



DOG

PERSONA  
ARCHETYPE



USER GUIDE  
TO HUMANS

# TABLE OF CONTENTS

Introduction

History

Light

Shadow

Relationships

Going out in the World

Conclusion

Next Step

# Introduction

Dogs are one of the kindest and most tolerant of the Persona Archetypes. They prefer not to be the centre of attention and are here to support and nurture others.

Dogs are very much the heart centre of any family, although they may not realise it. Dogs really want to nurture others not only with food but with warmth and understanding as well. Dogs are considerate, patient and unconditionally love those around them.

The Dog's journey is to travel from timid co-dependency and invisibility to honesty, boundaries and self-respect.

QUOTE  
Do not underestimate the power of your kindness. It has the power to change lives in ways you will never know (Unknown)

# Devoted Guardian

Dogs are devoted to supporting others in this world. It brings them a such joy to see others happy and achieving their dreams. They love to have a home that is warm, welcoming, full of extended family, delicious dinners and fun.

Dogs are so considerate of others and can anticipate what people may need with them even having to ask. They innately want to please others and be liked, but Dogs need to learn how to be devoted to themselves and prioritise their needs and wants above others to prevent resentment and anxiety from growing within.



## Acts of Kindness

People with the Dog Archetype are big fans of 'random acts of kindness,' although they are probably not as random as a lot of thought would have gone into it.

Friendly, generous and welcoming, Dogs really believe in being kind to others and accepting others as they are.

Dogs genuinely want to see the best in people but this sometimes-naïve approach may lead them to be taken advantage of as they struggle to see other people's true motivations.

# Dogs in History

Dogs in history were often in servant roles, the servants below stairs if you think of Victorian households. This included working as butlers, nannies, maids and housekeepers. Keeping out of sight was an order so their workday began early to complete tasks before the household got up.

They used back stairs and entrances. They often worked very long hours and got little time off as a bell could ring at any time. This meant that there was no real end to the workday and created a constant sense of unease that they could be called for duty at any time. Even within the world of servants, there was a hierarchy and everyone had their place.

Meals were handed to servants in order of seniority. There were strict rules for dress, behaviour and duties. So whilst, being a servant provided food, shelter and clothing, it was also a life of duty to another. The default setting for those with the Dog Archetype is to become a role to others around them, to be invisible and to serve. Dogs need to learn how to say no, set boundaries and have self-respect.

Even though in Dog history, this could have meant their families starved, that is not the case now. The bigger risk is to not become who you were truly meant to be and teach others how to have self-respect and courage.

# Light



## Nurturer

Dogs naturally want to provide food, support, protection and encouragement to others. They are so loyal and can be the biggest champion of others and their dreams.



## Tolerant

To people with the Dog Archetype, tolerance of different ideas or opinions comes easily. People feel safe around this archetype and can be themselves.



## Kind

It costs nothing to be kind' - Dogs really believe this and can be genuinely shocked when people do not treat others well. Those with the Dog Archetype can lead the way with their kindness, acknowledging and celebrating others even if they are different to themselves.



## Light-Hearted

Dogs are generally cheerful and happy. They have a light-hearted approach to life and don't want things to be serious all the time.



## Patient

Dogs are gentle and patient with those who need help or support. They will take the time to listen and respect the feelings and needs of others.



## Humble

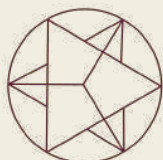
Dogs do not think they are better than other people. They are modest, and meek and often underestimate their abilities.

# Shadow



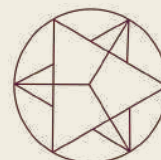
## People-Pleaser

Dogs find it very difficult to say no to others, often at the expense of their own needs. They also over-apologise for things that are not their fault to 'keep the peace.' Pretending to agree with those around you and not setting boundaries sets up people with the Dog Archetype to be mistreated.



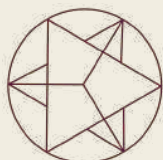
## Conflict Avoider

Dogs will go to great lengths to avoid conflict. This is due to a fear of upsetting other people and being abandoned if they express their real thoughts or feelings about something. But this can set up resentment, frustration and contempt within relationships becoming a major source of stress in their lives.



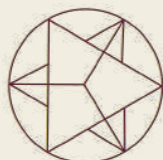
## Indecisive

'I don't mind, you decide' is a common response for those with the Dog Archetype. Dogs prefer others to make the decisions, following rather than leading their own lives. Even when Dogs do make a decision, they may not be confident about it and change their mind. The decision not to act can leave Dogs feeling stuck and the burden on others to always decide can lead to frustration in relationships.



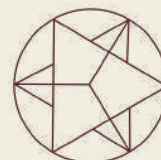
## Passive

Those with the Dog Archetype can come across as 'easy-going.' But this is often passivity. Dogs can be very submissive and accept situations without initiating them or responding to them. When struggling, Dogs can be the constant follower not taking any action and becoming resentful. Dogs need to focus on their own needs, lead their own lives and make decisions that will benefit them.



## Resentful

Dogs find it very hard to admit when their feelings are hurt. Dogs also would not describe themselves as angry people. But people pleasing, avoiding conflict and being passive all lead to resentment. This may come across as passive-aggressive words or actions, frequently complaining to others or sulking. When Dogs are feeling resentful, it is a sign that more boundaries are needed.



## Co-Dependant

Dogs naturally want to care for others and be attached. This attachment can come at a huge personal cost if they have not set boundaries and are constantly people-pleasing. Building assertiveness skills can help you feel more empowered.

QUOTE  
You're staying just like superglue because you don't want to be alone (Katie Eden Todd)

# Relationships

Dogs in relationships are devoted to others. You can view others as central to you. You see the best in people and can often minimise toxic behaviours.



## More than just a role

In relationships, Dogs can treat themselves like a servant, housekeeper or nanny. When conflict arises, Dogs can become mute and start doing acts of service in an attempt to please the other and avoid conflict.

But when Dogs treat themselves like a servant and do not value themselves as equal, it creates an unhealthy dynamic within the relationship.

Those with the Dog Archetype can be walked over, exploited and abused. Dogs can also 'wait in hope' for a very long time, hoping that the relationship will improve. This can happen within friendships, parenting and romantic relationships.

## Finding your Voice

A life lesson for those with the Dog Archetype is to learn to value yourself and find your voice.

When you start respecting yourself, others will also start doing so. You show others how you want to be treated.

QUOTE  
The Devoted Guardian, unconditionally and compassionately guiding with self-respect (Katie Eden Todd)





# Going out in the world

Dogs are loyal, and devoted and love helping people. They often struggle with knowing what they want to do with their lives. Not the most ambitious of the archetypes, they find fulfilment in doing what they love most – helping other people.

Dogs are the type of archetype who will volunteer to do the work no one else wants to do. They love to be needed and want to belong.

But those with the Dog Archetype can also take on too much work and become overwhelmed. When Dogs over-compromise and people please, they can get resentful. Their need to make everyone else happy can also lead to fretting and anxiety.

QUOTE  
Speaking up takes practice. But it is now a skill I relish. (Katie Eden Todd)

# Conclusion

We hope you found this brief introduction helpful. Did you see yourself in this Persona Archetype? Or a loved one?

Know you are not just one thing, this work is not about labelling or oversimplifying the complexities of the human Soul Psyche.

These Personas, created by Katie Eden Todd, are Archetypal Energies that exist in every human on planet Earth. You can see them in history, media, politics and in your own home.

As you discover the Persona Archetypes, know that this work is all about growing self-awareness and developing clarity around hidden pain and potential. This is an invitation to Soul Work. To tap into the unconscious Self that protects us from unresolved wounds and the pain that surrounds them - this is what Shadow is.

Embarking on a journey of self-discovery to uncover our authentic selves and shed our misconceptions, is the key to navigating life with self-awareness and resilience. This transformative work is not 'lightweight'; it is an act of self-compassion that paves the way for healing, fostering connections, personal growth, and purpose.

The Quiz is merely a starting point and a clue to what Persona is steering your life today. Now is when the real work starts... Are you ready to follow in the footsteps of countless individuals who have found profound transformation and fulfilment through deep Soul-Psyche Self-exploration?

Welcome to the User Guide to Humans.



# Next Steps

## SOUL MAPPING SIGNATURE COURSE 8 Week Coaching Program

[www.userguidetohumans.com/soul-mapping](http://www.userguidetohumans.com/soul-mapping)

Join Katie Eden Todd or Erika Renstrom in 8 x 2h weekly live groups and discuss get your Soul Map solidified and explained. Programs run every 3 months and book out. Sign up now!

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## 10 x Persona Archetype Mini Courses Meet the Persona Archetypes

[www.userguidetohumans.com](http://www.userguidetohumans.com)

Learn how to see, hear and validate every single person you care about, including yourself. Understand what makes everyone tick and why some trigger you so. Gain self-awareness, clarity and compassion on a micro and a macro level.

