

Let's Write!

Character Psychology

When exploring character psychology in a novel, it's essential to delve into the depths of your characters' minds to create a rich and believable narrative.

Here are some questions you might consider asking to flesh out your characters:

Goal, Motivation, and Conflict:

1. What is your character's greatest goal or desire at the start of your story?
2. How does this desire evolve throughout the narrative?
3. What internal or external conflicts challenge their goals?
4. What motivates your character to overcome obstacles?
5. How do their motivations change as the story progresses?

Backstory and Formative Experiences:

1. What past events have shaped your character's worldview?
2. How do these experiences influence their current behaviour?
3. Are there any traumas or pivotal moments that define them?

Fears, Aversions, and Triggers:

1. What fears or phobias does your character have?
2. How do these fears manifest in their behaviour?
3. What can trigger an emotional response from your character?

Relationships and Attachment Style:

1. How does your character form relationships with others?
2. What attachment style do they exhibit (secure, anxious, avoidant, etc.)?
3. How do their relationships evolve throughout the story?

Personality and Habits:

1. What are your character's most prominent personality traits?
2. Do they have any habits or routines that are telling of their character?
3. How do these traits and habits affect their interactions with the world?

Beliefs, Ideas, and Worldview:

1. What are your character's core beliefs and values?
2. How do they react when these beliefs are challenged?
3. What is their perspective on the world they inhabit?