

PART I

Therapist Archetype Reflection Quiz

“Who Are You in the Therapy Room?”

Therapists do not only practice modalities.

They also embody nervous system patterns, relational instincts, emotional atmospheres, attachment dynamics, pacing styles, and unconscious survival strategies that shape how therapy is experienced.

Clients often respond to these dynamics long before they consciously understand a therapist's theoretical orientation.

Certain therapy rooms feel like sanctuaries after years spent surviving emotional weather without shelter.

Others resemble observatories where scattered experiences slowly begin forming recognizable constellations and patterns.

For some clients, therapy carries the energy of a trailhead before a long-awaited journey into change, grief, identity, or becoming.

Elsewhere, the room becomes a lantern-lit conversation where hidden parts of the self finally feel safe enough to emerge from the shadows.

This reflection activity is designed to explore:

- how clients may experience you
- what types of clients naturally gravitate toward you
- your strengths and gifts in the room
- your shadow patterns under stress
- countertransference vulnerabilities
- burnout tendencies
- your relationship to safety, movement, insight, and depth
- the emotional atmosphere you tend to create clinically

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There are no “good” or “bad” archetypes.

The goal is awareness, flexibility, and deeper recognition of how you instinctively organize yourself in therapeutic relationships.

This reflection tool is intended for insight and self-exploration rather than formal clinical assessment.

Instructions

Choose the answer that feels most instinctive or emotionally familiar for you, not what feels most “clinically correct.”

Track your responses:

- A =
- B =
- C =
- D =

At the end, total how many of each letter you selected.

If your scores are closely split between categories, you likely function as a blended archetype constellation rather than one singular style.

Question 1

A client becomes emotional and silent after sharing something vulnerable. Your instinctive response is to:

- A.** Remain emotionally steady and allow the silence room to breathe
- B.** Help them move toward something grounding or actionable
- C.** Reflect on the underlying pattern or meaning emerging
- D.** Deepen emotional attunement and connection

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Question 2

When a session feels “stuck,” your nervous system most naturally wants to:

- A. Slow down and create safety
 - B. Generate movement or momentum
 - C. Search for insight or conceptual clarity
 - D. Explore what deeper emotional layer may be present
-

Question 3

Which clinical moment creates the strongest internal urgency for you?

- A. A client emotionally falling apart
 - B. A client remaining stuck for long periods
 - C. Not knowing what direction to take clinically
 - D. A session staying emotionally surface-level
-

Question 4

What secretly makes you feel most effective as a therapist?

- A. When clients feel emotionally safe enough to exhale
 - B. When clients begin taking meaningful action
 - C. When clients suddenly understand themselves differently
 - D. When clients feel profoundly emotionally seen
-

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Question 5

When uncertainty enters the room, your nervous system tends to:

- A. Stabilize and contain
 - B. Move toward intervention or direction
 - C. Search for understanding and patterns
 - D. Lean into emotional resonance or intuition
-

Question 6

Clients most often leave your sessions feeling:

- A. More grounded and emotionally safe
 - B. More motivated or capable of movement
 - C. More clear and self-aware
 - D. More deeply seen and emotionally understood
-

Question 7

What feels hardest for you to tolerate clinically?

- A. Client dysregulation or dependency
 - B. Lack of progress or movement
 - C. Confusion or lack of clarity
 - D. Surface-level emotional engagement
-

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Question 8

Your sessions naturally prioritize:

- A. Regulation and safety
 - B. Growth and change
 - C. Meaning and understanding
 - D. Connection and emotional depth
-

Question 9

Under prolonged stress or burnout, you tend to:

- A. Over-carry emotional responsibility
 - B. Become impatient or overly directive
 - C. Retreat into thinking or analysis
 - D. Absorb emotional atmosphere too deeply
-

Question 10

Your therapy room emotionally resembles:

- A. A shelter during a storm
 - B. A trailhead before a journey
 - C. An observatory filled with maps and patterns
 - D. A lantern-lit conversation late into the night
-

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Question 11

When clients avoid difficult emotions, your instinctive tendency is to:

- A. Help them feel emotionally safer first
 - B. Encourage them gently toward action or engagement
 - C. Explore the pattern or defense underneath the avoidance
 - D. Invite them deeper into emotional exploration
-

Question 12

What kind of client dynamic most easily activates your shadow?

- A. Emotional dependency or crisis intensity
 - B. Chronic stagnation or resistance to change
 - C. Ambiguity, inconsistency, or lack of clarity
 - D. Emotional distance or guardedness
-

Question 13

When you leave sessions feeling fulfilled, it is often because:

- A. The client felt held and emotionally safe
 - B. The client gained momentum or direction
 - C. The client gained meaningful insight
 - D. The client experienced emotional depth or transformation
-

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Question 14

What type of feedback tends to impact you most deeply?

- A. "I finally felt safe."
 - B. "I finally feel capable of change."
 - C. "I finally understand myself."
 - D. "I finally feel seen."
-

Question 15

Which statement feels most emotionally true for you as a therapist?

- A. Healing begins with safety.
 - B. Healing requires movement.
 - C. Healing begins with understanding.
 - D. Healing happens through deep connection.
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Mostly A Responses:

Holding Archetypes

Mostly B Responses:

Movement Archetypes

Mostly C Responses:

Meaning-Making Archetypes

Mostly D Responses:

Relational & Depth Archetypes

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