



## Exercise Seven – Positive Change Arc

### The First Plot Point

Where the First Act is the setup, the First Plot Point is the point of no return. This is where the setup ends and the conflict begins ‘for real.’ At this point the character commits to a decision that will propel them out of the comfort stagnation of the Normal World and the Lie they believe.

The First Plot Point either incorporates or is directly followed by the character’s decision to react in a strong and irrevocable way. This is usually a major scene.

**What event occurs at the end of the First Act that causes your character to leave the Normal World and irreversibly engage with the main conflict?**

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**In what way might this event be surprising even after the inciting event?**

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**Which of the following best describes your First Plot Point?**

- A seemingly positive opportunity**
- Something disastrous**
- It destroys the Normal World, leaving the protagonist no choice but to move on**
- It physically removes the protagonist from the Normal World**
- It warps the Normal World, forcing the protagonist to adapt to new ways of surviving within it**

**What decision on your character's part led him right up to the First Plot Point, making him at least partially responsible for what happens?**

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**Which best describes your Protagonist's reaction the First Plot Point?**

- Enthusiasm – she wants to enter the conflict of the Second Act**
- Resistance – she has to be forced to enter the conflict of the Second Act**

**After the First Plot Point, how will your protagonist react?**

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**What definitive action will she take to move forward into the adventure world of the main conflict?**

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**Which will the character be trying to do?**

- Restore the old normal? How?
- Find a new normal? How?

**Name three new physical needs that must be met in the aftermath of the First Plot Point:-**

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**What definitive new plot goal will the character now adopt based on the thing she wants?**

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**Do you want the character to ultimately achieve this goal?**

- Yes. Why?
- No. Why?





**How will the character's decisions and actions in the aftermath of the First Plot Point drag her out of complacency and force her onto a path toward eventually destroying her Lie?**

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