Treat your antagonist as a real person. Their sole reason for existing should not be to act as a foil to your protagonist.

It is the framework of your story that sets the antagonist in opposition. What happens when the antagonist becomes the protagonist?

Have you imbued your antagonist with some of your own good & bad characteristics?

Use a real-life antagonist for inspiration, and give them some love too.

### MY ANTAGONIST WANTS:
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### WHY HE / SHE WANTS WHAT THEY WANT:
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### HE / SHE WILL SACRIFICE THESE TO GET WHAT THEY WANT:
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### OTHERS JUDGE HIM / HER TOO HARSHLY BECAUSE:
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### BUT HE / SHE ACTS LIKE THIS BECAUSE:
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### I CAN SYMPATHISE WITH MY ANTAGONIST BECAUSE:
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### HE / SHE CAN’T CHANGE BECAUSE:
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### WHO ELSE LOVES / LOVED YOUR ANTAGONIST?
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### WHY DO / DID THEY LOVE YOUR ANTAGONIST?
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### MY ANTAGONIST IS GOOD AT:
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### MY ANTAGONIST IS BAD AT:
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### HE / SHE COULD CHANGE IF:
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

### WHY DO / DID THEY LOVE YOUR ANTAGONIST?