

The Archegram quiz

The following quiz is designed to provide you with a graphical representation of the archetypical energies of the Archegram within yourself in order to identify possible compensations (disbalances) and therefore support your understanding of the practices and tips that are best for you to work on, to achieve balance and life satisfaction.

This quiz is based on 24 questions, 8 questions for each archetype, 4 for each phase, where each question values from 0 to 25%

How to create your own Archegram diagram

1) Answer all the following questions by marking an X symbol next to the answer that feel truer to you.

Be as honest as possible answering every question, take more in consideration your behavior in the last 3 to 4 months rather than how you think you are, to mark the right answer to every question.

2) Sum each group of questions to obtain the overall score for the masculine and feminine phase of the three archetypes.

3) Take the empty diagram of the page and write a dot next to the line corresponding to each archetype phase base on the score obtained.

4) Join the marked points creating a figure (see example in page 141).