         │   │         │   │ Change  │   │         │   │   Way   │   │         │   │         │
└─────────┘   └─────────┘   └─────────┘   └─────────┘   └─────────┘   └─────────┘   └─────────┘
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- _Doom Moment:_ (Just repeat what you wrote from the Pattern of Decline.)

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- _First Awakening:_ (Scene or scenes where protagonist begins to see their blind spot for the first time.)

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- _First Step Toward Change:_ (What action does the protagonist take to show they are willing to start changing?)

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  _____

- *Second Awakening: (*What happens to make the protagonist realize they can't go it alone, they need help?)

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  _____

- *Reconnects in a New Way: (*How do they specifically reach out for help or reconnection to other characters?)

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- *Final Awakening:* (What happens to make the protagonist finally see their moral blind spot clearly?)

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- *Moment of Truth*: (What happens to give one final offer to change, which they finally accept?)

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5. *State the Pattern of Elevation:* (Write out as a prose statement how you would describe the Enneagram-based pattern of elevation for your protagonist, based on all the previous work above.)

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