

BACKSTORY WOUND PROFILE

Identifying the wounding event and mapping out its effects is crucial for creating a believable character whose inner journey is a reflection of the ones we so often travel in the real world. To help you build these relatable characters that readers will respond to, we've created the Backstory Wound Profile, a tool to help you figure out all the moving parts associated with this important event. Fill it out in its entirety or explore only the fields that are necessary. If you need help coming up with ideas for your character's traumatic experience, the [Emotional Wound Thesaurus](#) is a good starting point.

The person who hurt your character in the past: _____

What happened (the wounding event or situation): _____

Where it happened: _____

It was a single ongoing repeated event.

Factors that made the situation more difficult:

- Personality Physical Proximity Responsibility Support Recurrence
 Justice Compounding Events Invasiveness Emotional proximity Emotional State

Details: _____

Fallout resulting from this experience (flaws, behaviors, sensitivities, relationship issues, insecurities, etc.):

Negative life lessons this situation taught the character: _____

Trust issues that developed: _____

Ways the character's self-worth was damaged: _____

The fear that emerged: _____

Flaws that developed to keep people and painful situations at a distance: _____

Biases that developed due to this experience: _____

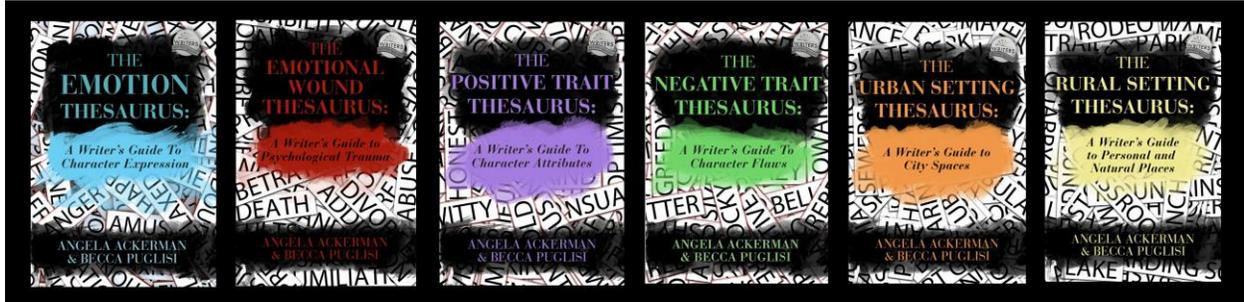
Negative attitudes or outlooks that resulted: _____

The lie the character now believes (that contributes to self-blame, self-worth, disillusionment, etc.): _____

Emotions the character now avoids: _____

Triggers for this wound: _____

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PRAISE FOR [THE EMOTIONAL WOUND THESAURUS](#)

“This is far more than a brilliant, thorough, insightful and unique thesaurus, this is the best primer on story -- and what it is REALLY hooks and holds readers -- that I have ever read. What good is “writing well” if you haven’t zeroed in on the essence of the story you’re telling? This book peels back the layers to reveal not only where the beating heart of your story lies, but how to then get it onto the page. It won’t just make your writing deeper, richer and more gripping, it very well may transform how you see the world – it doesn’t get better than that.

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