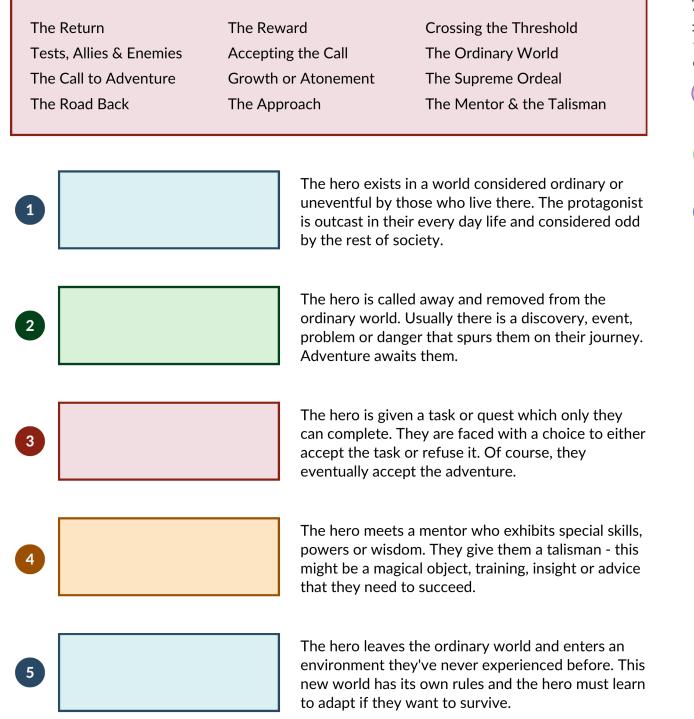
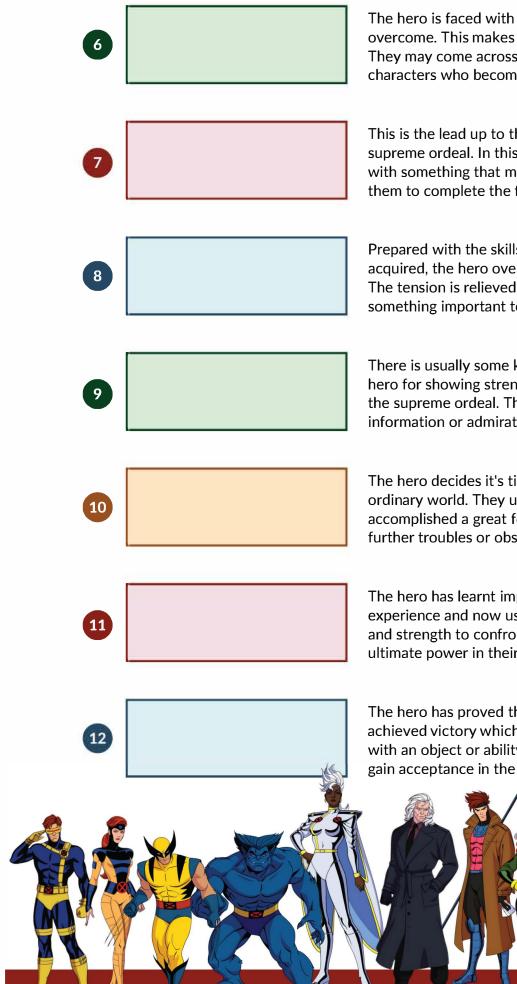
THE HERO'S JOURNEY

Read the following descriptions of the 12 stages in the hero's journey and match the correct name of each segment.



X G X Created by Ariel Landrum, LMFT and Stefanie Bautista, MA



The hero is faced with a series of challenges to overcome. This makes them stronger and wiser. They may come across enemies or meet other characters who become helpful companions.

This is the lead up to the final battle, also called the supreme ordeal. In this stage, the hero is confronted with something that motivates them or prepares them to complete the final task. Created by Ariel Landrum, LMFT and Stefanie Bautista, MA

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Prepared with the skills and knowledge they've acquired, the hero overcomes their biggest obstacle. The tension is relieved but they usually lose something important to them.

There is usually some kind of reward that awaits the hero for showing strength and endurance through the supreme ordeal. This could be treasure, love, information or admiration.

The hero decides it's time to return home to the ordinary world. They understand they've accomplished a great fete but they still might face further troubles or obstacles.

The hero has learnt important lessons through their experience and now uses this newfound wisdom and strength to confront whatever holds the ultimate power in their life in one final test.

The hero has proved themselves worthy and achieved victory which is life-changing. They return with an object or ability that allows them to finally gain acceptance in the ordinary world.

