

The 17 Stages of the Monomyth

Campbell first proposed this 17 stage breakdown in his book The Hero with a Thousand Faces (1949).

The stage definitions here are summaries and are in no way definitive.

Departure

- **The Call to Adventure**
The hero receives a call to leave his or her normal life and face adventure.

- **Refusal of the Call**
Often the hero will initially reject the call to adventure due to the changes it would cause in his or her life.

- **Supernatural Aid**
A mentor will present the hero with one or more talismans or artifacts that will aid them later in their quest.

- **The Crossing of the First Threshold**
The hero leaves the familiar behind and enters the unknown.

- **Belly of The Whale**
The hero willingly crosses the point of no return.

Initiation

- **The Road of Trials**
The road of trials is a series of tests, tasks, or ordeals that the person must undergo to begin the transformation.

- **The Meeting With the Goddess**
The hero finds his or her true love or companion.

- **Temptation**
The hero is tempted to stray from his or her quest by some offer of personal gain.

- **Atonement with the Father**
The hero succeeds his or her master/father figure.

- **Apotheosis**
This stage is marked by the death or transition to a different plane of a major character. (For Example: The death of Obi Wan in Star Wars: A New Hope)

- **The Ultimate Boon**
The hero reaches the final goal, gaining the final reward.

Return

- **Refusal of the Return**
Holding the reward, the hero does not want to return to his or her old life.

- **The Magic Flight**
Escaping with the reward may not be simple, or the reward may hinder the act of returning.

- **Rescue from Without**
After the long ordeal of the quest or refusal to return, the hero may need to be rescued.

- **The Crossing of the Return Threshold**
The journey has changed the hero and he or she must learn to integrate this new knowledge with his or her old life.

- **Master of Two Worlds**
The hero accepts his or her new place in the world and the responsibility that comes with it. Often this is responsibility the hero initially feared.

- **Freedom to Live**
With the journey complete and the hero integrated back into the world, he or she is now free to live his or her life as he or she sees fit.

Story Examined: _____

Total Stages Utilized: _____ of **17**

Notes:

“Campbell describes some 17 stages or steps along this journey. Very few myths contain all 17 stages — some myths contain many of the stages, while others contain only a few; some myths may have as a focus only one of the stages, while other myths may deal with the stages in a somewhat different order. These 17 stages may be organized in a number of ways, including division into three sections: Departure (sometimes called Separation), Initiation, and Return. "Departure" deals with the hero's adventure prior to the quest; "Initiation" deals with the hero's many adventures along the way; and "Return" deals with the hero's return home with knowledge and powers acquired on the journey.”

From the *Monomyth* article on Wikipedia