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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