

12 Stages of the Hero's Journey

Ordinary World

- The hero is a normal person or member of society
- The hero's surroundings are common, comfortable, mundane, or even boring

The Call to Adventure

- The call establishes the stakes of the game and makes clear the hero's goals
- The hero learns what is at stake
- The hero is expected to leave the Ordinary World
- The call is usually made by a herald

Refusal of the Call

- Hero expresses his, her, or their reluctance
- Hero does not wish to commit to the journey

Meeting The Mentor

- Mentor serves as a motivator or teacher to the hero
- He, she or they helps the hero prepare for the unknown
- Old hero passes the torch
- However, the mentor can only go so far...

Crossing the First Threshold

- Hero finally agrees to face the conflict
- Hero is willing to accept the consequences of entering the special world
- Adventure gets moving!

The Special World

- The hero is tested.
- We meet new allies.
- We discover new enemies

Approach to the Inmost Cave

- Cave may symbolize where a secret object may be found
- Cave may be where the enemy is hiding or the edge of some dangerous place
- Many heroes pause before entering to prepare a plan to outwit the enemy

The Supreme Ordeal

- Hero is forced to confront his, her, or their, greatest fear!
- Hero faces a possibility of death
- Audience or reader is held in suspense

Reward

- Hero overcomes his, her, or their obstacle and takes possession of the reward
- The reward can be an object, person, knowledge, sword, secret, etc.

The Road Back

- This stage marks the hero's return to the Ordinary World
- However, hostile forces still rage after the hero...he's not out of the woods yet

The Resurrection

- This state marks a second life and death moment for the hero.
- He cannot quite reach the Ordinary World just yet.

Return with Elixir

- Hero returns to the Ordinary World with new treasure, knowledge, or lesson from the special world.
- Hero takes his, her, or their new experiences from the Special World home.