

Understanding the Hero's Journey Archetype

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Hero's Journey Archetype		
Stage 1: Departure		
Steps	Explanation	Example
<p>1. The Call to Adventure The future hero is first given notice that his or her life is going to change.</p>	<p>The story's exposition introduces the hero, and soon the hero's normal life is disrupted. Something changes; the hero faces a problem, obstacle, or challenge.</p>	
<p>2. Refusal of the Call The future hero often refuses to accept the call to adventure. The refusal may stem from a sense of duty, an obligation, a fear, or insecurity.</p>	<p>At first the hero is reluctant to accept the change. Usually this reluctance presents itself as second thoughts or personal doubt. Hesitation, whether brief or lengthy, humanizes the hero for the reader.</p>	
<p>3. The Beginning of the Adventure The hero begins the adventure, leaving the known limits of his or her world to venture into an unknown and dangerous realm where the rules and limits are unknown.</p>	<p>The hero finally accepts the call and begins a physical, spiritual, and/or emotional journey to achieve a boon, something that is helpful or beneficial.</p>	
Stage 2: Initiation		
<p>4. The Road of Trials The hero experiences and is transformed by a series of tests, tasks, or challenges. The hero usually fails one or more of these tests, which often occur in threes.</p>	<p>The story develops rising action as the hero faces a series of challenges that become increasingly difficult as the story unfolds.</p>	
<p>5. The Experience with Unconditional Love During the Road of Trials, the hero experiences support (physical and/or mental) from a friend, family member, mentor, etc.</p>	<p>This love often drives the hero to continue on the journey, even when the hero doubts him/herself.</p>	