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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