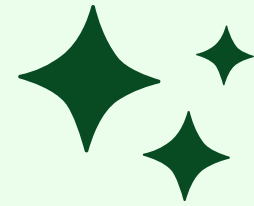


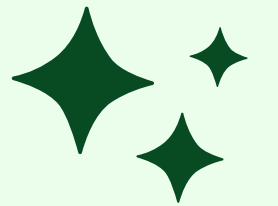


The 12 Stages of **THE HERO'S JOURNEY**

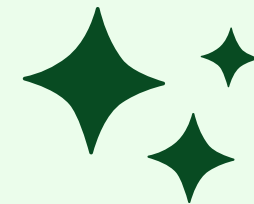




LEARNING OBJECTIVE:



To explore the 12 stages of the hero's journey in order to recognize them in the texts we read and watch.

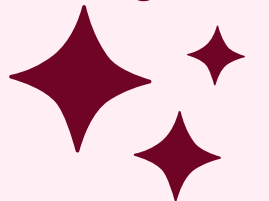
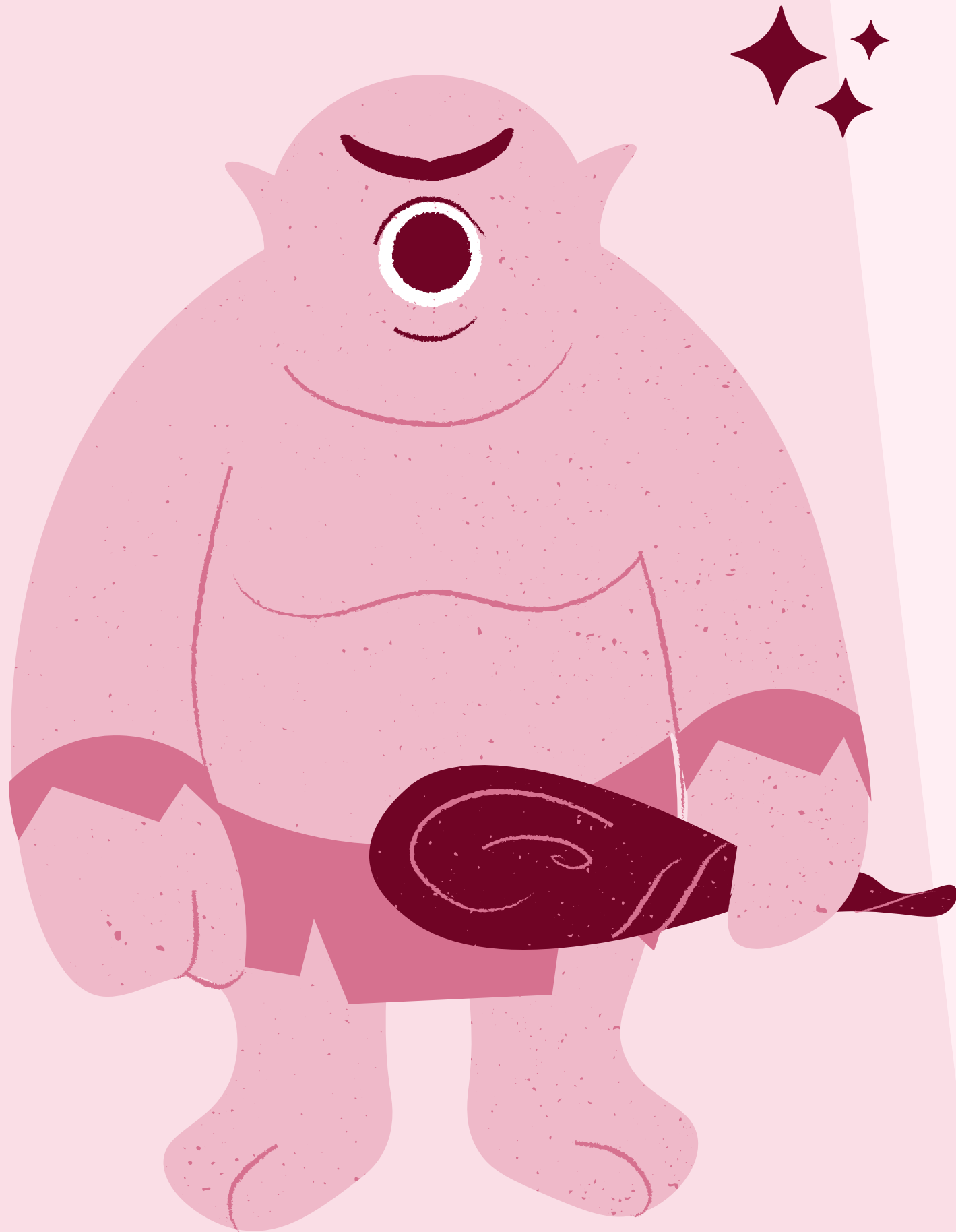


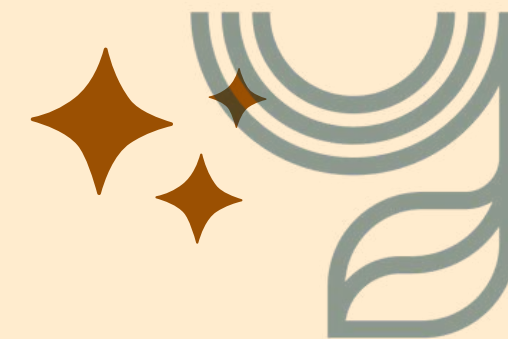
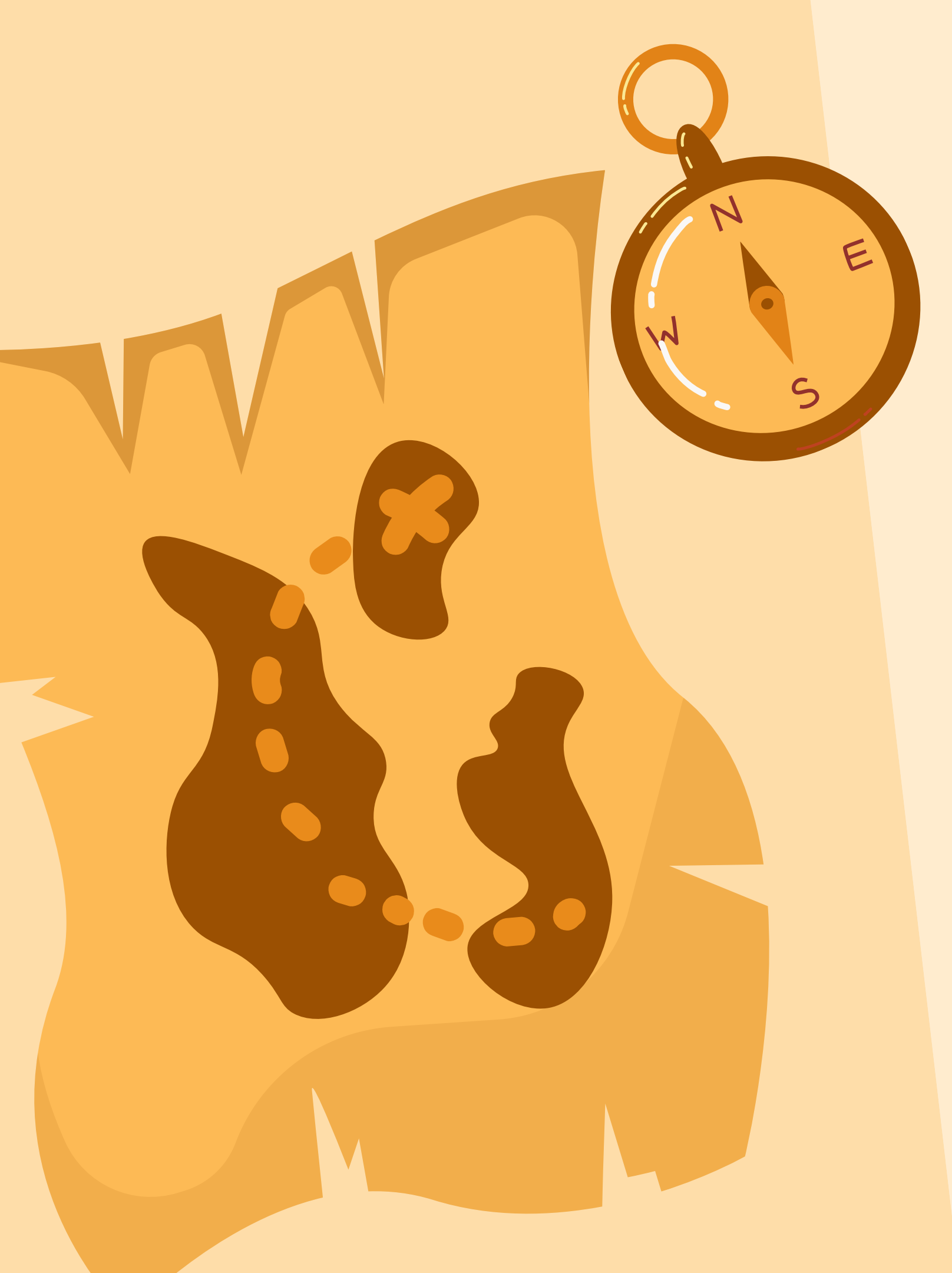


WHAT IS THE HERO'S JOURNEY?

Various scholars and philosophers examined hero myths and stories from many different cultures and observed a recurring pattern.

This pattern became known as the hero's journey (also called the monomyth). It outlines a shared narrative structure in which a hero embarks on a quest, encounters a major challenge, and ultimately returns home transformed or altered in some significant way.

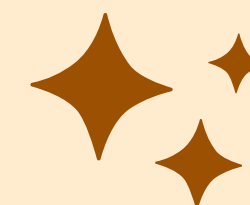




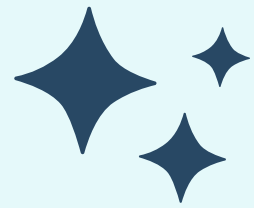
WHAT IS THE HERO'S JOURNEY?

There are several interpretations of the hero's journey, and the names of its stages may differ, but the version we will focus on is made up of 12 main steps.

Although stories can vary greatly, many of them share these essential elements or follow a similar structure. In class, we will practice identifying these stages across a range of myths and stories.



1



THE ORDINARY WORLD

We first meet the hero in their ordinary world, a setting that appears routine or uneventful to those who live in it. The story shows the protagonist in their daily life, though they are often seen as different, isolated, or unusual by others. At times, they may have a special trait, ability, or quality that sets them apart and makes them feel out of place.



2

THE CALL TO ADVENTURE

To set their journey in motion, the hero must be drawn out of the ordinary world and separated from their familiar surroundings. This call often comes in the form of a discovery, event, challenge, or threat that pushes them forward. The world they step into is drastically different from the one they leave behind, filled with uncertainty, change, and the promise of adventure.



3

ACCEPTING THE CALL

Before embarking on their journey, the hero is presented with a task or quest that only they are capable of completing. They must decide whether to accept or decline this challenge. Because there is a reason they have been chosen, they ultimately accept the call and move forward to the next stage of their adventure.



4

THE MENTOR & THE TALISMAN

The hero encounters a mentor or guide who possesses extraordinary skills, knowledge, or wisdom. This mentor often provides the hero with what they need to succeed in their quest—whether it's a magical object, training to develop a specific ability, or valuable advice and insight. A talisman is a special item that helps the hero along their journey.



5

CROSSING THE THRESHOLD

The hero departs from the ordinary world and steps into a completely unfamiliar environment. This new world may be inhabited by strange creatures, feature supernatural events, offer breathtaking sights, or present constant dangers. It has its own rules, and the hero must learn to navigate and adapt to survive or earn their place within it.



TESTS, ALLIES & ENEMIES

The hero encounters a series of obstacles and challenges that they must overcome. These trials help them grow stronger and wiser, preparing them for the ultimate test. Along the way, they may face enemies or meet allies who join them and support them on their journey.



THE APPROACH

This stage leads up to the hero's ultimate challenge, often called the supreme ordeal. Here, the hero faces a trial or encounter that inspires them or equips them with what they need to succeed in the final task.



8

THE SUPREME ORDEAL

Armed with the skills and knowledge gained throughout their journey, the hero confronts their greatest challenge. In this battle, they often experience a significant loss—this could be an object, a mentor, the fight itself, or even a life. The hero ultimately succeeds, bringing a sense of relief, though their quest is not yet completely finished.



9

THE REWARD

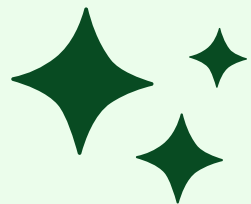
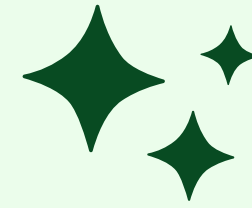
After successfully completing the supreme ordeal, the hero often receives a reward for their courage and perseverance. This reward might take the form of treasure, love, knowledge, respect, or admiration



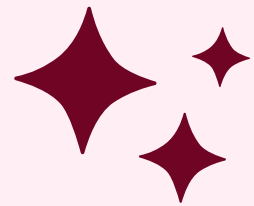


THE ROAD BACK

The hero chooses to return to the ordinary world. They recognize that they have achieved something significant, but challenges may still remain. There are often a few obstacles left to overcome before they can fully reintegrate.

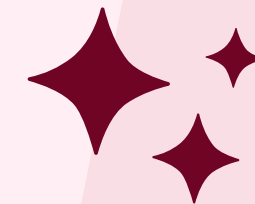


11



GROWTH OR ATONEMENT

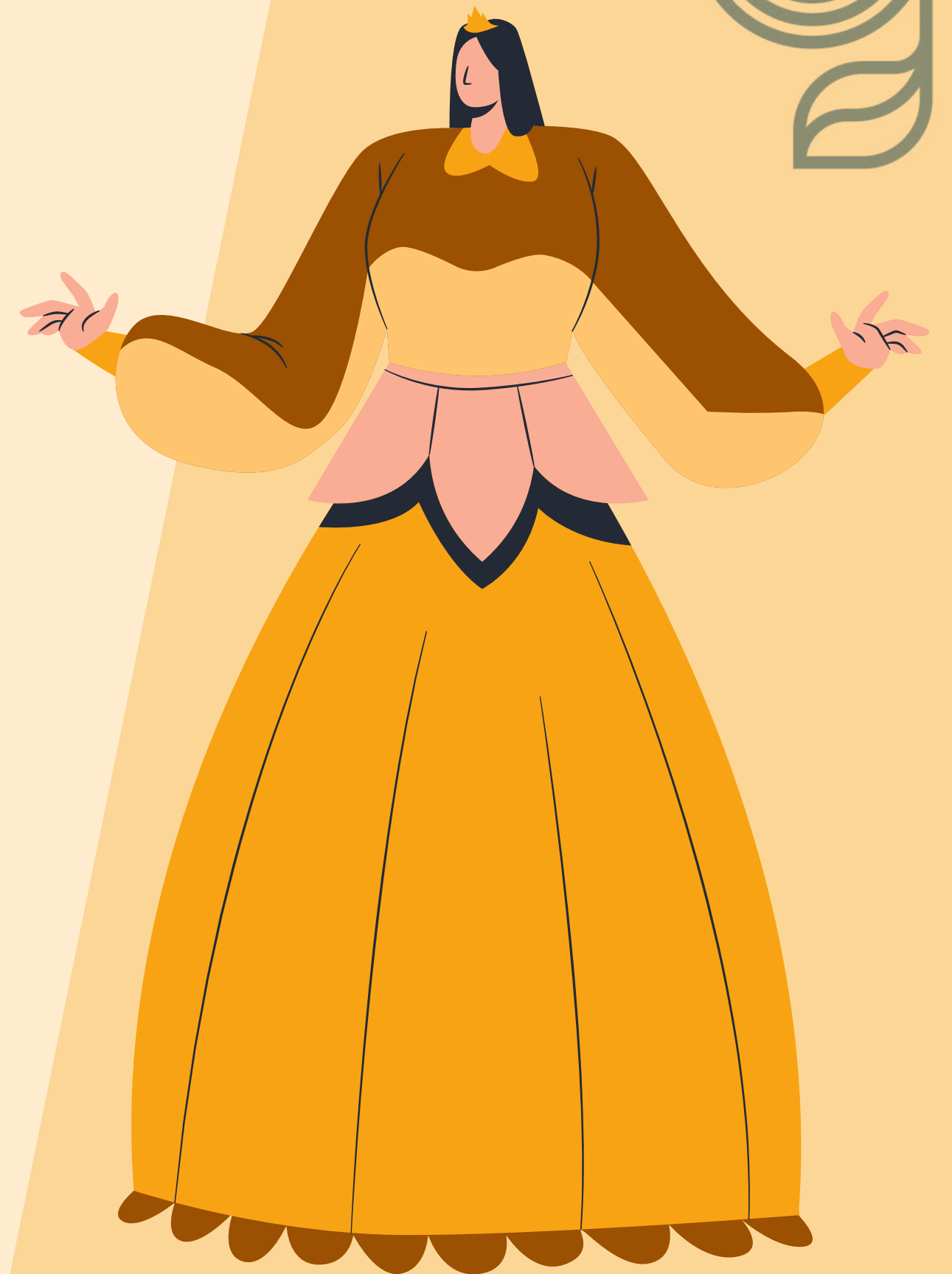
Through their journey, the hero has gained valuable lessons and can now apply their newfound wisdom and strength. They face the ultimate challenge—whether a person, force, or obstacle—to demonstrate how much they have grown and truly prove themselves as a hero.

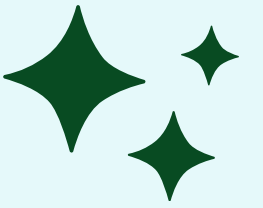
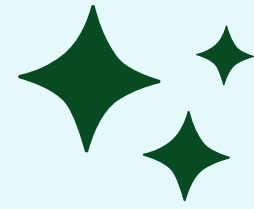


12

THE RETURN

The hero achieves a transformative victory. Often, they return with an object, skill, or knowledge that enables them to help their world or gain acceptance in society. Having proven their worth, they become legendary in their own right and finally find their place within the ordinary world.

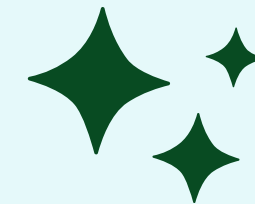




YOUR TURN:

Now, let's examine some stories—both in text and on screen—and try to spot each stage of the hero's journey.

Wishing you the best of luck!





ELEMENTS USED:

