


















Hero's Journey Framework

| Category | Hero's Journey (Joseph Cambell's 17 Stages) | | Description | Can Combine? | Details | Vogler's 12 Stages | | | | |
|--|--|---|--|---|--|-------------------------------|--|--------------------------------|--|---------------------------|
| Story Begins: Ordinary / Familiar World | | | Hero must save or fix their world, or, the hero could be dissatisfied with the ordinary. | No | A world of normalcy, typically the hero's home-town. | 1. The Ordinary World | | | | |
| <i>Departure /</i> Separation: Hero leaves the familiar world. | Normal World |  1. Call to Adventure (mandatory) | Hero is summoned to leave ordinary world | Yes, Stage 2 / Stage 1 | | | | | | |
| | |  2. Refusal of Call (mandatory) | Hero is hesitant to accept the journey; inner conflict. | Yes, Stage 2 / Stage 1 | | | | | | |
| | |  3. Supernatural Aid | Hero receives guidance, help, tool or gift from mentor(s). | No | | | | | | |
| | |  4. Cross the First Threshold (mandatory) | Hero enters a new, unfamiliar world; Point of no return. | No | | | | | | |
| |  5. Belly of the Whale (mandatory) | Ill-prepared for the new world, hero dives thru the point of no return. May appear to have died by those in the ordinary world. | No | "symbolic death and rebirth". Jonah is swallowed by a great fish, commits to God's will, and he is vomited safely onto the shore. | | | | | | |
| <i>Initiation:</i> Hero learns to navigate the unfamiliar world. | Unknown World |  6. The Road of Trials (mandatory) | Succession of ~3 trials. Hero may fail one; learns to use tools / mentors. | No | Dragons have now to be slain and surprising barriers passed—again, again, and again. Meanwhile, there will be a multitude of preliminary victories, unsustainable ecstasies, and momentary glimpses of the wonderful land. | 5. Tests, Allies, and Enemies | | | | |
| | |  7. Meeting with the Goddess | Hero befriends another ally or guide. | Yes, Stages 7, 8 and 9 | | | | | | |
| | |  8. Woman Temptress | Hero is tempted to abandon the quest, with an alternative / easier option. | Yes, Stages 7, 8 and 9 | | | Does not necessarily have to be represented by a woman. | 6. Approach to the Inmost Cave | | |
| | |  9. Atonement with the Father | Hero confronts a father / authority. Making amends / closure. (emotional climax) | Yes, Stages 7, 8 and 9 | | | "Luke I am your father" | 7. Ordeal | | |
| | |  10. Apotheosis | Hero has profound insight, or transcendent / enlightened. "Becoming divine". | No | | | | | | |
| | |  11. The Ultimate Boon (mandatory) | Hero achieves the goal of the quest / elixir. (physical climax) | No | | | Reaching the Holy Grail | 8. Reward | | |
| | | <i>Return</i> | Unknown World |  12. Refusal of the Return | | | Hero has mastered the new world, usually earned a place there, and is hesitant to return home. | No | | 12. Refusal of the Return |
| | | | |  13. The Magic Flight | | | In the process of returning, hero still has to "make it out alive" with the elixir. | Yes, with Stage 14 | | |
|  14. Rescue from Without | Mentor / guides help hero make it back alive. | | | Yes, with Stage 13 | | | | | | |
| Normal World |  15. Crossing the Return Threshold (mandatory) | | Hero returns to the ordinary world. May bring a solution to the ordinary world. | No | Hero retains the wisdom gained on the quest. | 11. Return with the Elixir | | | | |
| |  16. Master of Two Worlds | | Having become more resilient, Hero becomes a master of both worlds. | No | Dissolution of personal identify, embracing a sense of interconnectedness with the larger whole. | 10. Resurrection | | | | |
| |  17. Freedom to Live | | Hero lives a new life with greater knowledge | No | It's easier to deal with your annoying cousin, Dudley, after you've defeated Voldemort. | | | | | |