Story-Worthy Problems

(What does this character need to overcome and/or achieve? AND what EMOTIONAL/PERSONAL transformation needs to happen for this character by the end of the book?)

ACTION PLOT PROBLEM:

EMOTIONAL/PERSONAL PROBLEM:

Event/Trigger

(inciting incident)

PAST (if applicable):

AT START OF BOOK:

Personality Status at the Start of the Story

Where do we find your character at the start of this book?

(Based on the events and beliefs above. How is this character FUNCTIONING in the social, work, leisure, cultural, and personal domains? What problems does he/she have? What strengths? Deficits? Mental health problems? What is her typical emotion state? What is his mindset. Confidence/Importance to change his situation? Judgement/insight?). When he gets upset, how does he show that emotionally (anger, anxiety, withdrawal, sadness, etc?). Does this person AVOID or CONFRONT problems?

This is the **VERY THING** that will change in the emotional/personal transformation by the end of the book.

Important Life Events

(early events, childhood, landmark events)

Foundational Beliefs

(about the self, world, others, future; *if-then* thoughts; tenuous beliefs; distortions; contradictions; helpful/unhelpful;)

Status as Character Enters the Next Scene

OR

NOTES/QUESTIONS

Behaviors/Actions

(helpful or may cause more problems for your character)

In the Moment Thoughts

(helpful hurtful; may keep character stuck; may inspire change; distortions; tenuous; contradictory)

Emotions

(helpful/hurtful; may keep character stuck or inspire change)

SCENE

(Situation)

Change, Stagnation, OR Regression?

(How do THESE Thoughts, Emotions, and Actions move your character toward their transformation OR add barriers? Is he the same now after this scene as he was before? In what way(s)?)