



Character Compass Worksheet: Mapping Emotional Layers

Use this worksheet to explore the deeper emotional and moral layers of your character. Fill it out as your character evolves or revisit it as their journey unfolds.

◆ PART 1: The Three Layers

1. Outer Self (Mask)

How your character presents themselves to others. This is their public persona.

"Others see me as..."

2. Inner Self (Mirror)

What your character truly feels, wants, or fears behind the mask.

"When I'm alone, I feel..."

3. Core Self (Truth)

The one unshakable belief, wound, or truth at their center.

"I believe that..."

◆ PART 2: "I Always, I Never" Prompts

Complete these to define your character's personality patterns.

- I always: _____
 - I never: _____
 - I used to _____, but now I _____.
 - People think I'm _____, but really I'm _____.
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◆ PART 3: Contradictions That Add Depth

Pick or create 1–2 contradictions for your character:

- Brave but terrified of _____
 - Kind but cruel when _____
 - Loyal unless _____
 - Calm unless _____
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◆ PART 4: Moral Compass

Define your character's values, rules, and breaking points:

- I will kill for: _____
 - I will *not* forgive: _____
 - I would never: _____
 - But I might, if: _____
 - My biggest regret is: _____
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◆ PART 5: Mask Break Scene

Describe or imagine a moment where your character's outer persona breaks down and their real self shows through.

What causes the mask to break?
Who sees it happen?
What changes after that moment?

Print this worksheet. Use it between sessions. Update it as your character grows.

Your character is a person. Let them change. Let them hurt. Let them surprise you.