**Identity to Essence Character Chart** based on Michael Hauge

* Think about *who* the characters are, what each of their *histories* were, and what they need to do to *earn* their Happily Ever After.
* Growth is when a character goes from hiding their true selves to embracing it.
* Essence is who the characters have the *potential* to become. That transformation from living fully in Identity to fully in Essence is the character arc. Going from Identity to Essence is a gradual transformation.
* The reason the characters are each other’s destiny is because they are the one who sees beyond the mask of Identity and connect at the level of their Essence. They are the one who will *challenge* and help the other to make that change.
* Conflict is at the level of Identity. Connection is at the level of Essence.

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| **1st Protagonist:**  | **2nd Protagonist:**  |
| **Who are they?** |  | **Who are they?** |  |
| **What is their desire, their expressed outer goal?** |  | **What is their desire, their expressed outer goal?** |  |
| **What is the outer conflict opposing their desire?** |  | **What is the outer conflict opposing their desire?** |  |
| **What is their unexpressed inner Longing/need?** |  | **What is their unexpressed inner Longing/need?** |  |
| **What is their Wound? What event in their past has shaped who they are today?** |  | **What is their Wound? What event in their past has shaped who they are today?** |  |
| **What is their False Belief based on their Backstory Wound?** |  | **What is their False Belief based on their Backstory Wound?** |  |
| **What Fear does that False Belief cause?** |  | **What Fear does that False Belief cause?** |  |
| **What is their false-front Identity they present to the world? Who have they become to protect themselves from the fear of the Wound?** |  | **What is their false-front Identity they present to the world? Who have they become to protect themselves from the fear of the Wound?** |  |
| **How does their Identity conflict with the 2nd Protagonist?** |  | **How does their Identity conflict with the 1st Protagonist?** |  |
| **What is their** E**ssence—their true self if emotional armour is taken away, the potential best they can be?** |  | **What is their** E**ssence—their true self if emotional armour is taken away, the potential best they can be?** |  |
| **What will they have to learn to make the journey from IDENTITY to ESSENCE?** |  | **What will they have to learn to make the journey from IDENTITY to ESSENCE?** |  |
| **How will the 2nd Protagonist challenge/help them to move from Identity to Essence?** |  | **How will the 1st Protagonist challenge/help them to move from Identity to Essence?** |  |

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