

King, Warrior, Magician, Lover Archetypes

Jungian archetypes in recovery

Printable worksheet · 6 parts

Name _____ Date _____

King, Warrior, Magician, Lover

Archetypes of the Mature Self

Based on the work of Dr. Robert Moore & Carl Jung

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About This Assessment

This interactive tool explores the four primary archetypes identified by Dr. Robert Moore — the King, the Warrior, the Magician, and the Lover. These archetypes represent fundamental patterns of energy within the human psyche that, when accessed in their mature forms, lead to wholeness, effectiveness, and authentic living.

Each archetype has a "fullness" — its mature, healthy expression — and a "bipolar shadow split" consisting of an active and passive shadow. In recovery from substance use disorder, understanding which archetypes dominate your psyche and which shadows are most active can provide profound insight into the patterns that drove your use and the strengths you can harness for lasting healing.

Dr. Moore expanded on Carl Jung's concept of the "collective unconscious" — the idea that regardless of culture, background, or circumstance, every human being carries these same archetypal patterns. Jung's work also played a pivotal role in the formation of Alcoholics Anonymous through his correspondence with "Roland H," and these archetypal insights continue to illuminate the recovery journey today.

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PART 1 OF 6

The King

The Stabilizer

ConsistentStable/PresentGenerativeOrderCharismaConfidentActiveBlesses & Empowers
OthersOverall Good of the Kingdom

Understanding the Archetype

The King archetype is the protector of the realm — the most important and most difficult source of energy for individuals to access within themselves. It is typically the last of the mature archetypes to fully develop in a person's life, and in this way, it is truly the crown of the other archetypes. The King energy gives a person a sense of their full potential and their capacity for wise, generative leadership. The King is the executive of the other archetypes. As such, the King is charged with making decisions — and this ability to be decisive is rooted in two things: who they are and what they stand for. The King's core values are centered on firm and unchanging principles. Some of the qualities of a good King include being calm and centered, being decisive, and having personal integrity. Being hardworking and energetic, speaking well, protecting people, maintaining order, blessing others, and acknowledging the efforts of other people are all ideal characteristics of a King in fullness.

The King has a vision and a plan. The King's role is to ensure that the kingdom flourishes and prospers. He or she is selfless and puts the good of the people above personal needs. The King has become a critical thinker, reflecting inwardly on the best course of action before making moves rather than reacting in haste or temper. In the psyche, the King archetype is the central archetype around which the rest of the psyche is organized. The need to hone these skills means that the King is usually a mature rather than young individual, having taken years to learn to control temper and desires. Age has taught the King how to act with wisdom, grace, and maturity in any given situation to ensure the best outcome for all involved. The archetypal King is self-aware, understanding their own weaknesses and failings as well as how best to overcome these. This self-awareness is absolutely critical in recovery — because without understanding where your own vulnerabilities lie, you cannot build the authentic structure needed for lasting sobriety.

The Archetype in Recovery

In recovery, the King archetype asks you to consider some challenging questions about how your ego, pride, and need for control may actually be working against your healing. Many people entering recovery have spent years building internal kingdoms based on illusion — maintaining an image of being "fine" while everything around them was crumbling. The King in fullness learns that true strength comes not from ruling over others, but from serving the greater good of the kingdom. In recovery terms, this means moving from self-centered thinking to understanding that your recovery benefits everyone around you. The King doesn't recover alone — the King creates conditions where the entire kingdom can heal. Recovery requires you to examine whether your personal integrity has become rigidity, whether your decisiveness has become stubbornness, and whether your pride prevents you from accepting the guidance and wisdom that others can offer.

you. The mature King knows when to lead and when to listen — and early recovery is overwhelmingly a time for listening.

The Bipolar Shadow Split: The Tyrant & The Weakling

Active Shadow: The Tyrant

The Tyrant is the active shadow of the King. The Tyrant seeks to destroy and tear down rather than build up. Plagued by narcissism, the Tyrant really does think that they sit at the center of the universe. The Tyrant wrongly believes that power is finite and operates from a scarcity mentality — not understanding the truth that power and influence actually increase the more you share them with others. The Tyrant's fragile illusion of absolute power makes them deeply insecure. They see people as objects to exploit for personal gain, willing to push friends, family, and coworkers under the bus to further their own goals. In recovery, the Tyrant shows up as the person who critiques everyone else's program, who insists on doing things their way, who becomes paranoid that others are threatening their carefully constructed sense of control. Underneath every blustering Tyrant is a scared Weakling. And underneath every cowering Weakling is a Tyrant waiting to explode. This dynamic is critical to understand in recovery because it reveals that both shadows are two sides of the same coin — both are reactions to the fear of genuine vulnerability.

Passive Shadow: The Weakling

The Weakling is the passive shadow of the King. The Weakling often abdicates the throne to others, handing over power, responsibility, and control of their life. This is the person who kowtows to everyone's whims, who never stands up for themselves, who lets other people make all their decisions. In recovery, the Weakling shows up as the person who goes through the motions without ever truly engaging. They attend meetings but never share. They have a sponsor but never call. They nod along with suggestions but never follow through. The Weakling has surrendered not to a Higher Power, but to passive helplessness. The dangerous twist is that the person who was controlled or abused and who then ascends into any position of influence may relish the opportunity to turn the tables and become the bully themselves. This is the Tyrant-Weakling cycle — and substances often become the mechanism by which people cycle between these two shadow states, oscillating between grandiosity and collapse.

Self-Assessment: Fullness & Shadow

Rate each statement from 1 (Not at all like me) to 5 (Very much like me). Answer honestly — this is for your growth, not your grade.

I am able to make decisions calmly without reacting emotionally Fullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I have a clear vision for what my life in recovery looks like Fullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I put the wellbeing of others alongside my own needs Fullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I can acknowledge and bless the efforts and successes of othersFullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I have established core values that guide my behaviorFullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I tend to think I know best and resist others' inputTyrant Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I see people in terms of what they can do for meTyrant Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I feel threatened when others succeed or receive attentionTyrant Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I become paranoid that people are undermining meTyrant Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I need to control situations and people around meTyrant Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I let others make decisions for me rather than taking responsibilityWeakling Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I go along with whatever others want to avoid conflictWeakling Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I feel powerless to change my circumstancesWeakling Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I avoid taking on leadership roles even when capableWeakling Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I struggle to assert my own needs and boundariesWeakling Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Recovery Reflection Questions

Take time to sit with each question. Write your honest reflections — there are no wrong answers.

1. Does your personal integrity prevent you from surrendering to a recovery process?

2. Does your ego prevent you from listening to the guidance of others?

3. Does your pride prevent you from seeking support from peers and mentors?

4. Does your judgment prevent you from "comparing in" rather than "comparing out"?

5. Do you find yourself critiquing other people's recovery programs?

6. Are you overly critical in your judgments of others and yourself?

7. Is it "your way or the highway" when it comes to recovery?

8. Do you stand firm on decisions even when you know you may be wrong?

9. Have you sought the guidance of a wise individual or mentor?

10. Can you distinguish between healthy confidence and destructive pride?

Developing The King: Growth Actions

Select the actions you commit to practicing. Write specific plans for how you'll implement them.

- ☐ Leave a legacy — think about what you want your recovery to mean
- ☐ Develop practical wisdom through reflection and mentorship
- ☐ Become a mentor to someone newer in recovery
- ☐ Find a mentor or sponsor who embodies mature leadership
- ☐ Develop the virtue of order in your daily life and routines
- ☐ Develop traits of true leadership — serve others rather than ruling them
- ☐ Establish your core values and live by them consistently
- ☐ Develop a life plan that extends beyond just "not using"
- ☐ Become decisive — make commitments and follow through
- ☐ Live with integrity — let your actions match your words
- ☐ Practice being centered — respond rather than react
- ☐ Protect the sanctity of your ideas and boundaries

The King Archetype Journal

Use this space for free-form journaling about your relationship with the The King archetype.

How does the The King show up in your life — both in fullness and in shadow?

How did this archetype relate to your active addiction? What role did it play?

What does developing this archetype in fullness look like for your recovery?

PART 2 OF 6

The Warrior

The Activator

Focused Assertive Clarity Boundaries Duty/Protection Loyalty Perseverance Bravery

Understanding the Archetype

The Warrior archetype is one of society's protectors. Warrior energy represents effort, energy, initiative, and force. Representative of physical strength and prowess, the Warrior will stand up for the rights of others and for the things they believe in. Warriors serve at the behest of the King or Queen of the kingdom — and this is a crucial distinction: the Warrior's power is always in service to something greater than themselves. The Warrior archetype is associated with virility, power, and physical strength. The Warrior harnesses innate aggression for positive ends. Warriors are able to maintain composure and never panic, even amidst the most trying of circumstances. This is why they are often found in professions such as the military, policing, medicine, firefighting, and emergency services. The Warrior possesses a gift for quick but rational thinking and has good instincts which, combined with spontaneity, allows them to act fast for the greater good. The Warrior's focus, discipline, and determination are tremendous assets — but in recovery, these same qualities can become obstacles when they prevent surrender.

The archetypal Warrior can also be obsessive by nature, easily consumed by the need to be prepared for battle. They are likely to choose conflict as a means of solving problems rather than more peaceful means such as diplomacy, escalating situations where escalation was not necessary. Warriors can be prone to rage and anger unless they have learned to manage their emotions in a healthy manner, bottling up their feelings until they explode. The Warrior's relationship with pain is complex and particularly relevant to recovery. Warriors are trained to push through pain, to ignore discomfort, to keep going when everything says stop. While this resilience is valuable in many contexts, it can become a barrier to the kind of honest self-examination that recovery demands. When you've spent your entire life being told that acknowledging pain is weakness, admitting that a substance has power over you feels like the ultimate defeat. Understanding the Warrior archetype in recovery means recognizing that the greatest battle is not against the substance itself — it is the internal battle to surrender the illusion of control and accept help. The Warrior in fullness learns that true courage is not the absence of fear or vulnerability, but the willingness to face both head-on.

The Archetype in Recovery

For people in early recovery — especially those who identify strongly with Warrior energy, including many first responders, military personnel, and competitive professionals — the concept of "surrender" can feel fundamentally incompatible with everything they've been trained to be. The Warrior fights. The Warrior conquers. The Warrior never gives up. But recovery asks something different. Recovery asks the Warrior to redirect their formidable energy and discipline not toward fighting the disease in the way they're accustomed to fighting, but toward building a new life. The Warrior's discipline becomes the discipline of daily recovery practices. The Warrior's loyalty becomes loyalty to the recovery community. The Warrior's boundaries become the

healthy limits that protect sobriety. The key insight for Warrior-dominant individuals is that recovery is not about fighting harder — it's about fighting smarter. And sometimes fighting smarter means putting down the sword entirely and picking up something new. The most battle-hardened Warrior can learn that there is a different kind of strength in allowing yourself to be vulnerable, in asking for help, and in admitting that you cannot win this battle alone.

The Bipolar Shadow Split: The Sadist & The Masochist

Active Shadow: The Sadist

The Sadist is the active shadow of the Warrior. The Sadist has the ability to detach from emotions and human relationships entirely. The Sadist can be cruel, even to those most vulnerable, and disdains anything perceived as weakness. He or she creates unattainably high standards for themselves and everyone around them — standards that serve not to inspire excellence but to ensure that everyone always falls short. The Sadist hates what they fear is within themselves. In recovery, this shows up as the person who berates themselves mercilessly for having an addiction, who views their need for help as pathetic weakness, who pushes themselves to exhaustion in recovery "work" as a form of self-punishment rather than self-improvement. They overwork compulsively — not because they love what they're doing, but because constant busyness distracts them from the emptiness they don't want to face. Once they reach the top, they often feel empty, lost, and bitter. But many Sadists simply burn out before they even get there. In recovery, burnout from overworking one's program without genuine emotional engagement is a significant relapse risk.

Passive Shadow: The Masochist

The Masochist is the passive shadow of the Warrior. A person possessed by the Masochist feels powerless. They are a pushover who has no personal boundaries and will let others walk all over them. They might complain about the pain, but there's a part of them that is attached to the suffering — this is the person who enjoys being the martyr and will not cut ties to what is causing pain. In recovery, the Masochist shows up as the person who stays in toxic relationships because they believe they deserve the mistreatment, who returns to harmful environments because they don't believe they deserve better, who uses their addiction story as an identity of victimhood rather than a chapter in a larger story of transformation. People under the Masochist's influence will take disrespect without fighting back or asserting themselves — until something pushes them over the edge and they explode with sadistic verbal or physical abuse. This oscillation between passive suffering and explosive aggression is a hallmark of the Warrior shadow cycle, and it is often medicated with substances. Understanding this cycle is crucial for breaking it.

Self-Assessment: Fullness & Shadow

I maintain focus and discipline in my daily recovery practices **Fullness**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I set and maintain healthy boundaries with others **Fullness**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I act with courage even when I feel afraid or uncertainFullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I use my strength and energy to protect and help othersFullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I can be assertive without being aggressiveFullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I set impossibly high standards and punish myself for falling shortSadist Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I push through emotional pain rather than acknowledging itSadist Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I view vulnerability as weakness in myself and othersSadist Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I use anger to control situations and peopleSadist Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I work compulsively to avoid facing my emotionsSadist Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I let others walk over me without standing up for myselfMasochist Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I stay in painful situations because I believe I deserve themMasochist Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I avoid conflict at all costs, even when assertion is neededMasochist Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I bottle up my feelings until I eventually explodeMasochist Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I use my suffering as an identity rather than a chapter in my storyMasochist Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Recovery Reflection Questions

1. Did you believe the harder you fought this disease, the better you would get?

2. Do your warrior characteristics prevent you from surrendering?

3. Do your warrior characteristics prevent you from asking others for help?

4. Do you respect boundaries — both your own and others'?

5. Do you know how to set and maintain healthy boundaries?

6. Do you use anger or aggression as a way to avoid feeling vulnerable?

7. Do you push through pain rather than addressing its source?

8. Can you tell the difference between healthy discipline and self-punishment?

9. Do you view asking for help as a sign of weakness?

10. Have you confused "being tough" with "being well"?

Developing The Warrior: Growth Actions

- ☐ Do something that scares you — practice courage in vulnerability
- ☐ Be more decisive about your recovery commitments
- ☐ Quit seeking exits — commit fully to the recovery process
- ☐ Find your core values and align actions with them
- ☐ Have a plan and purpose that extends beyond survival
- ☐ Strengthen your resilience through healthy coping skills
- ☐ Find out who you are truly loyal to — and why
- ☐ Establish and live via non-negotiable recovery boundaries
- ☐ Strengthen your discipline through positive habits and routines
- ☐ Adopt a minimalist attitude — simplify to focus on what matters
- ☐ Take up a physical discipline (martial arts, yoga, running)
- ☐ Learn to redirect warrior energy into service to others

The Warrior Archetype Journal

Use this space for free-form journaling about your relationship with the The Warrior archetype.

How does the The Warrior show up in your life — both in fullness and in shadow?

PART 3 OF 6

The Magician

The Clarifier

ShamanTherapistAcademic/ResearchPensive/WiseFact
FindingAnalyticalCalculatedMethodicalExperienced

Understanding the Archetype

The Magician archetype is synonymous with cognition. In fullness, the Magician is wise, thoughtful, reflective, healing, contemplative, and transformative. As a Master of Technology, the Magician knows how to manipulate the elements. And as such, the Magician possesses great power to create — and to heal. The Magician is the wise one, the sage, the knower of secrets. The Magician sees and navigates the inner worlds; understands the dynamics and energy flows of the outer world. The Magician is a master of technology, engineering, mathematics, mysticism, and logic — reading the stars, navigating the soul, and writing the laws that govern understanding. In the archetypes, the Magician is the King's close advisor, who stops the regent's anger with cool rationality before rash action, and channels knowledge from hidden sources. The Magician is the thinker, and all knowledge that requires special training is the Magician's domain.

The Magician has the capacity to detach from events — the chaos of the world — and draw on essential truths and resources deep within. The Magician thinks clearly in times of crisis and enables a broader view of things. The Magician governs the observing ego and is the meditator that reveals the truth of the universe. Key characteristics of the Magician include being highly intellectual with a good sense of intuition, often described as visionary. Magicians provide protection, guidance, and support to others. They are naturally curious and know how to harness knowledge and technology to their advantage. They do not let setbacks defeat them — they know how to learn from mistakes and grow. The Magician understands the spiritual world and can explain it to others in simple terms. They believe in what seems impossible. They have the ability to take different perspectives and see what others cannot see. They are fascinating and sophisticated — but this very sophistication can become a defense mechanism that keeps them from genuine emotional connection and honest self-examination.

The Archetype in Recovery

The Magician archetype in recovery presents a unique challenge because the Magician's greatest strength — the ability to think, analyze, and understand — can become the greatest obstacle to surrender. Recovery is not an intellectual exercise that can be mastered through analysis alone. The Magician can read every book about addiction, understand every neuroscience study, recite every step and tradition, and still be completely disconnected from the lived experience of recovery. Were you living the illusion of recovery? Were you wearing a mask of recovery, but afraid to take off that mask because you didn't want anyone to see how you were really feeling? Would you tell people you were fine, knowing you weren't? Was the appearance of recovery more important than your actual recovery? Were you honest with a sponsor, a therapist, your medical providers, and your support network? These questions cut to the heart of the Magician's recovery challenge. The Magician's power of insight can become the power of deception — first and

foremost, self-deception. The Magician in recovery must learn that knowing about recovery is not the same as doing recovery. Understanding the process intellectually is not the same as surrendering emotionally and spiritually. The mask of "having it figured out" can be the most dangerous mask of all.

The Bipolar Shadow Split: The Detached Manipulator & The Denying "Innocent" One

Active Shadow: The Detached Manipulator

The Detached Manipulator is the active shadow of the Magician. The Manipulator has a cynical detachment from other people. This is the person who thinks too much, who stands back from life and never truly lives. They can only sit on their rock and think. They are withholding from others — not sharing what they know — and eventually they feel isolated and lonely. By cutting themselves off from living relatedness with other human beings, the Manipulator has cut off their own soul. The years pass. They wonder where the time has gone. In recovery, the Detached Manipulator is the person who uses their intelligence to manipulate therapeutic processes, who tells therapists what they want to hear, who manages their image in meetings while hiding their true struggles. The Manipulator may also use their knowledge to manipulate others — positioning themselves as an expert or guru in recovery while avoiding their own genuine work. They collect information as power, sharing selectively to maintain control over relationships and situations.

Passive Shadow: The Denying "Innocent" One

The Denying "Innocent" One is the passive shadow of the Magician. The "Innocent" One wants all the power, glory, and status, but isn't willing to put in the work or take on the responsibility that is required. Because they can never attain or achieve their goals due to laziness, they don't want others to achieve their goals and ambitions either. The "Innocent" One becomes a stumbling block to others simply out of envy. They begrudge the success of others and do all they can to diminish it. As Theodore Roosevelt said, this is "one of those cold and timid souls, who know neither victory nor defeat." In recovery, the "Innocent" One is the person who passively observes others getting well while refusing to do the work themselves. They may attend meetings regularly but never take suggestions. They watch others build meaningful sober lives with a mixture of yearning and resentment, convinced that recovery works for "other people" but not for them — when in reality, they simply haven't engaged authentically with the process.

Self-Assessment: Fullness & Shadow

I use my knowledge and insight to help others in their journeyFullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I can think clearly in times of crisis and remain groundedFullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I learn from my setbacks and use them as opportunities for growthFullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I balance intellectual understanding with emotional experience Fullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I share my knowledge openly and generously with others Fullness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I use my intelligence to control how others perceive me Manipulator Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I analyze my feelings rather than actually experiencing them Manipulator Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I withhold information to maintain power over situations Manipulator Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I tell people what they want to hear rather than the truth Manipulator Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I feel isolated and disconnected despite understanding relationship concepts Manipulator Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I want recognition without putting in genuine effort "Innocent" Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I envy others' recovery progress rather than being inspired by it "Innocent" Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I take suggestions passively without ever implementing them "Innocent" Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I believe recovery works for others but probably won't work for me "Innocent" Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I watch from the sidelines rather than engaging fully in the process "Innocent" Shadow

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Recovery Reflection Questions

1. Were you living the illusion of recovery — knowing the language but not living it?

2. Were you wearing a mask of recovery, afraid to let anyone see how you really felt?

3. Would you tell people you were fine, knowing you weren't?

4. Was the appearance of recovery more important than your actual recovery?

5. Were you honest with your sponsor, therapist, medical providers, and support network?

6. Do you use your intellect as a wall between yourself and genuine vulnerability?

7. Do you analyze your feelings rather than actually feeling them?

8. Have you confused understanding addiction with recovering from it?

9. Do you manipulate therapeutic conversations to avoid uncomfortable truths?

10. Can you distinguish between genuine wisdom and intellectual defense mechanisms?

Developing The Magician: Growth Actions

- ☐ Commit to lifelong learning — but balance it with lived experience
- ☐ Meditate — practice getting out of your head and into your body
- ☐ Create more, consume less — apply knowledge through action
- ☐ Work with your hands — engage with the physical world
- ☐ Take part in rites of passage and meaningful recovery rituals
- ☐ Find a mentor who will call you on your intellectual defenses
- ☐ Become a mentor — teach others what you know with humility
- ☐ Create a sacred space for honest self-reflection
- ☐ Practice emotional honesty — say what you feel, not what you think
- ☐ Let yourself not know — embrace uncertainty as growth
- ☐ Share vulnerably in meetings rather than performing insight
- ☐ Move from understanding recovery to experiencing recovery

The Magician Archetype Journal

Use this space for free-form journaling about your relationship with the The Magician archetype.

How does the The Magician show up in your life — both in fullness and in shadow?

PART 4 OF 6

The Lover

The Unifier

ArtistCreativeVisionary/CuriousSeeks HarmonyNurturingEmpatheticIntuitive/InspiredOthers
Focused

Understanding the Archetype

The Lover archetype is about creating relationships and evoking emotions. Lovers are always looking for ways to make others feel special and to meet their needs. Individuals who identify with this particular archetype like to celebrate the physical joys of being human, fostering intimacy and channeling their energies toward creative endeavors. The Lover archetype represents play and sensual pleasure. Lovers like to live in the moment and are appreciative of the physical environment. They try to be more attractive physically and emotionally. They crave intimacy and enjoy being in relationship with people. The Lover archetype is also known as a friend, spouse, team builder, partner, and sensualist. The Lover has the ability to handle intense emotions and understand their feelings. They have a great passion for life. They are spontaneous with a great sense of wonder and enthusiasm. They often tend to follow their emotions and make decisions based on them.

The Lover is forgiving and understanding of others. They like to pursue their dreams and imagination. They are eager to try new experiences and live life freely. They are passionate about their appreciation of things. Their self-esteem is often associated with the quality of their relationships. They forge deep emotional connections and have an aesthetic appreciation for beauty in all its forms. The Lover archetype represents a very tricky source of energy in the human psyche — it is the source of connection, passion, and aliveness, but it is also the source of attachment, dependency, and the desperate search for external validation. In the Lover's world, everything is vivid, textured, and alive with meaning. But this very sensitivity can become overwhelming, leading the Lover to seek substances that either amplify pleasure or numb the intensity of feeling. Understanding the Lover in yourself means recognizing that your capacity for deep feeling is both your greatest gift and your greatest vulnerability. The substances you used may have initially seemed to enhance the Lover's experience — making colors brighter, connections deeper, pleasures more intense. But ultimately, substances corrupt the Lover's energy, replacing authentic connection with chemical simulation.

The Archetype in Recovery

The Lover archetype raises perhaps the most fundamental questions in recovery: Are you getting sober for yourself or for others? Do you put the feelings of others before your own? Are you a people pleaser? These questions reveal the Lover's central struggle — the tension between genuine self-love and the compulsive need for external validation. Recovery demands that the Lover learn to love themselves first — not in a narcissistic way, but in the way that recognizes that you cannot pour from an empty cup. Are you capable of loving yourself? Are you capable of being loved by others? Are you capable of trusting yourself? Are you capable of being trusted by others? For Lover-dominant individuals, recovery often means learning to sit with feelings rather

than acting on them immediately, building relationships based on authentic connection rather than emotional intensity or need, and discovering that true intimacy requires vulnerability — not the vulnerability of desperation, but the vulnerability of choosing to be known as you truly are. The Lover in fullness learns that the deepest pleasures in life come not from substances but from genuine human connection, creative expression, and the quiet experience of being fully present in your own life.

The Bipolar Shadow Split: The Addicted Lover & The Impotent Lover

Active Shadow: The Addicted Lover

The Addicted Lover is the active shadow. The Addicted Lover is "eternally restless" — forever searching for that one thing, person, or experience that will make them feel truly alive. They don't even know what they're searching for. The vague hunger that endlessly hounds them is never satisfied. The Addicted Lover has ideas for inventions, businesses, and creative projects, but never works at them long enough to get them off the ground. They feel fragmentary instead of whole. They are forever looking for the high that will last indefinitely — and this is perhaps the most direct connection between any archetype shadow and substance use disorder. In recovery, the Addicted Lover is the person who replaces substances with other compulsive behaviors — relationships, food, work, gambling, shopping, sex — anything to fill the void. They bounce from one intense experience to the next, never staying long enough to build anything lasting. They mistake intensity for intimacy and excitement for fulfillment.

Passive Shadow: The Impotent Lover

The Impotent Lover is the passive shadow. Instead of seeing the world in vivid colors and textures, the Impotent Lover only sees gray. They have lost passion for life. Relationships, whether romantic or platonic, struggle and falter. The Impotent Lover can arise in a person who disciplines themselves too much — loading themselves with overly prudish rules and rigid structures. The Impotent Lover feels shame when "indulging" in life's pleasures — even healthy, appropriate pleasures. In recovery, this can manifest as a joyless sobriety, where the person has stopped using substances but has also stopped feeling anything at all. They go through the motions of recovery without passion, without engagement, without the spark of life that makes sobriety worth having. This shadow is particularly dangerous because it can masquerade as "doing well" — the person isn't using, isn't causing drama, isn't in crisis. But they're also not truly alive. They've traded the chaos of active addiction for the flatness of emotional shutdown, and without intervention, this joyless existence often leads back to substances as the person desperately seeks to feel something again.

Self-Assessment: Fullness & Shadow

I can form deep, authentic connections with others **Fullness**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I experience genuine joy and appreciation for everyday life **Fullness**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I handle intense emotions without being overwhelmed by them **Fullness**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I am passionate about my recovery and personal growth **Fullness**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I can be present in the moment without needing more stimulation **Fullness**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I am always searching for the next experience to make me feel alive **Addicted Shadow**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I have replaced substances with other compulsive behaviors **Addicted Shadow**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I start projects or relationships with intensity but quickly lose interest **Addicted Shadow**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I confuse emotional intensity with genuine intimacy **Addicted Shadow**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I feel a constant restless hunger that nothing seems to satisfy **Addicted Shadow**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I have lost my passion for life and everything feels gray **Impotent Shadow**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I feel shame when I allow myself to enjoy anything **Impotent Shadow**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

My relationships are flat and disconnected **Impotent Shadow**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I go through recovery motions without feeling engaged or alive **Impotent Shadow**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I have shut down emotionally as a way to stay "safe" **Impotent Shadow**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Recovery Reflection Questions

1. Are you getting sober for yourself or for others?

2. Do you put the feelings of others before your own needs?

3. Are you a people pleaser who struggles to say no?

4. Are you capable of truly loving yourself?

5. Are you capable of being loved by others — of receiving as well as giving?

6. Are you capable of trusting yourself and your own decisions?

7. Are you capable of being trusted by others?

8. Do you confuse intensity with intimacy in relationships?

9. Have you replaced substances with other compulsive behaviors?

10. Can you experience joy in sobriety, or does everything feel flat and gray?

Developing The Lover: Growth Actions

- ☐ Dance, move, express yourself physically — reconnect with your body
- ☐ Engage in visual arts or creative practice as a recovery tool
- ☐ Cultivate the virtue of moderation in all things
- ☐ Become fully present — practice mindfulness without judgment
- ☐ Find the center of your joy — discover what brings authentic pleasure
- ☐ Be spontaneous within safe recovery boundaries
- ☐ Dream — and record your dreams as a window into your inner life
- ☐ Work out what your Lover archetype truly needs versus what it craves
- ☐ Build one deep, authentic friendship rather than many surface connections
- ☐ Practice receiving love and help without feeling obligated to reciprocate immediately
- ☐ Learn to sit with difficult emotions without escaping into action
- ☐ Cultivate gratitude for the simple, everyday pleasures of sober life

The Lover Archetype Journal

Use this space for free-form journaling about your relationship with the The Lover archetype.

How does the The Lover show up in your life — both in fullness and in shadow?

PART 5 OF 6

Archetype Wheel

Your Archetype Wheel

How do the four archetypes distribute in your psyche?

Adjust the sliders to reflect how strongly each archetype is present in your life right now. The pie chart will update automatically.

The King25%

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15 ☐ 16 ☐ 17 ☐ 18 ☐ 19 ☐ 20 ☐ 21 ☐ 22 ☐ 23 ☐ 24 ☐ 25 ☐ 26 ☐ 27 ☐ 28 ☐ 29 ☐ 30 ☐ 31 ☐ 32 ☐ 33 ☐ 34 ☐ 35 ☐ 36 ☐ 37 ☐ 38 ☐ 39 ☐ 40 ☐ 41 ☐ 42 ☐ 43 ☐ 44 ☐ 45 ☐ 46 ☐ 47 ☐ 48 ☐ 49 ☐ 50 ☐ 51 ☐ 52 ☐ 53 ☐ 54 ☐ 55 ☐ 56 ☐ 57 ☐ 58 ☐ 59 ☐ 60 ☐ 61 ☐ 62 ☐ 63 ☐ 64 ☐ 65 ☐ 66 ☐ 67 ☐ 68 ☐ 69 ☐ 70 ☐ 71 ☐ 72 ☐ 73 ☐ 74 ☐ 75 ☐ 76 ☐ 77 ☐ 78 ☐ 79 ☐ 80 ☐ 81 ☐ 82 ☐ 83 ☐ 84 ☐ 85 ☐ 86 ☐ 87 ☐ 88 ☐ 89 ☐ 90 ☐ 91 ☐ 92 ☐ 93 ☐ 94 ☐ 95 ☐ 96 ☐ 97 ☐ 98 ☐ 99 ☐ 100

The Warrior25%

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The Magician25%

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The Lover25%

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Reflection Questions

What is your predominant archetype? What benefits do you find in having this as your dominant energy?

What downfalls do you find in having this as your predominant archetype?

What archetype least describes you? What might be missing because of this?

Which archetype would you most like to develop and strengthen in your recovery?

How has your archetype distribution contributed to your addiction and your recovery?

PART 6 OF 6

Wholeness Commitments

Archetypes in Fullness

Becoming these archetypes requires you bring your whole self forward

Self-Accountability

- ☐ I clean up after myself.
- ☐ I am a role model for others.
- ☐ I am rigorously honest and fiercely optimistic.
- ☐ I hold myself accountable.
- ☐ I have enough self-respect to tell the truth.

Emotional Intelligence

- ☐ I know what I feel.
- ☐ I know how to cry and let it go.
- ☐ I know how to experience anger without hurting others.
- ☐ I know how to feel fear and keep moving forward.
- ☐ I know how to roll with it and be flexible.

Relationships & Kindness

- ☐ I am kind to others — all others.
- ☐ I teach others how to be kind.
- ☐ I say sorry when I am wrong.
- ☐ I stop blaming others for my pain.
- ☐ I stop letting my defenses ruin my relationships.
- ☐ I create intimacy and trust with my actions.

Community & Service

- ☐ I have people I trust and turn to for support.
- ☐ I look for ways to serve others.
- ☐ I build communities where people are respected and valued.
- ☐ In times of need, I will be my brother's and sister's keeper.
- ☐ I know future generations are watching my actions.

Purpose & Spirit

- ☐ I know I am an individual.
- ☐ I know that we are all connected.
- ☐ I know my higher purpose.
- ☐ I love with fierceness.
- ☐ I know my spirit and my connection to something greater.
- ☐ I am ready to confront my own limitations.
- ☐ I have high expectations for myself and those I connect with.