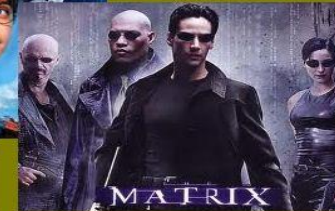
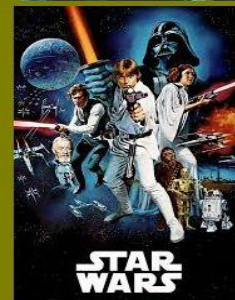
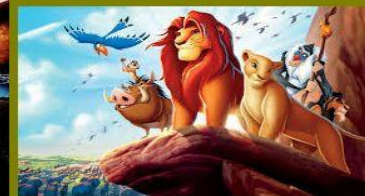


THE STAGES OF THE HERO'S JOURNEY

Examples of the Hero's
Journey
in popular fiction

[http://www.novel-software.com/
examplesoftheherosjourney.aspx](http://www.novel-software.com/examplesoftheherosjourney.aspx)



www.novel-software.com

These stages can be divided into three major sections:

- ▣ 1. *Departure/ Separation*
 - Hero ventures forth on the quest
- ▣ 2. *Initiation*
 - Hero's various adventures along the way
- ▣ 3. *Return*
 - Hero's return home with knowledge and powers acquired on the journey

Stage 1: Departure/ Separation

▣ 1. Ordinary World

- *The hero's normal world before the story begins*
- **EXAMPLE:**



▣ 2. Call to Adventure

- *The hero is presented with a problem, challenge or adventure. This might be a problem or a challenge he needs to overcome.*
- **EXAMPLE:**



▣ 3. Refusal of the Call, then Acceptance

- *The hero refuses the challenge or journey, usually because he is scared*
- *EXAMPLE:*



▣ 4. Meeting with the Mentor

- *The hero meets someone who can give him advice or training for the adventure- Merlin-like character who go only so far with hero*

- *EXAMPLE:*



Stage 1: Departure/Separation, cont'd

- ▣ **5. Crossing the First Threshold**
 - *The hero crosses/ leaves the ordinary world for the first time and goes into the special world-moment at which the story takes off!*
 - **EXAMPLE:**



Stage 2: Initiation



▣ 6. Tests, Allies, Enemies

- *The hero learns the rules of the new world. During this time, he endures tests of strength of will, meets friends/allies, and confronts enemies.*

- **EXAMPLE:**



▣ 7. Approach (Inmost cave)

- *Setbacks occur, sometimes causing the hero to try a new approach or adopt new ideas.*
- *EXAMPLE:*



Stage 2: Initiation, cont'd

- ▣ **8. Ordeal (Rock Bottom)**
 - *The hero experiences a major hurdle or obstacle, such as a life or death crisis.*
 - *EXAMPLE:*



▣ 9. Reward= “Seizing the Sword”

- *After surviving death, the hero earns his reward (boon) or accomplishes his goal.*
- *EXAMPLE:*



Stage 3: Return

▣ 10. The Road Back

- *The hero begins his journey back to his ordinary world.*
- *EXAMPLE:*



▣ 11. Resurrection Hero

- *The hero faces a final test where everything is at stake and he must use everything he has learned.*
- **EXAMPLE:**



Stage 3: Return, cont'd

▣ 12. Return with the Elixir

- *The hero brings his knowledge or the “elixir” back to the ordinary world, where he applies it to help all who remain there. Hero is now “changed”.*
- *EXAMPLE:*

