



Exercise Three – Positive Change Arc

What is the thing your character needs?

The thing your character needs is the Truth. This is her personalised antidote in her life. Even though she doesn't know it yet, this is the most important thing in her life. If she misses out on this Truth, she is never going to be able to grow in a positive way.

What Truth opposes the Life your character believes?

What are possible ways your story's Truth can manifest as a specific thing your character needs? This could be a specific action or belief on your character's part.

At the end of the story, will the thing your character needs:

- Change your character's external circumstances for the better?
- Change your character's ability to appreciate or cope with existing external circumstances?





How do you see the Truth manifesting externally/visually at the end of your story?

What is the thing that your character wants?

The thing that your character wants will almost always be something external, something physical. The character is trying to salve her inner emptiness with exterior solutions. Her problem is depression, but instead of seeking the Truth and the thing she needs as the true cure, she's busily putting a cast on her arm.

What are possible things your character wants? These are deep primal desires. They are not necessarily your character's story goal, but will influence the specific goal.

Will your character have to:

- Scarifice the Thing She Wants only after first embracing the Thing She Needs?**

