

Building Personal Fairy Tales

It is often helpful to deconstruct tales you like in order to understand how you might construct one for yourself. You can use these categories for taking apart or putting together. Add or subtract new categories as need requires. There are no rules, but the ones we make to help us live this life fully!

HERO/HEROINE: What is their journey?

What do they need to find/allude/break free of/embrace to be whole.

What is their metaphoric journey and how does that translate into a literal one for the purpose of the fairy tale?

SETTING:

Where does this tale take place?

The landscape usually represents the place the hero/heroine begins in, the terrain they must journey through, and the place they end up in. They could be physicalizations of emotional states.

Hansel and Gretel begin in a home without protection or love. This manifests as a world without food. Snow White must stumble through a dark and frightening forest and seek the aid of odd unsexed men. Could this represent the terrain of adolescence? For your original shaping if you grew up in an alcoholic home and are focusing on this issue, then your environment might be a land of violent, unpredictable earth quakes. Physicalize and enlarge human conditions.



Nemesis

The nemesis can be a part of you (self doubt, fear, shame, etc.) or part of a person in your life who has kept you from feeling loved and reaching full potential. This is no time for adult kindness. Split the part of yourself or the person you have in mind that has been destructive to you and blow them up on the big screen. Jack's giant, might well of originated as the father he was jealous of for stealing his mother's

attentions. Rapanzel's witch might of been the part of her mother who would not, could not allow her an ounce of independence. Red Riding Hood's wolf, might of been the part of her that has no self control. Have fun by identifying that part of yourself or another with which you battle and blow it into a full being.

THE JOURNEY: What must the hero/heroine do in order to be safe/allude evil/break free/find love (do what they must to be whole and adult)? Where does

the journey take them? More often than not it's through a place with dangers and challenges. Walking away from old but reliable ways of being is never easy. Rapunzel had to wander (with twin children no less) through a barren waste land. Jack had to do battle with the giant on his home turf. Hansel and Gretel had to live in the belly of beast. Where will your journey take you that will challenge you to do battle with your nemesis and find your best self?



HELPERS and AMULETS (magic)

We are not alone. No one is alone and in our searching, help is there. It comes to characters in recompense for their kindness, wit, innocence, and sometimes, just for the asking. It is one's traits that almost always attracts helpers and magic. Cinderella was loyal to the memory of her mother, and that is from whence came her help. The Giant's own wife helped Jack because he asked her for that help. This might be the most difficult part of creating your own fairy tale, because you must access your good traits, the strengths that have enabled you to survive and thrive, and figure out how they will assist you in finding the help you need.



THE BATTLE

This can take many forms but represents that primal clash between you and your nemesis. Gretel, faced with the witch, found the strength to push her into the oven. Jack, chased by the giant, cut down his means of transport. What will you do when face to face with what you fear? Can the magic you have accumulated help you? Can your natural gifts help you? Can your aspirations help you?

JOURNEY'S END

What is 'happily ever after' to your character? What have they overcome and where do they need to be to feel loved, empowered, and safe?