Archetype Quiz

By Cloe Madanes

The Feminine

Everyone has masculine and feminine energies, but some people are predominantly masculine and others are predominantly feminine. If you are a woman and you think that you live mainly in the feminine, this quiz will indicate what is your predominant archetype.

Answer quickly and spontaneously.

T stands for True
ST stands for Somewhat True
NT stands for Not True

Circle the correct answer for each statement as it reflects who you are, who you are somewhat, or who you are not.

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1.	I care about men.	NT	ST	T
2.	Women are equal to men in all situations.	NT	ST	T
3.	I put others ahead of myself.	NT	ST	T
4.	I care about how men view me.	NT	ST	T
5.	I care about having a spouse and a family.	NT	ST	T
6.	I love solitude.	NT	ST	T
7.	I care about elevating the female status.	NT	ST	T
8.	I care about my relationship with my mother.	NT	ST	T
9.	I keep my opinions to myself in order to keep the peace.	NT	ST	T
10.	I want everyone to grow spiritually	NT	ST	T
11.	I need a nice home base.	NT	ST	T
12.	Wedding vows are sacred.	NT	ST	T
13.	No one comes before my child.	NT	ST	T

14.	I care about aligning myself with powerful men.	NT	ST	T
15.	I care deeply about the feminine, nature and the earth.	NT	ST	T
16.	I know how to charm a man.	NT	ST	T
17.	If a lover hurts me, I know I'll find someone better.	NT	ST	T
18.	I go wherever I please.	NT	ST	T
19.	Women admire me for my accomplishments.	NT	ST	T
20.	I am generous and care about providing for others.	NT	ST	T
21.	I want to keep my extended family together.	NT	ST	T
22.	I love to take care of household chores.	NT	ST	T
23.	I give special attention to children and animals.	NT	ST	T
24.	I prefer for others to worry about paying the bills.	NT	ST	T
25.	I love to meet new people and have fun	NT	ST	T
26.	I value healing the soul.	NT	ST	T
27.	I've never had a strong desire to have children.	NT	ST	T
28.	I feel my extended family needs my help.	NT	ST	T
29.	I care about charities and I do volunteer work.	NT	ST	T
30.	I love to win.	NT	ST	T
31.	Competitive sports are my favorite pastime.	NT	ST	T
32.	Friendships are important to me but I don't have a best friend.	NT	ST	T
33.	I love to be the center of attention.	NT	ST	T
34.	I have more male friends than female friends.	NT	ST	T
35.	I love city life.	NT	ST	T
36.	I have children, students, or patients to take care of.	NT	ST	T

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37.	I like to plan parties and family reunions.	NT	ST	T
38.	I like to work carefully and slowly on one thing at a time.	NT	ST	T
39.	I care more for others than for myself.	NT	ST	T
40.	I love variety.	NT	ST	T
41.	I don't have long term plans.	NT	ST	T
42.	I have strong spiritual beliefs.	NT	ST	T
43.	I don't let people manipulate me.	NT	ST	T
44.	I am very committed to my marriage.	NT	ST	T
45.	I am driven to help people.	NT	ST	T
46.	I value work and career above all else.	NT	ST	T
47.	I stand up for what I believe in and for my causes.	NT	ST	T
48.	I need to express myself.	NT	ST	T
49.	I am intelligent and creative.	NT	ST	T
50.	I prefer comfortable rather than stylish clothes.	NT	ST	T
51.	I'm willing to do anything for my team.	NT	ST	T
52.	I'm a great listener.	NT	ST	T
53.	I need to feel that my spouse and/or friends love me.	NT	ST	T
54.	I have a spiritual life.	NT	ST	T
55.	As a child, I was intelligent and older than my years.	NT	ST	T
56.	I am gentle and in many ways naïve.	NT	ST	T
57.	I am sensitive and sometimes psychic.	NT	ST	T
58.	I am willing to sacrifice myself for others.	NT	ST	T
59.	I don't particularly want material things or possessions.	NT	ST	T

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60.	Sometimes I violate my children's privacy.	NT	ST	T
61.	I am generous.	NT	ST	T
62.	I am confident and self--reliant.	NT	ST	T
63.	I don't particularly want to be married.	NT	ST	T
64.	I am emotional and feel deeply.	NT	ST	T
65.	I love my body and myself.	NT	ST	T
66.	I can be stubborn and opinionated.	NT	ST	T
67.	I always dress well.	NT	ST	T
68.	I enjoy staying home.	NT	ST	T
69.	My family is my identity.	NT	ST	T
70.	I don't care if people see me as different.	NT	ST	T
71.	I stand up for what I believe in.	NT	ST	T
72.	I am dependent and need attention.	NT	ST	T
73.	I have trouble committing to one relationship.	NT	ST	T
74.	I don't want material possessions.	NT	ST	T
75.	It's difficult for me to have fun with people	NT	ST	T
76.	I put my spouse's career above my own.	NT	ST	T
77.	My identity is based on helping others.	NT	ST	T
78.	I am intelligent and work hard.	NT	ST	T
79.	I focus exclusively on my goals.	NT	ST	T
80.	I enjoy sex.	NT	ST	T
81.	Sometimes I feel that women reject me.	NT	ST	T
82.	Sometimes I brag about my accomplishments.	NT	ST	T

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83.	I am always strategizing.	NT	ST	T
84.	I worry about my children.	NT	ST	T
85.	I organize my business like a family.	NT	ST	T
86.	I isolate myself even when I am with people.	NT	ST	T
87.	I have great inner strength.	NT	ST	T
88.	Sometimes I don't think of the consequences of my actions.	NT	ST	T
89.	I'm optimistic.	NT	ST	T
90.	Sometimes I can be blunt and harsh.	NT	ST	T
91.	I'm shy.	NT	ST	T
92.	I need to belong and to be respected.	NT	ST	T
93.	I take on too many projects because I can't say no.	NT	ST	T
94.	I have trouble expressing my feminine side.	NT	ST	T
95.	I can battle men for position and power.	NT	ST	T
96.	I like to inspire and encourage others.	NT	ST	T
97.	I have trouble doing things alone.	NT	ST	T
98.	If I'm not challenged, I get bored.	NT	ST	T
99.	I am cool and calm in a crisis.	NT	ST	T
100.	I need someone to care for.	NT	ST	T
101.	I need unconditional love and support.	NT	ST	T
102.	I am not assertive enough.	NT	ST	T
103.	Sometimes I doubt myself.	NT	ST	T
104.	I need certainty and security.	NT	ST	T

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SCORING

First work your way through the quiz answering each question. Give yourself the following points for each question:

T -- True -- 10 points
ST -- Somewhat True -- 5 points NT -- Not True -- 0 points

Then check the list below to see which questions relate to which archetype. For example, the questions that relate to the Seductress archetype are

Seductress: Questions 1 – 16 --17 – 32 – 33 – 48 -- 49 --64 – 65 – 80 -- 81 -- 96 -- 97

So when you add up your scores for all those questions (1 – 16 --17 – 32 – 33 – 48 -- 49 --64 – 65 – 80 -- 81 -- 96 -- 97), you get your score for the Seductress archetype.

Continue through each archetype until you have a score for all 8 archetypes (Seductress, Amazon, Nurturer, strategist, Matriarch, Mystic, Leader, Maiden).

Below are the questions that relate to each archetype. Where you scored higher is your predominant archetype. The second highest is second and so on. A woman is probably a composite of the three archetypes where she scored the highest.

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Seductress: 1 – 16 --17 – 32 – 33 – 48 -- 49 --64 – 65 – 80 81 -- 96 -- 97

Amazon: 2 – 15 – 18 --31 --34 – 47 – 50 --63 – 66 --79 --82 – 95 – 98

Nurturer: 3 – 13 – 20 – 29 – 36 – 45 – 52 – 61 – 68 – 77 – 84 --93 – 100

Strategist: 4 – 14 – 19 – 30 – 35 – 46 – 51 – 62 – 67 – 78 – 83 – 94 – 99

Matriarch: 5 – 12 – 21 --28 – 37 – 44 – 53 – 60 – 69 – 76 – 85 --92 – 101

Mystic: 6 – 11 -- 22 – 27 – 38 – 43 – 54 – 59 – 70 – 75 – 86 – 91 – 102

Leader: 7 – 10 – 23 – 26 – 39 – 42 – 55 – 58 – 71 – 74 – 87 – 90 – 103

Maiden: 8 – 9 – 24 – 25 – 40 – 41 – 56 – 57 – 72 – 73 – 88 – 89 – 104

INTERPRETATION

These archetypes represent the different ways of being feminine – there is no one way of femininity. Also, no archetype is better than another – each has good qualities and pitfalls. What is a woman's predominant archetype changes over time as she matures and as she is influenced by her physical and social context. One woman can embody several of the archetypes during the course of her life.

THE SEDUCTRESS

The Seductress is sensual and has a lust for life. She is connected to the earth and finds simple solutions to life's problems. She longs for the love of one man but needs many relationships and experiences. She only enjoys being alone when she is involved in a creative activity. She is a healer who cares about other people's feelings. Her open sexuality can cause her problems in certain cultures and can interfere with getting married.

The Seductress is an expert in body language and can see the hidden desires of others. She lives for the moment. If a lover hurts her, she will find another. She likes women but rarely has a best friend. She enjoys being the center of attention but is afraid that women will reject her because of this. Women are often jealous of her. She loves her body which is an important part of her identity. She is sexual and colorful.

She loves to express herself and can become obsessed with dancing, singing or drawing. She needs love, connection, and creativity but she may have trouble finalizing a project. She likes the process more than the final product.

The Seductress fears losing her allure and her creativity. She fears rejection, old age, and loneliness.

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The Dark Side of the Seductress:
The Seductress can be manipulative, impulsive, and promiscuous. She can become jaded and disappointed with her life and may trust no one.

Seductress Prototypes:
Samantha Jones in "Sex and the City;" Sharon Stone in "Basic Instinct;" Julia Roberts in "Pretty Woman;" Liza Minnelli in "Cabaret;" Cleopatra; Marilyn Monroe; Scarlett O'Hara in "Gone with the Wind."

Coaching the Seductress:
The Seductress needs to learn to plan for the future instead of always living in the moment. She needs to value herself for her mind and spirit as well as her body. She needs to channel her sexual energy to advance spiritually. She needs to learn to be alone without fear of abandonment. She needs to learn how to set limits and accept discipline as a positive thing.

THE AMAZON

The Amazon cares about feminism more than about anything else. She will come to the aid of a woman or a child no matter what the risk to herself. She has a strong masculine and feminine side which sometimes interferes with the friendships with women that she treasures. Her true passion is nature and the outdoors. She wants to protect the earth and loves to travel. She enjoys competitive sports.

She is self--sufficient and loves her freedom and independence. She looks down on people who are dependent, even though she is always willing to help them. Her identity is in being a rescuer. She's afraid of losing, whether at work or in sports. She is always ready to put up a fight but is afraid that women will reject her because of her masculine attributes. Female friends are important to her but she has more male friends.

She needs to have a cause, to be challenged, otherwise she is easily bored. She is the protector of women. She can be so absorbed in her own goals that she seems aloof.

The Dark Side of the Amazon:
The Amazon can be stubborn and deny reality when she focuses only on her own goals. She hates injustice and can become infuriated and violent, sometimes against the wrong person. She can have extreme emotional reactions and does not suffer remorse. She can be irritable and her behavior can be reckless.

Prototypes:
Buffy in "Buffy, the Vampire Slayer;" Susan Sarandon in "Thelma and Louise;" Sigourney Weaver in "Alien;" Wonder Woman; Joan of Arc; Jo March in "Little Women."

Coaching the Amazon:
The Amazon needs to learn to trust others, especially men. She needs to learn about having fun and how to be relaxed and easygoing. She needs to appreciate the value of being a mother.

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THE NURTURER

The Nurturer is the mother, but it isn't necessary for a woman to have children to be a nurturer. What is essential is a sense of duty towards others. Either her own children are her life or she devotes her life to helping and caring for others. She is often in the healing professions. She can nurture many people, animals, her own family, strangers, friends and students. She puts others ahead of herself.

She is generous and loves to give. She thinks first about how others feel, before she thinks of herself. Her identity depends on caring for others. She is quick to take responsibility for anything bad that may happen and feels guilty easily. She is afraid of her own thoughts and emotions. She wants love and connection.

The nurturer can become dependent on the people that need her. She takes on too much and can feel overwhelmed. She can be very attractive and not realize it.

The Dark Side of the Nurturer:
The Nurturer worries constantly about her children and can become over controlling. She can be seen as intrusive and passive aggressive. She can't say no and she can become too involved in helping where no help is needed. She may want her children to be dependent on

her. She may focus on the idea that people need her as a way to avoid thinking of her own life. She takes offense easily if she doesn't feel respected.

Prototypes:
Florence Nightingale; Mother Teresa; Beauty in "Beauty and the Beast;" Mary Poppins; Meg March in "Little Women;" Francesca Johnson in "The Bridges of Madison County."

Coaching the Nurturer:
The Nurturer needs to learn to love herself. She needs to let her children grow up and leave home. She needs to develop egalitarian relationships. She needs to understand the value of knowing herself. She needs to be able to stop the people she loves from taking advantage of her.

THE STRATEGIST

The Strategist thinks that she is exceptional. She can be "one of the guys" and it's easy for her to become friends with powerful men. She is an intelligent, strategic thinker who doesn't allow her emotions to interfere with her reasoning. She is cerebral and loves to learn. She is resourceful, strong and goal--oriented.

If the Strategist doesn't have a career, she will focus on her husband's career as if it were her own. She's a team player. She likes to broaden her mind, learn new things and travel. She knows how to delegate and it's easy for her to hire help. She is comfortable in a city and doesn't like the wilderness. She can be passionate about competing, especially within her team.

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She always looks neat and professional. She may appear unemotional because she's cool and calm. It's hard for her to relax when she's with others. It may be difficult for her to have female friends because she has trouble expressing her femininity.
She wants to be successful and powerful.

The Dark Side of the Strategist:
The Strategist can become over involved with her work. She may use her calculating mind to trample others who interfere with her goals. She may deny her femininity because she sees the feminine as weak. Her whole identity may become her work. She can become overly concerned with issues of loyalty and trust. She can become suspicious of the intentions of others and lose her sense of humor. She may think of herself first and have no problem destroying another's life or career. She can be an expert liar but may become paranoid and think others are plotting against her.

Prototypes:
Diane Keaton in "Baby Boom;" Bette Davis in "All About Eve;" Kate in "The Taming of the Shrew" by W. Shakespeare; Lady Macbeth in "Macbeth" by W. Shakespeare; Kinsey Millhone in books by Sue Grafton.

Coaching the Strategist:

Often the Strategist needs to get back to nature to regain her health. She needs to learn that being a woman is alright. She needs to learn about creativity and about living in the present. She needs to develop her sexuality, value her femininity as well as appreciate traditional family values.

THE MATRIARCH

The Matriarch is in charge of her family and demands respect. Her identity is based on being a wife and mother. She is strong, resourceful and tough. She is committed, faithful and supportive. People look to her for advice. Being the perfect wife makes her happy. If she doesn't have a family, she will run a business as if it were a family. She will never abandon a family member or a colleague. She needs to be in control.

She wants love and belonging. She is strong – the rock that everyone in the family leans on. She is always right. Her greatest fear is not to marry and to be old and alone. She depends on her husband's or her friends' love.

The Dark Side of the Matriarch:
The Matriarch may spy on her children because she needs to know everything that is going on. She can be obsessive in her need for order. She can become enraged if she feels abandoned by her husband or her family. She can become unpredictable as she avoids real or imagined abandonment. She can be passive--aggressive in her need for control.
She always wants to save face and will keep family problems hidden from others. She is uncertain about her own identity and can be moody.

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Prototypes:
Roseanne; Bette Midler in "The First Wives Club;" Faye Dunaway in "Mommie Dearest;" Nurse Ratched in "One Flew Over the Cuckoo's Nest" by Ken Kesey.

Coaching the Matriarch:
The Matriarch needs to learn how to commit to herself because, as she became the perfect wife, she lost her identity. She needs to give up control and recover her youth, love and spontaneity. She needs to find out who she really is. She needs to develop her own career and to learn to be a team player with others.

THE MYSTIC

The Mystic is a woman of peace who loves to be alone. She is calm and quiet. She loves to be at home and do chores. She is content and doesn't care much for career or marriage. She has a rich inner life and is extremely sensitive. She may be interested in the mystical or psychic realm. She is emphatic and feels the thoughts and emotions of others. She likes simplicity and needs to be creative. She is slow in everything she does. She loves to be in nature.
She protects her privacy and her solitude and doesn't like to be in public places. She hates competition. She needs balance, calm and security. She is patient, understanding and is often

wise. She is shy and doesn't know how to have fun with others. She dreams of other planets or dimensions.

The Dark Side of the Mystic:
The Mystic feels inadequate and her fear of rejection can make her snap. She thinks of herself first. She is an expert liar and may be a sociopath. She is socially inept and afraid of making friends. She likes to be seen as a "sweet little woman."

Prototypes:
Diane Keaton in "Annie Hall;" Beth March in "Little Women" by Louisa May Alcott; Blanche DuBois in "A Streetcar Named Desire" by Tennessee Williams.

Coaching the Mystic:
The Mystic needs to go out in the world and be assertive. She needs to be able to commit and to fall in love without the fear of losing her identity. She needs to be herself without caring about what other people think. She needs to express her free spirit. She needs to learn to feel and express intense emotions. She needs to learn about sexuality and to loosen up and not be so shy and quiet. She needs to have the strength of her convictions in the spiritual realm.

THE LEADER

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The Leader is driven to accomplish something important. Her life has a purpose that can affect thousands of people. When she approaches a problem, she can see the whole picture and understand all points of view. She is goal oriented and willing to make sacrifices. She cares about herself as well as others. She is interested in elevating the female status. She wants everyone to grow spiritually. She cares about children and animals and values the soul. She needs to be connected to something greater than herself. She has a strong sense of purpose but doesn't place herself above anyone else.

She cares more for others than for herself. She is willing to sacrifice herself for the good of all. She stands up for her beliefs. She has inner strength.

The Dark Side of the Leader:
She says the truth even if it's harsh. She may push people beyond their limits. She may doubt herself. She can make difficult decisions without emotion. She doesn't explain herself to others because she thinks they will never understand her power and the burden she carries. She can be a harsh wielder of justice.

Prototypes:
Sally Field in "Norma Rae;" Julia Roberts in "Erin Brockovich;" Joan of Arc; Wonder Woman; Lady Godiva; Hester Prynne in "The Scarlet Letter" by Nathaniel Hawthorne.

Coaching the Leader:
The Leader needs to believe in herself and face her doubts as well as those who don't believe in her. She needs to laugh more and also to enjoy silence. She needs to learn not to get upset about other people's criticisms or opinions about her.

THE MAIDEN

The Maiden is playful and doesn't worry about anything. She is self--confident and feels invulnerable. She is like a little girl who wants to have fun but she has a big heart. She doesn't see danger. She cares about her mother and about the people who take care of her. She won't voice her opinions for fear of disturbing the peace. She doesn't like responsibility and enjoys being dependent on others. She doesn't like to make decisions for herself. She doesn't want to hold a job or to be in a controlling relationship. People might see her as naïve.

She loves to do outrageous things but safety and security are important to her. She can be seen as inexperienced, sexy and childlike. Men might see her as someone they can rescue, they can be attracted to her innocence. She loves variety and doesn't plan the future. She is sensitive and fragile.

The Dark Side of the Maiden:
She depends on others but may have trouble committing to one relationship. She may not understand the consequences of her actions. Rules don't matter and she may become obsessed with parties, drugs and sex. She doesn't take responsibility for her actions and expects others to help her. She can be arrogant and lacks empathy. She can be angry and selfish.

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Prototypes:
Lucille Ball in "I Love Lucy;" Uma Thurman in "Pulp Fiction;" Little Red Riding Hood; Juliet in "Romeo and Juliet" by W. Shakespeare; Daisy Buchanan in "The Great Gatsby" by F. Scott Fitzgerald.

Coaching the Maiden:
The Maiden needs to support herself and make commitments. She needs to develop strength and trust her abilities. She needs to be realistic instead of overly optimistic. She has to accept her sensitivity and the fact that she is strong and can help others through pain and hardship.

* In creating this quiz, I borrowed generously from the book: "45 Master Characters – Mythic Models for Creating Original Characters," by Victoria Schmidt, Writer's Digest Books, Cincinnati, Ohio, 2001.