

AVATAR, THE LAST AIRBENDER

AANG

PEACEFUL NOMAD

THE LAST AIRBENDER, FROZEN IN TIME, AWAKENED TO A WORLD AT WAR

BURDENED BY

OLD PAINS CARRIED FROM THE PAST

GUILT

FOR RUNNING AWAY

PRESSURE

TO SAVE THE WORLD

GRIEF

LOSS OF HIS PEOPLE

FEAR

OF BEING DEFEATED



PROTECTORS

EXILES

PLAYFUL

KEEPS THINGS LIGHT, AVOIDS PAIN AND HEAVINESS

PEACEKEEPER

SOLVES PROBLEMS WITHOUT CONFLICT

FLIGHT

FLEES WHEN OVERWHELMED

GUILTY CHILD

WHEN THE WORLD NEEDED HIM MOST, HE VANISHED

ABANDONED

LAST OF HIS KIND, ALONE, MISUNDERSTOOD

OVERWHELMED

A BOY, FORCED TO BE THE WORLD'S SAVIOUR

WHAT PARTS OF AANG DO YOU SEE IN YOURSELF?

HAVE YOU EVER AVOIDED SOMETHING BECAUSE IT FELT TOO HEAVY?

WHAT HELPS YOU RECONNECT WITH YOUR CALM, GROUNDED SELF?