<table>
<thead>
<tr>
<th>Stage 1: Departure</th>
<th>Explanation</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. The Call to Adventure</strong></td>
<td>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.</td>
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<td><strong>2. Refusal of the Call</strong></td>
<td>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.</td>
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<td><strong>3. The Beginning of the Adventure</strong></td>
<td>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.</td>
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<th>Stage 2: Initiation</th>
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<td><strong>4. The Road of Trials</strong></td>
<td>The story develops rising action as the hero faces a series of challenges that become increasingly difficult as the story unfolds.</td>
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<tr>
<td><strong>5. The Experience with Unconditional Love</strong></td>
<td>This love often drives the hero to continue on the journey, even when the hero doubts him/herself.</td>
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**Steps** | **Explanation** | **Example**
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1. The Call to Adventure | The future hero is first given notice that his or her life is going to change. | 
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. | 
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. | 
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. | 
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, and so on. |
### Hero’s Journey Archetype

<table>
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<th>Stage 3: Return</th>
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| 6. **The Ultimate Boon**  
The goal of the quest is achieved. The boon can be a physical object or an intangible item, such as knowledge, courage, or love. The Road of Trials makes the hero strong enough to achieve this goal.  
The story reaches the climax as the hero gains what he or she set out to achieve.  
The Call to Adventure (what the hero is asked to do), the Beginning of the Adventure (what the hero sets out to do), and the Ultimate Boon (what the hero achieves) must connect.  |

| 7. **Refusal of the Return**  
When the goal of the adventure is accomplished, the hero may refuse to return with the boon or gift, either because the hero doubts the return will bring change or because the hero prefers to stay in a better place rather than return to a normal life of pain and trouble.  
The falling action begins as the hero begins to think about the Return. Sometimes the hero does not want to look back after achieving the boon. Sometimes the hero likes the “new world” better.  
This step is similar to the Refusal of the Call (in both cases, the hero does not take action right away).  |

| 8. **The Magic Flight**  
The hero experiences adventure and perhaps danger as he or she returns to life as it was before the Call to Adventure.  
For some heroes, the journey “home” (psychological or physical) can be just as dangerous as the journey out. Forces (sometimes magical or supernatural) may keep the hero from returning.  
This step is similar to the Road of Trials.  |

| 9. **Rescue from Without**  
Just as the hero may need guides and assistance on the quest, oftentimes he or she must have powerful guides and rescuers to bring him or her back to everyday life. Sometimes the hero does not realize that it is time to return, that he or she can return, or that others are relying on him or her to return.  
Just as it looks as if the hero will not make it home with the boon, the hero is “rescued.” The rescuer is sometimes the same person who provided love or support throughout the journey.  |

| 10. **The Crossing or Return Threshold**  
At this final point in the adventure, the hero must retain the wisdom gained on the quest, integrate that wisdom into his or her previous life, and perhaps decide how to share the wisdom with the rest of the world.  
The final step is the story’s resolution, when the hero returns with the boon. The theme is typically revealed at this point. To determine theme, think about the hero’s struggles, transformation, and achievement. The reader is expected to learn a lesson about life through the hero’s experience.  |