



PARROT
PERSONA
ARCHETYPE

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Introduction

The Parrot Archetype is not attached to wealth or material things they wing their way through life, often over-indulging in one way or another while preaching love, peace and unity. Parrots are hilarious storytellers with endless jokes and one-liners. Parrots make you cry laughing but they don't do 'daggy dad' jokes or puns.

Parrots truly love people and other cultures, the more diverse and interesting they are, the better. They're actually gifted social commentators and their stories, humour, and musical creative gifts often reveal what's so dysfunctional in our world. They have favourite loud rants against capitalist values. They're politically aware, inherent 'lefties' and every one of them is a budding philosopher, who loves to talk endlessly about the bigger issues in life.

Parrots can feel 'they belong everywhere and nowhere'. When lost within, and feeling intense grief about the inhumane way we are expected to live, they escape. 'All or nothing' applies to Parrot. All too often, their self-destructive behaviours lead them to run from commitment and themselves. It's a fast pace of life that Parrots live, and some never progress beyond their teen selves. Their unspoken shame from underachievement leads to a lack of trust in their ability to ever complete things. So why bother? They can be in despair, yet still play the loud charming trickster to all.

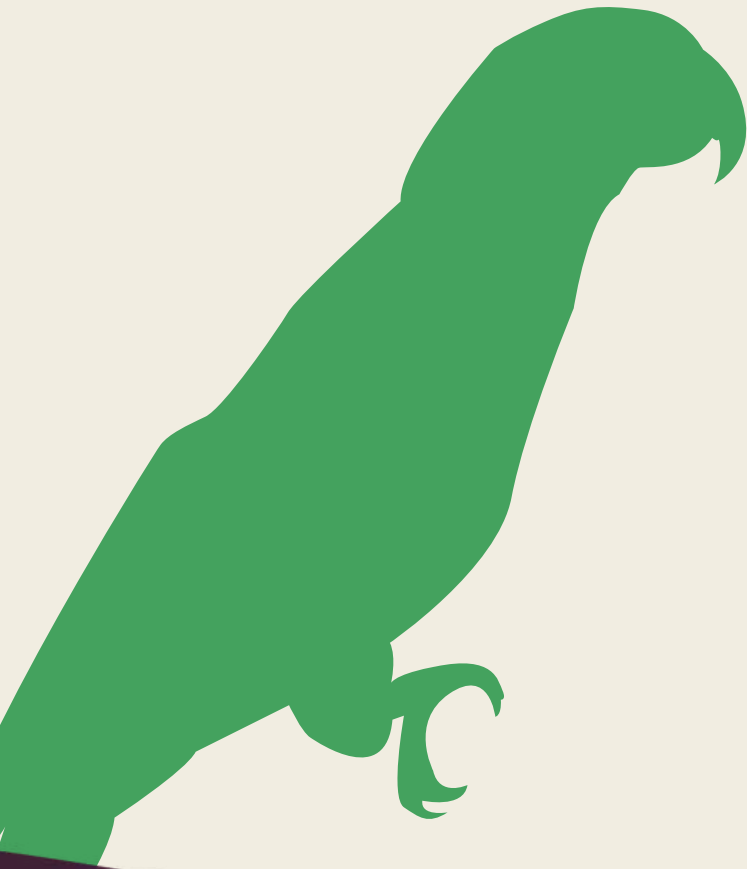
Often misunderstood as the black sheep in their family, their diverse friends and communities become their true family.

QUOTE
Stories are medicine (Clarissa Pinkola Estes)

Comedian & Entertainer

Parrots are hilarious and have an incredible way with words. As colourful and skilled storytellers, they captivate others with exaggerated tales. Often criticised for excessive talking and not taking life seriously, they're known for causing disruptions with their endless jokes. These characters sometimes go too far, sharing others' private lives, which can lead to distress and outrage.

They compete to be the funniest and thrive on laughter, often employing self-deprecating wit. Parrots possess a mischievous charm that allows them to get away with a lot. They resist structure and routine, valuing freedom above all. With their tendency to share everything and nothing being off-limits, some parrots become professional comedians, while others remain skilled amateurs.



Bohemians

Parrots are natural 'greenies', fostering tight-knit, artistic communities. They're generous, easygoing, and non-materialistic, often living modestly.

As light travellers and environmentalists, they value self-expression, deep connections, and simple living. Traditional 9-5 jobs feel stifling to them, and they prioritise freedom over financial security.

These charming, loveable, unconventional individuals often critique mainstream lifestyles, advocating for communal living, equality, harmony, diversity, compassion, creativity, and tolerance. In fact, they rant about the importance of these values often and loudly.

Parrots in History

Throughout history, Parrots have taken many forms, each contributing to their rich legacy. They've been Roma travellers, Bohemian hippies, and wanderers, exploring the world with boundless curiosity.

With their history of embracing freedom and non-conformity, they naturally fear being imprisoned or trapped. Their ancestors have faced discrimination and persecution for their unconventional ways. As a result, Parrots have inherited a deep-seated fear of being isolated, or estranged from their communities.

As circus performers, comedians, and troubadours, they've captivated audiences with their talents. The creative and artistic spirits of Parrots have often clashed with societal norms as they absolutely refuse to conform.

Parrots, always on the move, have rarely held land or assets. Without mortgages, taxes, or strict laws to constrain them, Parrots struggle to navigate Western rules and values. Traveling the globe with just a backpack, they seek cultural enrichment, but often struggle to find the fine line between adventure and escapism.

Fearing entrapment, Parrots strive to maintain a sense of motion, even if only in their minds. When feeling stuck or directionless, they instinctively rebel against the mainstream lifestyle, seeking solace in their free-spirited ways.

Light



Social Commentary

With an ability to provide entertaining and insightful social commentary they help shed the blinders that keep us confined to accepted mainstream norms. Parrots reveal the absurdity that lies beneath the surface, forever calling out corruption and greed.



Humour

Parrots have wit, timing, and a sharp truth telling streak that they deliver in hysterical one liners leaving their audience crying with laughter. Their oversharing and self-deprecating style, combined with a willingness to laugh at themselves make them incredibly entertaining storytellers. Parrots have a gift for using humour as a tool to break down barriers and spark conversations.



People Skills

Parrots can, and will, talk to anyone. They effortlessly establish genuine rapport and forge deep and present connections with others. This innate talent for connection is what we needed to build community and tolerance.



Artistry & Expression

Because Parrots live to defy rules and norms, there are no bounds to their creativity. They create unique and captivating works, whether music, multimedia, satire, slam poetry, street-art or performance art. They are creative philosophers exploring life values, meaning, and purpose.



Inclusivity

Parrot tolerance and inclusivity extends far and wide. Proud LGBTQ+ community members and allies, their complete acceptance encourages everyone to embrace their uniqueness.



The Gift of the Gab

Parrots are so charming and convincing they can make nearly anything sound like a good idea. They make great sales people (if for a worthy cause of course!).

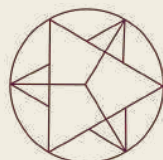
QUOTE
Recovery isn't just about not using drugs. It's about becoming the person you were always meant to be
(Russell Brand)

Shadow



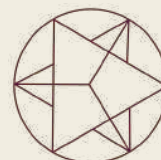
Laziness

Parrots are full of great ideas and will rant about social reform, a brilliant invention, investment or enterprise. But they struggle with the execution part because Parrots are compulsive procrastinators. Big plans require effort, consistency and daily routine - all things Parrots struggle with.



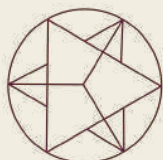
Self-Sabotager

There is a strong rebel in Parrot. When combined with their indulgent streak there are two words that will continually apply the hand-brake to a Parrots life: F*CK IT!
Spoken out loud or within, they tend to be a precursor to most questionable decisions.



Escapist

Parrots crave deep connection and to feel at one with the world amongst the wonder and beauty that surrounds us. They are looking for joy, love and presence. When Parrots don't put in the work required to come home inside, through silent reflection and self-awareness, many turn to alcohol or other substances for bliss-shortcut.



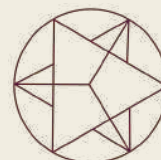
Loud and Deaf

Parrots can be incredibly stubborn, judgemental and deaf to people and opinions that don't align with their own. Arrogant rants about right or wrong leads to division, prejudice, black and white thinking and a complete lack of tolerance and inclusivity - which are important Parrot values! Stubborn and hypocritical they entrench themselves in tribal camps of Us and Them.



Scrounge

Parrots are impulsive and care more about life experiences than material things, they need money for their lifestyles but struggle to conform to a 'steady job' or to get their big enterprise off the ground. As a result, they can end up borrowing money from friends or family, fully intending to pay it back... This can put stress on their relationships and affect how others see them, and how they feel about themselves.



Sharing Secrets

Every Parrot has been in trouble repeatedly for re-telling others' stories, always embellishing them a tad too of course, to make them even more entertaining. They have no idea about privacy... they're an open book, aren't we all?

QUOTE
Comedy is acting out optimism (Robin Williams)

Relationships

Parrots are drawn to relationships that foster deep and meaningful connections, prioritising laughter, authenticity, and free expression. They are passionate about encouraging others to break away from societal norms, embrace their creativity, and discover a more fulfilling life experience.



Connection

Parrots admire and respect those who dare to follow their dreams and appreciate partners who understand their risk-taking nature and the constant pursuit of new experiences.

Parrots need partners who can match and embrace their passion, excitement, and disregard for conformity, as well as those who recognise their generous hearts and spirit without being overwhelmed by their exuberant personalities.

Parrots adore those who can truly see and appreciate them. Those who are not scared of connecting on a spiritual level and giving fully of themselves, which Parrots will do for the right person.

Freedom

Parrots often rant about never settling down or giving up their unique path and freedoms. They rebel against controlling behaviours and may take more risks, indulge in addictions, or seek the unknown when they feel trapped. They can hide behind their comedic persona to avoid intimacy. They talk about desiring deep connections but might hesitate to engage in them when they feel insecure or at risk of rejection.

Going out in the world

Parrots approach life with open sharing, spontaneity, and a free-spirited attitude, relying on their charm to naturally take them where they are supposed to go. The Parrot Archetype has a natural talent for entertaining and performing, showcasing their skills as hilarious philosopher storytellers.

Networking and unifying others come easily to them, and they embrace their boldly bohemian, colourful, and creative spirit.

Their chaotic and sometimes irresponsible nature may lead them to put 'blissing out' before giving themselves a chance to walk their talk and attend to their responsibilities and action plans.

Parrots possess an undeniable warmth, bringing laughter, connection, and inspiration to those around them. Their vibrant and unconventional approach to life can be both captivating and thought-provoking, encouraging others to explore new perspectives and experiences.

QUOTE
Freedom's just another word for nothing left to lose
(Janis Joplin)

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

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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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.

