

WORKBOOK



June 2nd 8-10pm BST
3-5pm EDT

JOANNE GRANT

A decorative graphic featuring a red heart with radiating lines, flanked by two black arrows pointing outwards.

Part 1: Introduction to Conflict

What are your expectations from the workshop?

Introduction to emotional conflict

Part1: Intro to Conflict - Character Arcs

Positive Arc

Negative Arc

Flat Arc

Part 1: Intro to Conflict - Types of conflict

Different types of conflict

What emotional conflict is...

And isn't!

Part 2: Conflict from Character

Know your character's backstory

Core values and belief systems

Character Sheet

Character Name:

Age: Occupation:

Who were their parents and what kind of relationship did they have?

Other significant adults in their lives?

Any siblings or other close family?

What was school life like for them?

Further education and early work experiences:

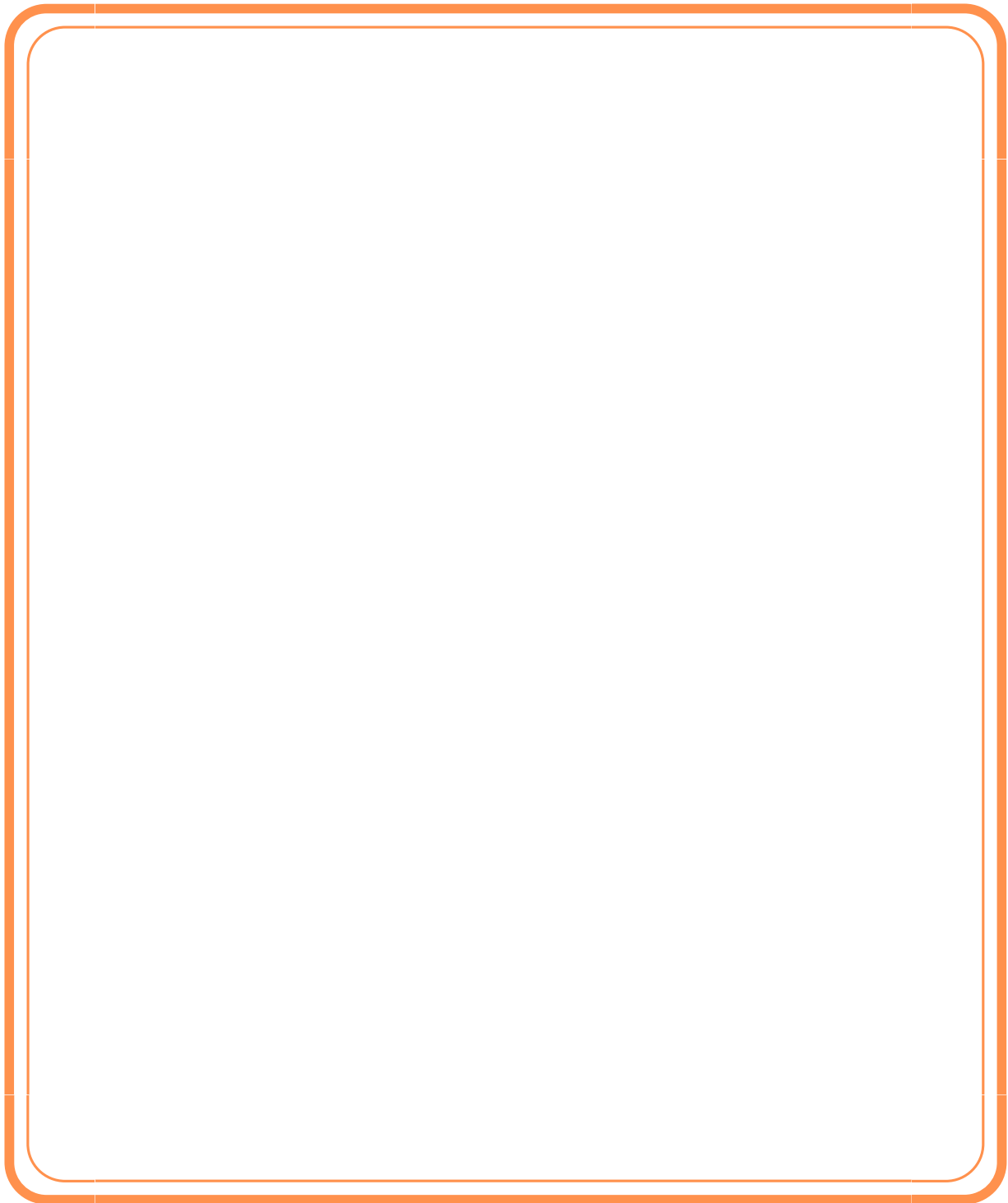
What was their socio-economic status growing up?

What was their first experience of romantic love?

Any significant life events in former years?

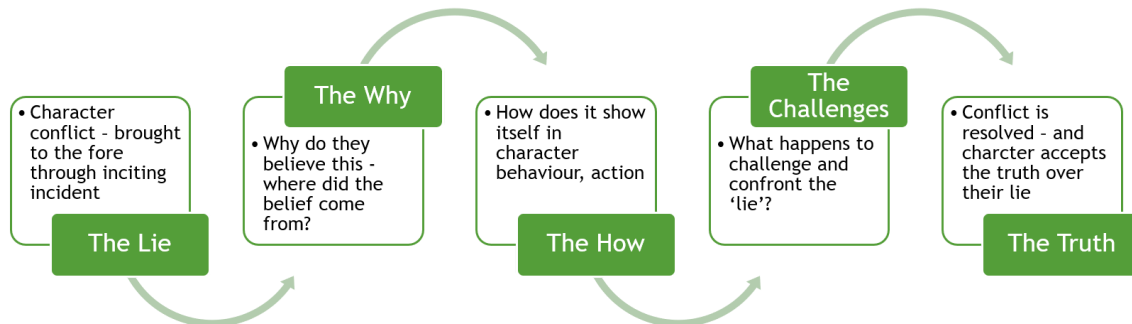
Part 2: Conflict from Character

Conflict as the lie



Part 2: Conflict from Character

From lie to truth



Part 2: Conflict from Character

From lie to truth

The Lie



The Why



The How



The Challenges



The Truth

Part 2: Conflict from Character

Dig into your emotional conflict

Questions from Donald Maas

- ▶ Why can't my protagonist just get what they want?
- ▶ Why can't they simply talk it out?
- ▶ Why can't they just walk away or quit?
- ▶ Why can't they simply change?
- ▶ No, seriously, why not?
- ▶ What big thing could my protagonist do to get what they want?
- ▶ What big thing has to happen before underlying conflict can be talked out?
- ▶ Who (not what) is actively holding back my protagonist?
- ▶ My character can change, but before that they must go through what?



Part 3: Reveal, Sustain, Resolve

Three-act structure

Ways to reveal conflict in the set-up

Part 3: Reveal, Sustain, Resolve

Different ways to reveal conflict

How characters may demonstrate conflict

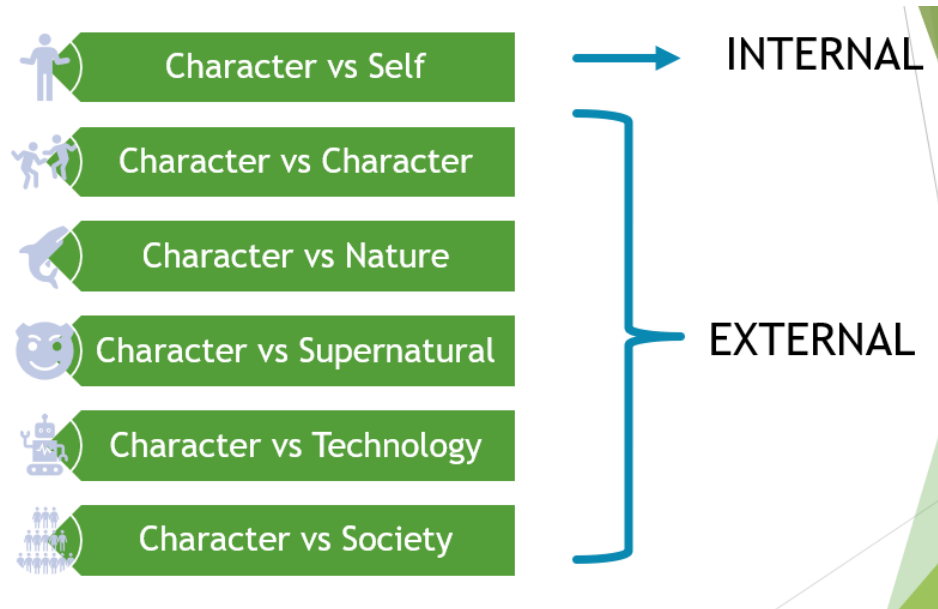
Part 3: Reveal, Sustain, Resolve

Sustaining Conflict

Part 3: Reveal, Sustain, Resolve

Resolving Conflict

Part 4: External Conflict



Different types of external conflict

Part 4: External Conflict

When external conflict works well

And when it doesn't!

Final Reflections

How are you feeling about emotional conflict now?

Final thoughts

References

Fiction

The Housekeeper's Awakening by Sharon Kendrick

©2014 Sharon Kendrick

Eleanor Oliphant is Completely Fine by Gail Honeyman

© 2017 Gail Honeyman

Non-Fiction

The Emotional Wound Thesaurus by Angela Ackerman & Becca Puglisi

© 2017 Angela Ackerman & Becca Puglisi

The Emotional Craft of Fiction by Donald Maass

©2016 Donald Maass

Story by Robert McKee

©1998 Robert McKee

Graphics

Character arcs:

<https://www.socreate.it/en/blogs/screenwriting/how-to-write-character-arcs>

3-Act Structure:

https://www.researchgate.net/figure/Story-arc-as-a-three-act-structure_fig4_337103452