

THE MASTER ACTOR

BACKSTORY

1. *WHO AM I?*

- ~Parents
- ~Heritage/Ethnicity
- ~Siblings
- ~Socio Economic Status (Past & Present)
- ~Religious Beliefs (Past & Present)
- ~Educational Level
- ~Interests/Hobbies
- ~Social Life/Friends (Past & Present)
- ~Occupation
- ~Relationship Status
- ~What is your characters Wound?

A characters wound is a deeply held negative core belief. It is a major obstacle in their life and many times what needs to be healed in order to achieve their Super Objective.

A character's wound is always born from Trauma. Below are the common forms of Trauma that cause a wound.

1. Betrayal
2. Injustice
3. Crime/Victimization
4. Disability/Disfigurements
5. Failures/Mistakes

Below are the common Core Negative Beliefs.

1. Unsafe (Trust)
2. Unlovable (Self Hate)
3. Not Valuable (No Worth)
4. Shameful/Disgusting (Self Hate)

5. Ugly (Self Esteem)
6. Stupid (Self Esteem)
7. Not Good Enough (Worth, Esteem, Self Hate)
8. Doomed/Damned (Trust, Self Hate, No Worth)

2. *WHERE AM I?*

PAST

- ~Where was I born?
- ~Where did I grow up?
- ~What was my neighborhood like?
- ~What was the dominant culture/ideology where I grew up?

PRESENT

- ~Where do I currently live?
- ~What is my neighborhood like?
- ~What is dominant culture/ideology where I live?

3. *WHEN AM I?*

PAST

- ~What is my birthday?
- ~What were the dominant societal/cultural values at the time of my upbringing/childhood?
- ~Were there any major events in the world at the time of my childhood that deeply affected me?

PRESENT

- ~What year is it?
- ~What are the dominant societal/cultural values today?
- ~Are there events in the world happening right now that deeply affect me?