

## Rachael Herron's Character Arc Workshop

### CORA SYLVAN



**Role in Story:** Heroine

**Occupation:** Backyard farmer

**Physical Description:** 33

Red, short, spiky, cuts it herself  
Blue

Curvy, a little zaftig, tall, big boned

Intimidates some men, Logan called her a bull in a china shop  
blue cowboy boots (Eloisa James's 2 sentences)

**Personality:** Crafty, smart, witty

Used to hard work, elbow grease to make things shine

Survivalist, apocalypse garden, knows how to start fires and  
build shelters and make clothes from scratch.

Refuses offers of help (which has always infuriated Bex and  
Valentine and even Louisa) (esp. Mac)

Cleans when nervous, house extremely clean due to not knowing  
when she might have to leave it

**Habits/Mannerisms:** Bites her nails, then treats her hands

Hands never still, has a hard time with down time

**Background:** Both parents were alcoholics in Stockton, lost to foster care, stayed with a family until 5 when they had their own child, then learned to dive out of homes because it hurt too much to leave. Made a home in the CPS halfway house, last one was in Cypress Hollow - She still works with it, called Open Hand. She and ELIZA changed the program there, to a mentorship.

Married Logan Chandler at 18, after he introduced her to his mother and sister - wanted family - wanted children - he puts her through college for business and he dies at 28 from liver cancer - she's been alone, no dating since then, though her widow(er)s group encourages her to

**Wound:** *I was abandoned by everyone up till now.*

**Inner Belief:** *Therefore, I am not worthy of devotion.*

**Identity (false):** *I am completely self-sufficient/contained.  
I don't need love/devotion.*

**Essence (true):** *I need/want love and help.*

**External Conflict:** Wants to keep her home safe.

**Internal Conflict:** Wants love, doesn't trust it (after being left so many times)

## PERSONALITY PROFILES FROM PSYCHOLOGY TESTS

### Enneagram Test Categories

Reformer	rational, idealistic
Helper	caring, nurturing
Motivator	adaptable, success-oriented
Romantic/Artistic	intuitive, reserved
Thinker	perceptive, cerebral
Skeptic	committed, security-oriented
Enthusiast/Generalist	enthusiastic, productive
Leader	powerful, aggressive
Peacemaker	easy going, accommodating

### Keirsey Temperament Sorter

Temperaments:  
Attentive/Expressive  
Introspective/Observant  
Tough/Tender Minded  
Probing/Scheduled

Personality types:  
Extrovert/Introvert E/I  
Intuitive/Sensing N/S  
Thinking/Feeling T/F  
Judging/Perceptive J/P

<u>Guardians</u>		<u>Idealists</u>	
Supervisor	ESTJ	Teacher	ENFJ
Inspector	ISTJ	Counselor	INFJ
Provider	ESFJ	Champion	ENFP
Protector	ISFJ	Healer	INFP
<u>Artisans</u>		<u>Rationals</u>	
Promoter	ESTP	Fieldmarshal	ENTJ
Crafter	ISTP	Mastermind	INTJ
Performer	ESFP	Inventor	ENTP
Composer	ISFP	Architect	INTP

For a variety of fun personality tests (including assessment of Type A/Type B personality, relationship IQ, color charts, etc.), go to [www.queendom.com](http://www.queendom.com) OR, google "personality tests" and see what comes up.

Instructor: Paula Cizmar © P. Cizmar 2009

**CHARACTER BUILDING BLOCKS**

CHARACTER	WHAT DO I WANT?	FLAW	SECRET	STRENGTH	ACTION(S) I'LL TAKE?

## Character

Who am I?  
What am I doing?  
What do I want?  
What will I do to get it?

Given Circumstances

Probable

Up for Grabs

Relationships

(Where do I live? What does it look like? Furniture? Antiques? Scavenged stuff? Comfy? What do I eat? Pizza? Curry? Fast food? Can I cook? What kind of clothes do I wear? Jeans? Stylish stuff? Nondescript? Do I have friends? Have I been to school? What colors do I like? Do I have parents? children? What are my favorite things? Do I listen to music? If so, what kind? What do I do in my spare time? Am I athletic? Do I like books? Do I like being outside? Or indoors? Do I watch TV? Do I like people? What are my bad habits? How much sleep do I get? Am I a night person or a day person? Etc. Etc. Etc.)