

PATHWAY ARCHETYPES

On our journey's path, we all have our way of being, our way of handling, our way of dealing. I call these our pathway archetypes, the standard way or ways we revert to in facing life's journey. We may adhere to one archetype in particular; or, we may rotate through a number of them, depending on the timing of our life, what we are facing, or a wide variety of factors (such as personality type, environment, conditions, etc). But it is important to understand which of these we are "in" in order to further understand what we might be road-blocking on our path. Thus, I have come up with a list of pathway archetypes, their standard ways of being and handling, and the fears they may be facing in order to better get through and overcome.

1. The Survivor - The first of these I am very familiar with. The survivor faces situations with a tuck-chin, get-it-done attitude, that gets them through to the next day/hour/minute. It is an archetype characterized by resilience, quite often with a tendency to do it alone as a matter of sheer survival. The fear of the survivor is failing, dropping the ball, things falling apart if they don't suck it up and get it done.
2. The Warrior - The Warrior is a go-getter, who confidently attacks life in their path. The fear here is slowing down, not doing enough, not taking charge and, similar to the Survivor, having things fall apart. But with the Warrior, if things do, they simply attack those things, too. The challenge is letting life - and light - in. The Warrior just needs to be aware of the tendency to be a pusher, disallowing things to come as they do and sometimes should.
3. The Peacemaker - The Peacemaker fears rocking the boat. There is great advantage to being someone who can smooth over situations and keep the peace. The challenge here is often these people overlook their own wants and desires or even overlook what is right for the sake of keeping the peace. These individuals fear disruption, although sometimes disruption bring the best things into the world.
4. The Rider/Coaster - The Rider/Coaster fears making decisions and taking responsibility. They are "happy" just going along with what life brings to them. The challenge here is that, often, these individuals don't truly know what they actually want out of life until dissatisfaction seems to seep in or, in some cases, slaps them upside the head.
5. The Follower - Similar to the Rider/Coaster, the Follower fears their own decisions - except for who to follow. Whether conditioned to do so since childhood, or a later-life acquisition, a Follower struggles with confidence and insecurity, following people, pathways, patterns, and instruction, often masking what they actually truly want.
6. The Trailblazer - The Trailblazer prides themselves on innovation, breaking new ground, building new trails. What the Trailblazer fears is normalcy, ordinary, complacency. The trip up here is that sometimes the Trailblazer forgets to stop and smell the already-existing flowers.

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7. The Victim - Here, we get into touchy territory. The Victim can be an archetype of choice in order to “gain” the advantage of seeming persecution; thus, this kind fears taking responsibility. Or the Victim can also be an archetype of circumstance, an actual victim of something unfortunate. This kind of victim fears change and overcoming for an entirely different set of reasons. Both types of this archetype face the challenge of choosing to step out of the cycle they are caught in.

8. The Driver - The Driver is similar to the Warrior and Trailblazer, although they maybe are not quite as driven toward an objective. If you are a Driver, you are the one running your family, your show, your job. Your biggest fear is letting go. Because if you do, things won't go anywhere.

9. The Partner - This archetype is a productive one, although it could become a potential crutch. The Partner fears going it alone, thus often loses sight of their own resilience, ability to operate independently, and even sometimes loses sight of what they really want as an individual.

10. The Teacher - The Teacher loves to help people. They fear not being in control or not mattering. As the teacher, you are supposed to be with it, together. You have trouble letting go and, sometimes, even having fun. Because you are supposed to be teaching, not messing around.

11. The Blocker - We all know Blockers. The naysayers. They block out of fear. They fear the unfamiliar, things that may cause them to question themselves or might bring about change. Blockers most often are living through fear, just as often manifesting as bullies and narcissists.

12. The Leader - Leaders can be great. They can also be not-so-great. What often dictates whether they are great or not is what they fears. Good leaders fear being misunderstood or not doing enough. Bad leaders fear loss of power.

13. The Cheerleader - We all appreciate the Cheerleader. Part of appreciating them is also understanding them. Quite often, a Cheerleader puts others' wants and needs above their own. They may fear actually approaching their own desires.

14. The Helper - Similar to the Cheerleader, the Helper might also have the fear of their own success and desires fulfilled. They fear being perceived as selfish or not helping enough. In this, they run the risk of losing themselves in helping others and must learn how to also help themselves.

This list, although long, is not exhaustive. There are many types of people and endless ways to approach life; so, I am sure I have missed a bunch. But I bring this matter to light because it is vitally important to understanding ourselves in order to best move forward in this crazy thing called life. By acknowledging HOW we approach life and our journey, we may better learn how to get to the next level with more satisfaction, success, and less fallout along the way. Be honest with yourself. Which are you? How can you use this knowledge to advance your life?