First romantic love, first sexual experience; Changes to other characteristics list; First memory, past jobs, past failure, police record; (arrests, convictions, sentences served)

Partner/Souse/lover/husband/wife (full name, meaning, reason for given name, nickname, origin, gender; story; Nicknames, who gave it, why? Birth date; Description, address, rent or owns? Security deposit)

Eight Female Archetypes:

The Warrior - Delta hero: Reluctant rescuer; dark, dangerous, driven, remote
The Librarian - Conscientious, orderly, bright; leads with her brain, not her looks
The Waif - “damsel in distress”: Child-like innocence, naive and docile; endures cruelty, orphans; is it invisible to others?
The Free Spirit - Genuine and fun-loving, impulsive, an original
The Spunky Kid - Spirited, loyal, reliable and supportive, a tomboy
The Nurturer - Altruistic, calm, optimistic, a listener, pleasant, takes care of all who needs it
The Charmer - Smooth operator: Fun, irresistible, often unreliable
The Best Friend - Beta hero: kind, decent, and responsible

Eight Male Archetypes:

The Chief - Alpha male: tough, decisive, and goal-oriented
The Bad Boy - Dangerous, fascinating, charismatic, street smart, newborn
The Free Spirit - Genuine and fun-loving, impulsive, an original
The Waif - “damsel in distress”: Child-like innocence, naive and docile; endures cruelty, orphans; is it invisible to others?
The Librarian - Conscientious, orderly, bright; leads with her brain, not her looks
The Warrior - Delta hero: Reluctant rescuer; dark, dangerous, driven, remote
The Charmer - Smooth operator: Fun, irresistible, often unreliable
The Best Friend - Beta hero: kind, decent, and responsible

Personal Habits Early or later riser? Reads during breakfast? Feeds kids? How travels to work, work day length, works hard or not; Work friends, rivals, enemies; (Friend, significant others, family, extended family, lover, friends, community)

Addictions: smoking, drinking, exercise, gambling, food, sexual, work, drugs (illegal, prescription, OTC, ethnonpharmaceutical)

Personality types (Myers-Briggs)

ESTJ administrator director supervisor overseer (enforce) ENTN executive pioneer field marshal supporter (mobilize) ENTJ bison enthusiast provider caregiver (supply)

INFJ mentor activist teacher (educate)
ENFJ legaioner conqueror promoter doer (persuade)
ESFP ambassador performer entertainer (demonstrate)
ENTP seeker inventor explorer lawyer originator (devise)
ENFP advocate psychologist reporter champion (inspire)
 ISTJ insta pragmatist examiner (certify)
INTJ analyt mastermind strategist (rational)
INFP lyricist romantic healer dreamer idealist (conclude)
ISFJ conservator defender nurturer (secure)
ENFP advocate psychologist reporter champion (inspire)

Big Five: Extraversion openness agreeableness conscientiousness neuroticism (emotional instability)

Great Character: a goal; an opposition; motivation; backstory; an attitude; a POV; revealing action; growing room; plausibility; details; research; strong supporting characters

Personality Disorders

Antisocial Avoidant Borderline Dependent

Histrionic Narcissistic Obsessive-compulsive

Paranoid Passive-aggressive Schizoid

Schizotypal

Anxiety disorders

Generalized anxiety Panic Agoraphobia Phobias

Obsessive-compulsive (OCD) Post-traumatic stress disorder

Separation anxiety Childhood anxiety

Common phobias

snakes spiders insects dogs heights agoraphobia claustrophobia lighting & thunder injections