

The Archegram quiz

The following quiz is designed to provide you with a graphical representation of the archetypal 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).

Questions submissive phase	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	5%	10%	15%	20%	25%
I prefer letting things happen rather than deciding what I want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having comfort is not important to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to make the best of what I have without changing it much.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm not good at retaining complex concepts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Questions warrior phase	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	5%	10%	15%	20%	25%
I find deep satisfaction in doing a good job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it easy to achieve what I set my mind to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm persistent by nature and I don't get easily frustrated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy figuring out how things work and solving problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Questions princess phase	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	5%	10%	15%	20%	25%
I feel complete within, and my self worth comes from valuing myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm a calm and patient person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it easy to perform small acts of kindness for myself, like cooking a nice meal just for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I deeply admire people who live with integrity and stay true to their values despite life's adversities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Questions prince phase	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	5%	10%	15%	20%	25%
Living a meaningful life is very important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel complete within and find happiness by giving my time and possessions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find happiness and fulfillment by dedicating my life to helping others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Honesty and integrity are more important to me than having things go my way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Questions inner-child phase	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	5%	10%	15%	20%	25%
I can't imagine any future moment being more beautiful than this one.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Everything is always as it should be; nothing is ever out of place, whatever happens is meant to happen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There's nothing in life that should be taken seriously; we're here to enjoy, learn, play, and celebrate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm perfectly imperfect, I can never be more, I can never be less than anyone else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Questions baby phase	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	5%	10%	15%	20%	25%
Things are neither good nor bad; things simply are what they are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I realized that things are happening, but they aren't happening to me personally—nothing is personal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I recognize this world as an illusion, I'm not there, actually no-body is there	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is nothing to do, nowhere to go and nothing to change.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The archegram Quiz

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The Princess



The Prince



The Warrior



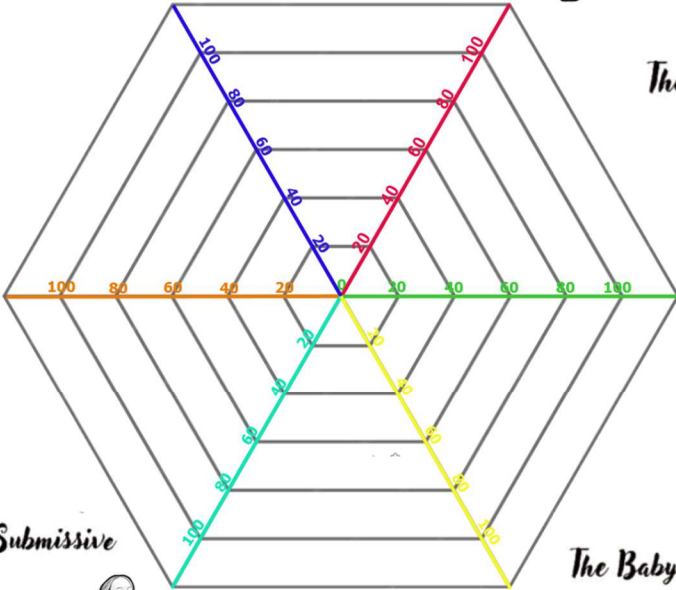
The inner child



The Submissive



The Baby



Guidelines to interpretate the diagram of your Archegram

As a general rule, imagine the Archegram diagrams as a canvas that is been stretched, look for where the canvas is been pulled to or “over stretched” to identify where is a possible compensation.

A compensated archetype phase is a phase that is overactive and therefore source of effort and disbalance in our lives.

To find a possible plan of action to balance your Archegram diagram I suggest you look at it as a whole where all parts are interconnected, when we pull towards a particular phase all the other phases are affected in some way.

- For example: Someone that is an idealist may manifest an overactive Prince phase showing his strong dedication to others and his excessive view on how things should be.

The above may create an overactive Warrior phase as well, necessary to implement the requests of his inner-prince and a weak inner-submissive reflecting his strong ideals that prevent him to accept what is.

Below are some common examples of Archegram diagrams taken from cases that have been categorized and commented, starting from the above commented example.