

## 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.): \_\_\_\_\_  
\_\_\_\_\_

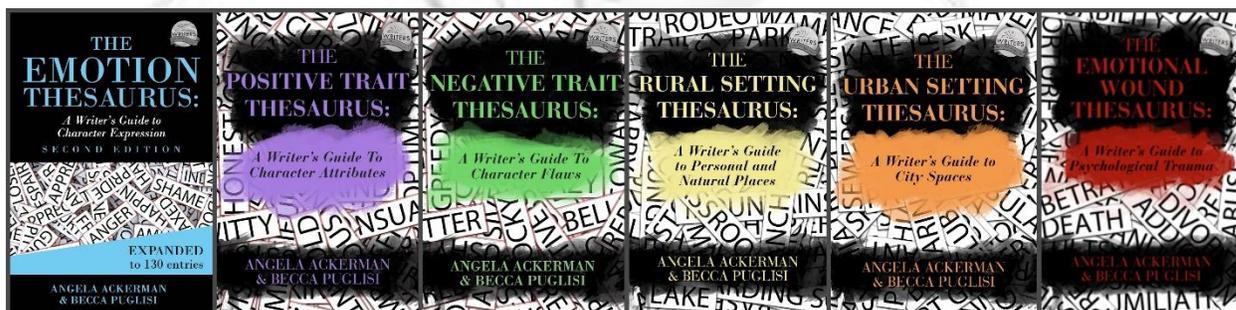
Emotions the character now avoids: \_\_\_\_\_  
\_\_\_\_\_

Triggers for this wound: \_\_\_\_\_  
\_\_\_\_\_

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