



Exercise Two – Positive Change Arc

In order for your character to evolve in a positive way, he must start out with something lacking in his life, some reason that makes change necessary. He is incomplete in some way, but not because he is lacking something external. Rather, your character is incomplete on the inside, thanks to the Lie he believes.

**What are four possible variations of the Lie your character believes?
Write a specific belief for each in one sentence.**

Lie #1

Lie #2

Lie #3





Lie #4

How can each of these potential Lies be reflected in your character's exterior world and/or how can the exterior world be a metaphor for your character's inner struggle?

Exterior World Reflection for Lie #1

Exterior World Reflection for Lie #2

Exterior World Reflection for Lie #3





Exterior World Reflection for Lie #4

Which of these four Lies will be the primary Lie for your character's arc?
Which one best influences your plot and theme?

- Lie #1
- Lie #2
- Lie #3
- Lie #4

What is the final Lie that your character believes:

What are the symptoms of the Lie?

Which of the following symptoms are present in your character's life?

- Fear
- Extreme hurt
- Inability to forgive
- Guilt





- Horrible secrets
- Shame over something the character did
- Shame over something done to the character

How is your character attempting to escape the pain caused by the symptoms of his Lie?

How is your character's inability to face the Lie trapping her within the painful symptoms despite her efforts to escape them?

At the beginning of your story, what is your character lacking mentally, emotionally, or spiritually, as a result of the Lie?





In your first chapter, how can you dramatise what she is lacking and/or suffering as a result of her Lie?

If your character is not unhappy in the beginning of the story, how will the inciting event and/or the First Plot Point begin to make her uncomfortable as a result of her Lie?

