

# **CREATING CHARACTER FROM MY HEART: Blessings and Therapeutic Outcomes** *with Dr. Kixx Goldman*

## COMPLEX OR DIMENSIONAL CHARACTERS

The **first dimension**, the first way a character appears. Looks, skin color, height, scars, clothing, etc.

The **second dimension** is the image the character displays to the world. Does he or she appear to be kind or selfish, peaceful or combative, formal or casual, etc?

The **third dimension** -- Depth --The depth of your character means his or her emotional being and the attributes that make up their entire personality-- how he or she would react in certain situations, all the things he or she likes and dislikes, their thoughts about the events around them. Their emotional attachments? Do they have friends and enemies? If so, why?

Not only that, but are they religious or spiritual? Beliefs and why? Do they have deep seated fears? They're just as complicated as our own personalities are.

Like real people, our characters will have flaws.

We all **act and react** in certain ways in situations. We also tackle daily life differently. So do our characters.

Characters' inner thoughts and beliefs are often in contradiction to what they project in one of the first two dimensions.

**The fourth dimension**, It's been said that our past shapes who we are now and who we will become. For example, what was it like to grow up in *your* house, in *your* family of origin? With regard to our characters, how has that shaped their beliefs and desires, how they act and react?

We're fascinated by character's backstories. Our past shapes who we are now, in the present. What happens in the present will shape what happens in the future."  
(A.J. Humpage)

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