

CREATING CHARACTER FROM MY HEART: Blessings and Therapeutic Outcomes

with Dr. Kixx Goldman

Some Important aspects of character from a Psychological Perspective:

Our Focus

Actions of character and reactions of others to them
how they relate to others and others relate to the
Interiority – what are they thinking
Dialogue – word choice
Emotional engagement
Backstory/determines their motivation and action

We want the reader to realize something about him/herself they hadn't seen before. Our Emotional engagement will be determined by the above, much of it happens through the protagonist –

Maass also notes that for characters' hearts to be open to readers, characters must talk to us quite a bit about what's going on inside and convey their experience of their world but also of themselves.

True emotional engagement happens when a reader cannot avoid self-reflection, whether she's aware of it happening or not. Emotional insights make the characters authentic and relatable. These insights make the reader realize something about him or herself they hadn't known before. *Emotional Craft of Fiction* by Donald Maass

Interpersonal relationships of the characters and their connections with other people—create empathy in the reader.

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