**The Hero's Journey Outline**

The Hero’s Journey is a pattern of narrative identified by the American scholar Joseph Campbell that appears in drama, storytelling, myth, religious ritual, and psychological development.  It describes the typical adventure of the archetype known as The Hero, the person who goes out and achieves great deeds on behalf of the group, tribe, or civilization.

Its stages are:

**SEPARATION**

1.        THE ORDINARY WORLD.  The hero, uneasy, uncomfortable or unaware, is introduced sympathetically so the audience can identify with the situation or dilemma.  The hero’s environment, and personal history is shown.  Something in the hero’s life is pulling them in different directions and causing stress.

2.       CALL TO ADVENTURE.  Something shakes up the situation, either from external pressures or from something rising up from deep within, so the hero must face the beginnings of change.

3.        ASSISTANCE.  The hero comes across a seasoned traveler of the worlds who gives him or her training, equipment, or advice that will help on the journey.  Or the hero reaches within to a source of courage and wisdom.

**INITIATION**

4.        DEPARTURE:  The hero commits to leaving the Ordinary World and entering a new region or condition with unfamiliar rules and values.

5.        TRIALS.  The hero is tested and sorts out allegiances in the Special World.

6.        APPROACH.  The hero and newfound allies prepare for the major challenge in the Special world.

7.        CRISIS.  Near the middle of the story, the hero enters a central space in the Special World and confronts death or faces his or her greatest fear.  Out of the moment of death comes a new life.

8.        TREASURE.  The hero takes possession of the treasure won by facing death.  There may be celebration, but there is also danger of losing the treasure again.

9. RESULT.  The hero is driven to complete the adventure and prepares to leave the Special World to be sure the treasure is brought home.

**RETURN**

10.   RETURN.  At the climax, the hero is severely tested once more on the threshold of home.  He or she is purified by a last sacrifice, another moment of death and rebirth, but on a higher and more complete level.

11.     NEW LIFE.  The hero returns home, bearing some element of the treasure that has the power to transform the world as the hero has been transformed.

12. RESOLUTION. Loose ends are tied up and all conflicts from the beginning are resolved.