

Rapid Story Development: Common & Uncommon “Hot Buttons” Worksheet

Jeff Lyons/Storygeeks
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Common & Uncommon “Hot Buttons” Worksheet

- Identify Communication Style Blind Spots (Chapter 6)
- Identify Communication Style Distortions (Chapter 6)
- Identify Conflict Style Pinches (Chapter 7)
- Identify Uncommon and Common Versions

Use this worksheet to identify the common and uncommon communication and conflict style hot buttons (emotional and behavioral) of your protagonist. These may not help you structure your story, but they will help you write more authentic dialogue and behavior.

1. Identify Communication Style Blind Spots:

Question: “What common communication blind spots ring most true for your protagonist? Examine each Enneagram style’s blind spots and make a list of the most appropriate.”

Question: “What are some uncommon additional communication blind spots that might be appropriate? (You’re making these up on your own.)”

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Question 1: “Do these uncommon blind spots feel consistent with my character’s Enneagram style?”

Question 2: “Do these uncommon blind spots feel right for them as an individual?”

Question 3: “Do these uncommon blind spots fit with my character’s general pattern of decline or elevation?”

2. Identify Communication Style Distortions:

Question: “What common communication distortions ring most true for your protagonist? Examine each Enneagram style’s distortions and make a list of the most appropriate.”

Question: “What are some uncommon additional communication distortions that might be appropriate? (You’re making these up on your own.)”

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Question 1: “Do these uncommon distortions feel consistent with my character’s Enneagram style?”

_____ (Y/N/?)

Question 2: “Do these uncommon distortions feel right for them as an individual?”

_____ (Y/N/?)

Question 3: “Do these uncommon distortions fit with my character’s general pattern of decline or elevation?”

_____ (Y/N/?)

3. Identify Conflict Style Pinches:

Question: “What common conflict pinches ring most true for your protagonist? Examine each Enneagram style’s blind spots and make a list of the most appropriate.”

Question: “What are some uncommon additional conflict pinches that might be appropriate? (You’re making these up on your own.)”

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Question 1: “Do these uncommon pinches feel consistent with my character’s Enneagram style?”

_____ (Y/N/?)

Question 2: “Do these uncommon pinches feel right for them as an individual?”

_____ (Y/N/?)

Question 3: “Do these uncommon pinches fit with my character’s general pattern of decline or elevation?”

_____ (Y/N/?)

4. *Finalize your blind spots, distortions, and pinches: (List as best you can your conclusions from the above sections.)*

Blind Spots:

Distortions:

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Pinches:
