

Følgende test er venligst lånt fra Carol Pearsons bog *Awakening the heroes within*, som er obligatorisk læsning på uddannelsen.

Appendix: The Heroic Myth Index (Form E)

The Heroic Myth Index (HMI) is designed to help people better understand themselves and others by identifying the different archetypes active in their lives. Individuals taking the inventory receive a numerical score indicating their degree of identification with the twelve archetypes described in this book. All twelve archetypes are valuable, and each brings with it a special gift. Each has an important contribution to make in our lives. None is better or worse. Hence, there are no right or wrong answers.

Form E of the HMI (© 1990 by Carol S. Pearson) was developed by Carol S. Pearson, Sharon V. Seivert, Mary Leonard, and Hugh Marr (with Hugh Marr conducting the validity and test-retested reliability). The original form of the Heroic Myth Index (then called the Personal Myth Index) was published as a thirty-six-item self-help test in *The Hero Within* (1986). Form D, a ten-archetype, sixty-item version of the instrument was designed for Meristem's "Heroes at Work" project by the Pearson, Seivert, Leonard team with the technical assistance of Beth O'Brien and Barbara Murry. Information on content validity and test-retest study results for Forms D and E is available through Meristem.

You can help with the continued development of the HMI by sending a copy of your completed questionnaire, together with the demographic information listed at the top of the form, to Meristem, 4321 Hartwick Rd., Suite 416, College Park, MD 20740. All questionnaires received will be handled confidentially.

Should you wish to do research using the HMI or to use the testing instrument in your work, training sessions are available to prepare you to do so. Please do not use the instrument, except for your own self-assessment, without obtaining permission from the author.

Heroic Myth Index (Form E)

Name (optional): _____ Date: _____

Age: _____ Occupation: _____ Gender: _____

Race: _____

Circle your highest completed grade or degree:

11th Grade 12th Grade High School A.A. B.A./B.S. M.A./M.S. Ph.D

Directions

- A. Please indicate how often you agree with each statement as descriptive of you by writing in the blank beside the statement number.
- 1 = Almost never descriptive of me
 - 2 = Rarely descriptive of me
 - 3 = Sometimes descriptive of me
 - 4 = Usually descriptive of me
 - 5 = Almost always descriptive of me

- B. Work as quickly as is comfortable; your first reaction is often the best indicator.

- C. Please *do not skip any items*, since doing so might invalidate your results. If you're unsure, just make your best determination and go on.

- ___ 1. I collect information without making judgments.
- ___ 2. I feel disoriented by so much change in my life.
- ___ 3. The process of my own self-healing enables me to help heal others.
- ___ 4. I have let others down.
- ___ 5. I feel safe.
- ___ 6. I put fear aside and do what needs to be done.
- ___ 7. I put the needs of others before my own.

1 = Almost never
descriptive of me

2 = Rarely
descriptive of me

3 = Sometimes
descriptive of me

4 = Usually
descriptive of me

5 = Almost always
descriptive of me



- ___ 8. I try to be authentic wherever I am.
- ___ 9. When life gets dull, I like to shake things up.
- ___ 10. I find satisfaction caring for others.
- ___ 11. Others see me as fun.
- ___ 12. I feel sexy.
- ___ 13. I believe that people don't really mean to hurt each other.
- ___ 14. As a child, I was neglected or victimized.
- ___ 15. Giving makes me happier than receiving.
- ___ 16. I agree with the statement, "It is better to have loved and lost than never to have loved at all."
- ___ 17. I embrace life fully.
- ___ 18. I keep a sense of perspective by taking a long-range view.
- ___ 19. I am in the process of creating my own life.
- ___ 20. I believe there are many good ways to look at the same thing.
- ___ 21. I am no longer the person I thought I was.
- ___ 22. Life is one heartache after another.
- ___ 23. Spiritual help accounts for my effectiveness.
- ___ 24. I find it easier to do for others than to do for myself.
- ___ 25. I find fulfillment through relationships.
- ___ 26. People look to me for direction.
- ___ 27. I fear those in authority.
- ___ 28. I don't take rules too seriously.
- ___ 29. I like to help people connect with one another.
- ___ 30. I feel abandoned.
- ___ 31. I have times of high accomplishment that feel effortless to me.

1 = Almost never
descriptive of me

2 = Rarely
descriptive of me

3 = Sometimes
descriptive of me

4 = Usually
descriptive of me

5 = Almost always
descriptive of me

- ___32. I have leadership qualities.
- ___33. I am searching for ways to improve myself.
- ___34. I can count on others to take care of me.
- ___35. I prefer to be in charge.
- ___36. I try to find truths behind illusions.
- ___37. Changing my inner thoughts changes my outer life.
- ___38. I develop resources, human or natural.
- ___39. I am willing to take personal risks in order to defend my beliefs.
- ___40. I can't sit back and let a wrong go by without challenging it.
- ___41. I strive for objectivity.
- ___42. My presence is often a catalyst for change.
- ___43. I enjoy making people laugh.
- ___44. I use discipline to achieve goals.
- ___45. I feel loving toward people in general.
- ___46. I am good at matching people's abilities with tasks to be done.
- ___47. It is essential for me to maintain my independence.
- ___48. I believe everyone and everything in the world are interconnected.
- ___49. The world is a safe place.
- ___50. People I've trusted have abandoned me.
- ___51. I feel restless.
- ___52. I am letting go of things that do not fit for me anymore.
- ___53. I like to "lighten up" people who are too serious.
- ___54. A little chaos is good for the soul.
- ___55. Sacrificing to help others has made me a better person.
- ___56. I am calm.

1 = Almost never
descriptive of me

2 = Rarely
descriptive of me

3 = Sometimes
descriptive of me

4 = Usually
descriptive of me

5 = Almost always
descriptive of me



- ___57. I stand up to offensive people.
- ___58. I like to transform situations.
- ___59. The key to success in all aspects of life is discipline.
- ___60. Inspiration comes easily to me.
- ___61. I do not live up to my expectations for myself.
- ___62. I have a sense that a better world awaits me somewhere.
- ___63. I assume that people I meet are trustworthy.
- ___64. I am experimenting with turning my dreams into realities.
- ___65. I know my needs will be provided for.
- ___66. I feel like breaking something.
- ___67. I try to manage situations with the good of all in mind.
- ___68. I have a hard time saying no.
- ___69. I have a lot more great ideas than I have time to act on them.
- ___70. I am looking for greener pastures.
- ___71. Important people in my life have let me down.
- ___72. The act of looking for something is as important to me as finding it.

Scoring Directions

Under the name of each archetype are six blanks with numbers corresponding to the questions on the HMI. Transfer your responses (1–5) to the columns below. For example, if your answer to question 17 was 5 (“Almost always”), put a 5 in the blank next to 17, the first number in the column under “Innocent.” When you have put a number in each blank, then add up the columns. Your total score for each archetype will be between 6 and 30.

When you have completed scoring the instrument, you may wish to graph your scores on the pie chart on page 23 to get a visual representation of your particular score pattern.

Innocent	Orphan	Warrior	Caregiver	Seeker	Lover
5 _____	14 _____	6 _____	7 _____	33 _____	12 _____
13 _____	22 _____	39 _____	10 _____	47 _____	16 _____
34 _____	27 _____	40 _____	15 _____	51 _____	17 _____
49 _____	30 _____	44 _____	24 _____	62 _____	25 _____
63 _____	50 _____	57 _____	55 _____	70 _____	29 _____
65 _____	71 _____	59 _____	68 _____	72 _____	45 _____
Total					
_____	_____	_____	_____	_____	_____
Destroyer	Creator	Magician	Ruler	Sage	Fool
2 _____	8 _____	3 _____	26 _____	1 _____	9 _____
4 _____	19 _____	23 _____	32 _____	18 _____	11 _____
21 _____	31 _____	37 _____	35 _____	20 _____	28 _____
52 _____	60 _____	42 _____	38 _____	36 _____	43 _____
61 _____	64 _____	48 _____	46 _____	41 _____	53 _____
66 _____	69 _____	58 _____	67 _____	56 _____	54 _____
Total					
_____	_____	_____	_____	_____	_____

Understanding Your HMI Results

Remember that no archetype is any “better” or “worse” than any other; each has its own characteristics, gift, and lesson. Notice your highest scores. These indicate archetypes that, based on your HMI scores, would be expected to be very active in your life. Then notice your lowest score or scores (especially those under fifteen). These are archetypes that you are currently choosing to repress or ignore. If the score moves toward the fifteen-and-under range, you may have an aversion to the archetype either because (1) you have overdone it in the past and have developed the equivalent of an “allergy” or (2) you do not approve of it and hence do not allow yourself to express (or notice its expression) in your life.

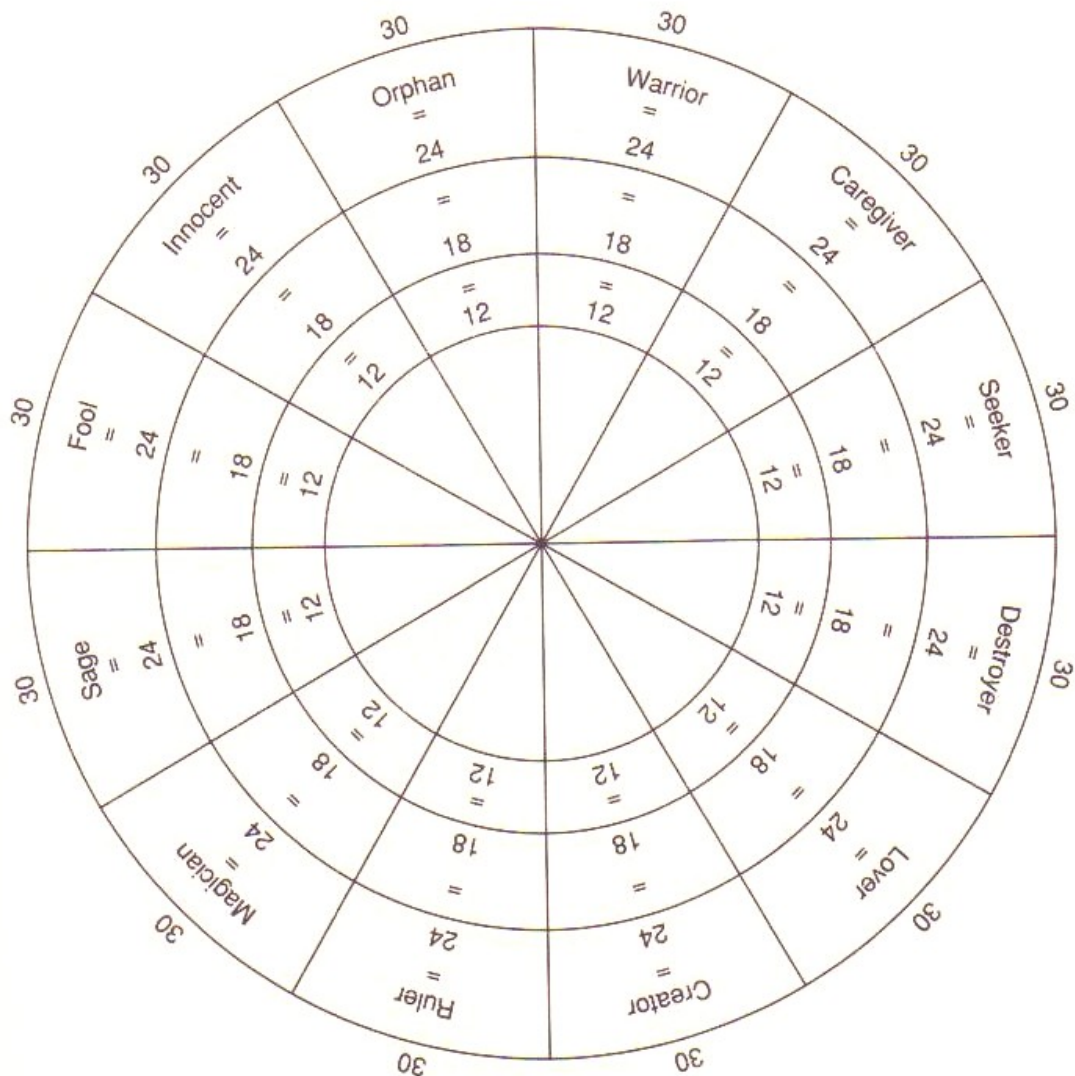
If the former is the case, you may want to stay away from that archetype; if the latter, the archetype or archetypes that you have not allowed expression may represent alter ego or shadow qualities in you that others may be more aware of than you yourself. Reclaiming these disowned parts of yourself gives you more choices for responding to situations and makes it less likely that you will be blindsided by inadvertent expressions of the less positive attributes of the archetype. If you allow full expression of the archetype, it's likely that its expression will be in a more positive form and that it will provide increased energy and variety in your life.

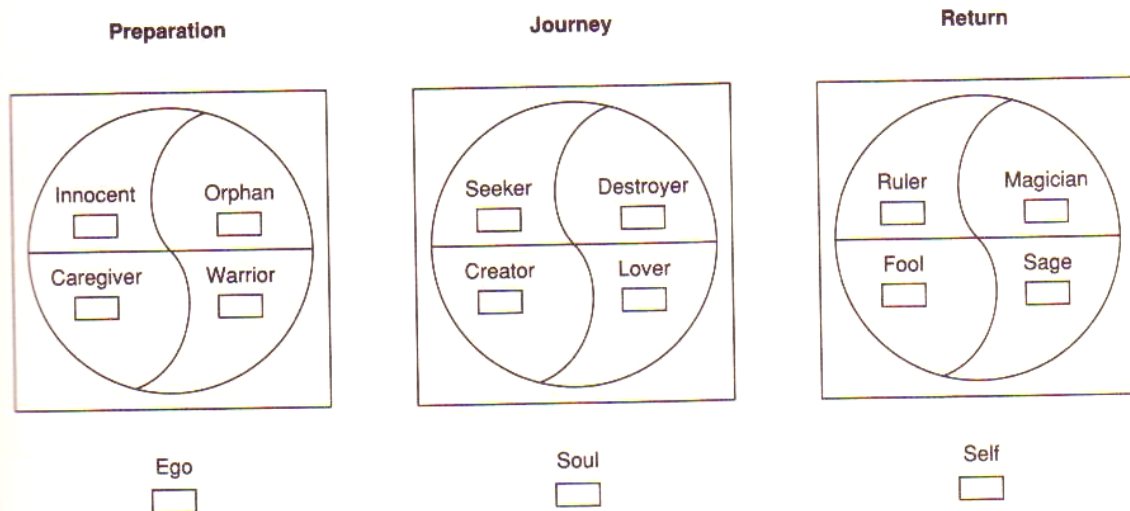
You may wish to transfer your scores on each archetype to the box provided in each of the archetypal chapters in Parts II to IV. As you read about each archetype, keep in mind your score, and ask yourself if what you are reading fits in with what you know about yourself and the archetype. Throughout the book, boxes are provided that allow you to interpret your HMI scores in different contexts. For example, in “How to Use This Book” (p. 13), you have the opportunity to chart your scores on a pie chart, and in the introduction to Part I (p. 29), you are asked to graph your scores in ways that help you easily see the relative weight of the archetypes related to Ego, Soul, or Self in your life.

No test knows more about you than you do. If you think the archetype is either more or less active in your life than your score on the instrument indicates, adjust the score accordingly.

HMI Pie Chart

on each axis your degree of identification with that archetype. Then shade in toward center of the circle.





5. Note which of the three has the highest score. If it is the Ego, this may mean, at present, that you are proving yourself in the world or are preparing for the journey (or the next stage in it). If it is the Soul, it may indicate a time of great transition—that you are in the process of deepening and becoming more authentic and real. If it is Self, this may be a time of expressing yourself in the world, of being aware of your power and experiencing wholeness.