



Exercise Six – Positive Change Arc

The First Act

The most important thing to understand about the First Act is that it is a setup. Once you have hooked your readers interest in the first chapter, the main responsibility of the First Act is to lay the groundwork for everything that follows.

Within the First Act, your primary job is to introduce all characters who will be important catalysts within the conflict, as many prominent settings as possible, the protagonist’s personal dilemma and goal, the main conflict and the antagonistic force driving it, and the stakes if the protagonist fails within the conflict.

Introducing these elements early is necessary as it prevents the random or coincidental appearance of people, items, places, and events in the Second and Third Acts. It also creates context for the reader’s questions about conflict which will prevent unnecessary confusion.

How will you reinforce the character’s Lie in the first chapter?





How will you show how the character's internal problems are causing external problems?

Name three ways you will continue to reinforce the Lie or introduce more of its facets throughout the First Act:

What specific quality will be intrinsic to your character's ability to fight her way out of the Lie?

How can you begin giving the character small hints about the destructive nature of the Lie and the positive nature of the Truth?





What inciting event will be the call to adventure that first brushes your character against the main conflict halfway through the First Act?

How will this inciting event set up the character's entry into the Adventure World of the main conflict in the Second Act?

Does the inciting event initially seem:-

- A good thing**
- A bad thing**

How will the call to adventure initially be met with resistance or refusal?





Will the protagonist be the one to initially reject the call to adventure, or will someone else try to reject it for her?

How long will it take the protagonist to stop resisting?

- The entire rest of the First Act top to the First Plot Point**
- A shorter period ending with what event?**

How does the inciting event change the protagonist's awareness of and comfort in the Normal World in however small or subconscious way?

Toward the end of the First Act, how will your protagonist still be entrenched in the Lie?





How will her subconscious attitude toward the positivity of the truth take its first step forward?

