

# The Hero's Journey

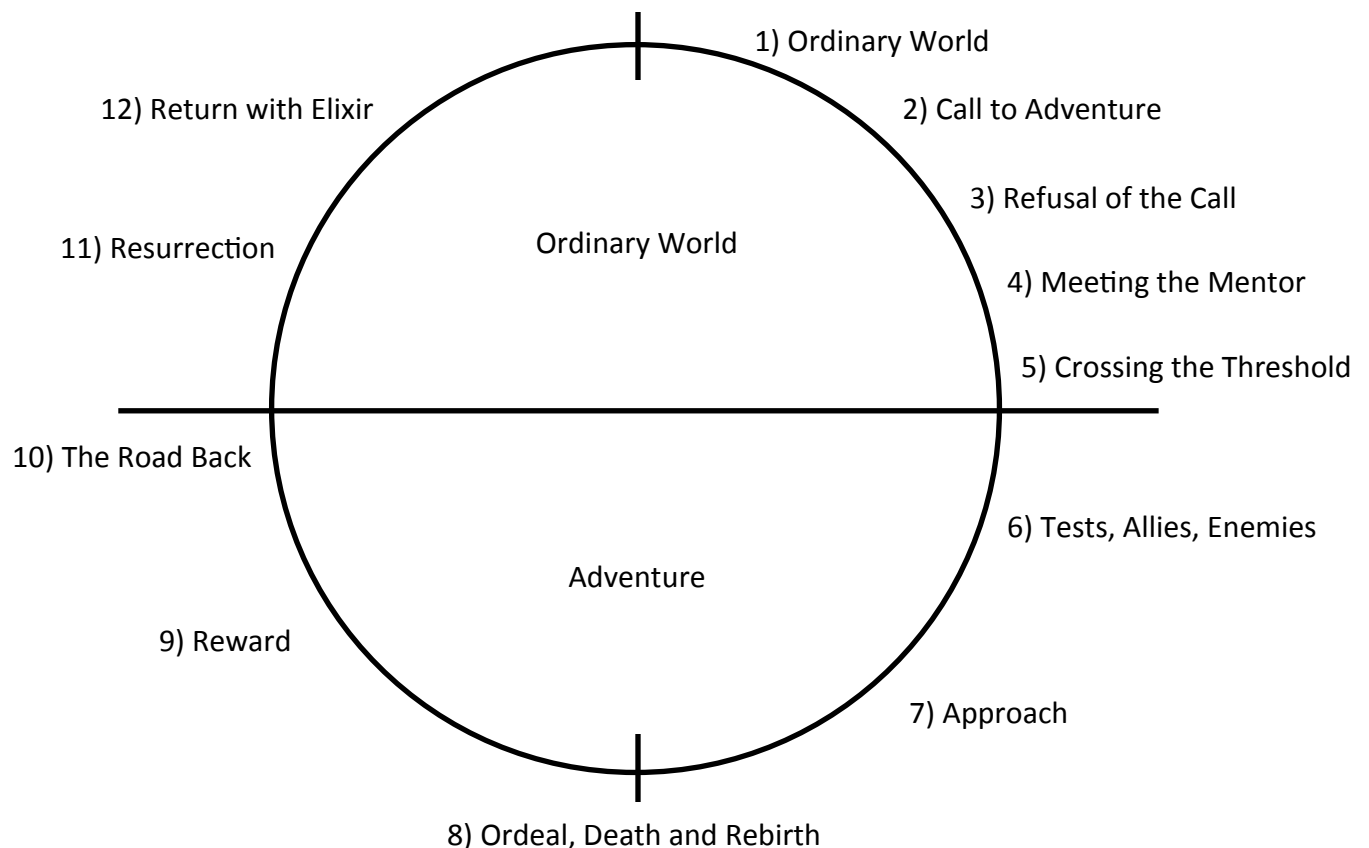
## Joseph Campbell's Monomyth Theory

The Monomyth is a theory that all stories in the world follow a universal narrative that Joseph Campbell called the Hero's Journey. It describes an archetypal adventure where a person leaves his/her home and accomplishes great deeds for the benefit of those he/she left behind.

There are twelve stages to the journey. The first is the **Ordinary World** where the hero is introduced. The world is typically mundane and often the hero yearns for adventure. The second stage is the **Call to Adventure** where the hero is presented with a challenge or a problem. Often times the hero will **Refuse the Call**. This shows humanity in the hero and a sudden realization of what adventure will mean. This do-or-don't mentality is usually aided by the **Meeting with the Mentor**—a figure who can give the hero what he/she needs to get going, although ultimately the hero will need to handle things on his own. By **Crossing the Threshold** into the adventure, the hero is now committed. What follows is a series of **Tests, Allies and Enemies** that slowly build the story. The hero solves minor problems, makes new friends and angers others. Then the hero **Approaches the Cave** where the major **Ordeal** waits. This is the evil the hero must face and in doing so, face death. Upon surviving the ordeal the hero gains a **Reward** and has to then make it back along the hard **Road Back**. Just because the hero faced death doesn't mean that he/she has finished the adventure. That happens at the moment of **Resurrection** where the hero emerges from the adventure, transformed and capable (often touching death a second time). The happy end is the **Return with the Elixir**, lesson, friends or strength that the hero gained on his adventure.

### Recommended Reading

- Campbell, Joseph (1956). *The Hero with a Thousand Faces*. New York: Meridian Books.
- Vogler, Christopher (2007). *The Writer's Journey: Mythic Structure for Writers*. Studio City, CA: Michael Wiese Productions.
- Vogler, C. (2015, March 30). *Hero's Journey*. Retrieved from Storytech Literary Consulting: [www.thewritersjourney.com](http://www.thewritersjourney.com)



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## Create your own Story with the Hero's Journey

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Take some time to create a story using the Hero's Journey as a model. Invent a hero or heroine. Create an adventure for him/her. Introduce him/her to a mentor, give him/her challenges and tests. Pass your hero/heroine through a major ordeal that he/she can learn from. Then, have him/her apply that knowledge to the betterment of the group. Remember, you don't need to hit every point.

### 1) Ordinary World:

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### 2) Call to Adventure:

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### 3) Refusal of the Call:

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### 4) Meeting the Mentor:

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### 5) Crossing the Threshold:

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### 6) Tests, Allies, Enemies:

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### 7) Approach to the Cave:

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### 8) Ordeal, Death and Rebirth:

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### 9) Reward:

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### 10) The Road Back:

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### 11) Resurrection:

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### 12) Return with the Elixir:

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