



JOURNEY OF THE HERO

WHY A PERSON TOOK A THING TO A PLACE TO END THE EVIL AND THEN BECAME SUPER DEPRESSED FOR SOME REASON.

WHAT MAKES A HERO?

- If a hero is properly defined as somebody who does something dangerous to help somebody else, then the heroes of Greek mythology do not qualify.
- They were a pretty selfish bunch, often with additional antisocial tendencies thrown into the bargain--in other words, not exactly role models for the younger generation of today. But knowing their names and exploits is essential for understanding references in literature and even popular culture today.



DEFINITION



- So let's recognize and celebrate Hercules and Perseus and the others by their proper dictionary definition:
- "In mythology and legend, a man or woman, often of divine ancestry, who is endowed with great courage and strength, celebrated for his or her bold exploits, and favored by the gods."

WHAT MAKES A HERO MEMORABLE?



TYPES OF HEROES

Brash

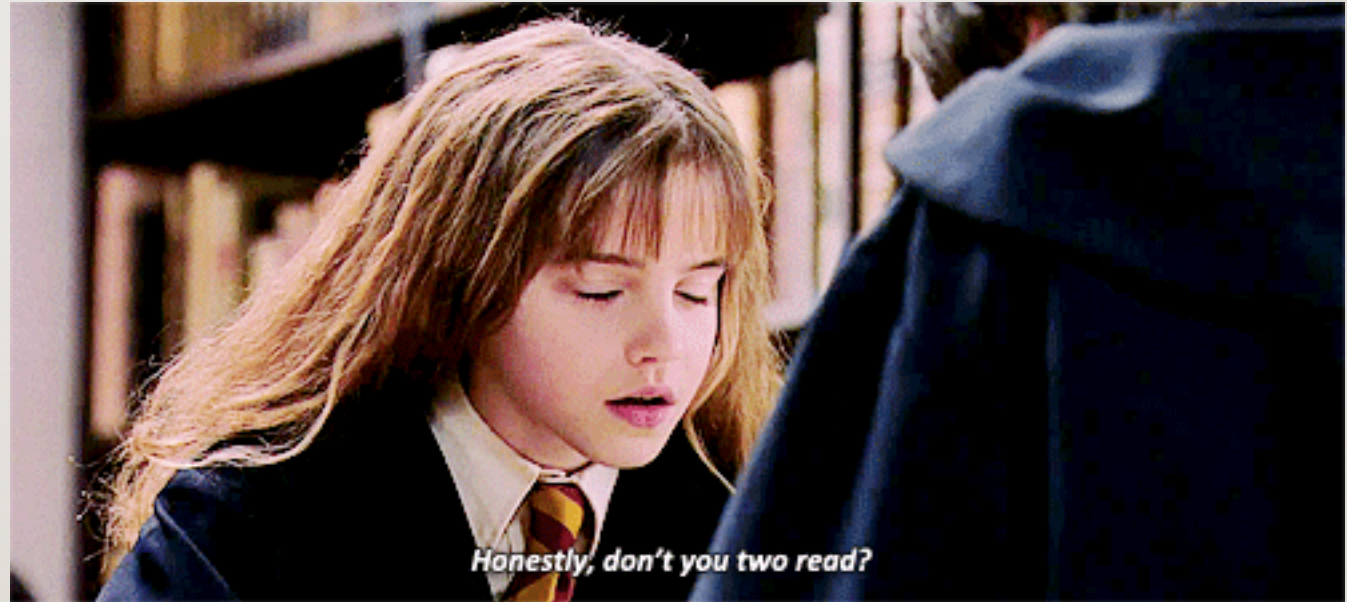


“Barbaric rage and unrelenting savagery make for a powerful ally.”

TYPES OF HEROES

Clever

“To fight the abyss, one must know it...”



TYPES OF HEROES

Anti-Hero



“Tortured and reclusive... this man is more dangerous than he seems...”

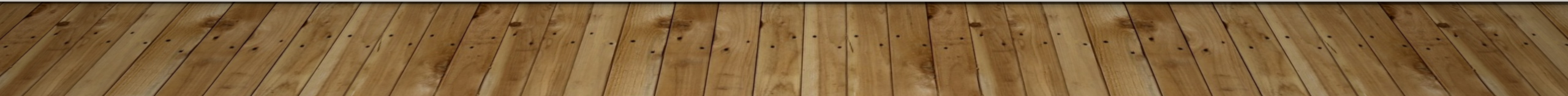
HEROIC ARCHETYPES


- On top of the three we have learned, there are other more specific heroic archetypes that go further into detail about the role each character might play in a heroic story. These archetypes are plentiful, but for our purpose we will cover the most basic ones.

The Hero - The main character.	The Lover- The romantic interest.
The Shadow - The character/thing that opposes the hero.	The Herald – The character/thing that introduces the hero to their quest.
The Mentor - The character that instructs the hero.	The Shapeshifter A character with unclear intentions. Can both mislead and help the hero.
The Trickster – The comic relief. Can represent mischief.	Threshold Guardian – Any challenge placed before the hero that is not the Shadow.

THE EIGHT STAGES OF THE JOURNEY

How we get from humble child to heroic warrior.



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1. An “Ordinary” Life
 2. The Call to Adventure
 - Refusing the Call
 3. Meeting the Mentor
 4. Crossing the Threshold

5. Tests, Allies, and Enemies
 - Death of the Mentor
6. To the Underworld
 - The Hero Faces Death
7. Facing the Shadow
8. Unhappy Ever After

The Eight Stages

STAGE I - THE ORDINARY LIFE

- This is where the Hero exists before the actual story begins. They have no knowledge of the adventure they are about to go on, or what it may cost them in the end. They may even have a romantic idea of what hero stories are in their head, but don't feel they could ever be a hero themselves (even if they secretly wish they could).
- We learn the crucial details of the world, the hero, and the people around him. The goal is to make the hero feel human enough to be relatable.
- However, there is something different about them. This could be some incredible skill or ability, or perhaps a marking, that makes the hero stand out in an otherwise regular life.

STAGE 2 – THE CALL TO ADVENTURE

- This is the moment that throws the hero out of his normal life and puts him on the track of his adventure. Generally this is some great event that the hero cannot avoid or change.
- This could be as serious as a death or as simple as a phone call. Whatever it is though, it is a big enough deal to change the hero's life.
- It generally will present the main challenge or quest that the hero must complete.
 - More often than not, the hero will deny this quest. They do not believe they are capable or have any desire to complete it. They do not usually have a choice.

STAGE 3 – MEETING THE MENTOR

- Whether the hero is eager or terrified, he must begin his quest. However, they are not generally prepared at this point. They are not strong enough, or smart enough and need training.
- They will seek out or stumble upon a Mentor. The Mentor is an important figure in the hero's life, because the mentor will teach the hero much of what he needs to learn to defeat his enemy, the shadow.
- While the mentor is teaching the hero, they will realize they can't always be there to protect them. The Hero will eventually have to complete this quest on their own.

STAGE 4 – CROSSING THE THRESHOLD

- The hero, now more ready to complete his journey, truly begins his quest. That quest could be physical, spiritual, emotional, or any combo of the three.
- He may still be unwilling at this point, but finds some reason to move forward into the quest (like being forced to).
- He leaves the threshold of his familiar world at that point and goes into a world unknown to him. From this point on, the hero is in danger. This may be him leaving home, or starting a new path, or anything really. It just needs to be a dramatic enough change to warrant being called “new territory.”

STAGE 5 – TESTS, ALLIES, AND ENEMIES

- This is when the hero faces multiple trials and ordeals to become stronger and make his way toward defeating his Shadow.
- These ordeals or obstacles can be physical, such as fights, emotional, such as relationships, or spiritual, such as tests of morality.
- The hero must overcome all these challenges to become stronger. He will fail in some ways however, creating tension.
- This is also where the hero starts to learn who they can trust and who they cannot.
- Their skills and abilities are also heavily tested during these parts, and they may even learn new skills.

BONUS STAGE! DEATH OF THE MENTOR!

- More often than not, the mentor “dies” during the course of the story.
- This does not actually have to be a lethal death. It could be crippling or simply vanishing.
- This is because the hero cannot grow to become strong while being carried along by their mentor. The hero has to learn to stand on their own, meaning the mentor has to be taken out of picture.
- Also, the mentor may be more powerful than the hero, and if he stays around he will fix all the Hero’s problems without letting them learn.

STAGE 6 – TO THE UNDERWORLD

- Before the hero can face their Shadow, they must first go to the underworld and face death. This can show up in many different forms:
 - Sometimes the hero comes close to dying themselves.
 - Sometimes someone close to the hero dies or comes close to it (can be the mentor).
 - Sometimes the hero has encounters with the dead (Talking to or fighting with dead people).
 - Sometimes the hero dies and is reborn in some way (physically, emotionally, spiritually).
- This is almost always done in a place that represents the “Underworld.” This is in reference to Hades, the Grecian underworld, where most Greek heroes had to encounter the dead.

STAGE 6 - CONTINUED

- Through this ordeal, the Hero is permanently changed. They are wiser, older, but not as innocent as they once were. Something in them will never be the same, and that is not always a good thing. However, through facing death they have become strong enough to finally face their Shadow once and for all.

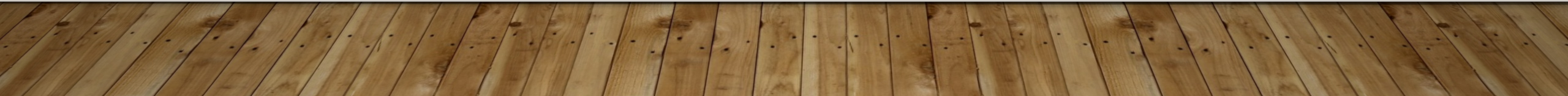
STAGE 7 – FACING THE SHADOW

In the final showdown, the Hero must face their Shadow.

The final encounter with the shadow will test the hero on everything they have learned throughout their journey and will often emphasize the strengths and weaknesses the hero has discovered (both in themselves and in their shadow).

THE HERO MAY FAIL THIS ENCOUNTER! In this case they either die or become an anti-hero.

Should the hero succeed, they are often rewarded in one form or another, but that reward is bittersweet. It may even be something the hero wanted, but it no longer holds the same appeal.



STAGE 8 – UNHAPPY EVER AFTER

- Once the shadow is defeated, the hero will attempt to return to their normal life, but fail miserably.
- They will first be tested upon returning to their home. They have changed and can no longer easily return to a normal life.
- The longer they stay in their old home, the more distraught the hero will become. This can end in many different ways, leading the hero onto many new strange paths. Maybe they find new adventure, or go insane, or disappear to never be seen again, or train new heroes as they were trained, or...
- But no matter how "happy" they try to seem to be, something in them is always not.