17 STAGES OF JOSEPH CAMPBELL’S MONOMYTH
DEPARTURE (SEPARATION)
STAGES 1-5
1. THE CALL TO ADVENTURE- The hero begins in the normal world then receives information that propels him or her into the unknown.
2. REFUSAL OF THE CALL

The hero may hesitate or refuse the Call to Adventure.
3. SUPERNATURAL AID - This guide usually presents the hero with a talisman, map, or weapon that will aid him or her in the quest.
4. THE CROSSING OF THE FIRST THRESHOLD - The point of no return.
5. BELLY OF THE WHALE - The hero enters the zone of danger. He or she cannot go back, and accepts the journey that lies ahead.
INITIATION
STAGES 6-11
6. THE ROAD OF TRIALS - The road of trials is a series of tests, tasks, or ordeals.
7. MEETING WITH THE GODDESS - The male hero may meet a powerful female figure. The goddess may be the hero’s romantic love interest or a mother figure.
8. WOMAN AS TEMPTRESS – The male hero may meet temptation in female form.

Female characters are also tempted by other women:

- Ursula offers Ariel legs to go on land.
- Snow White is offered a poisoned apple.
9. ATONEMENT WITH THE FATHER - The hero reconciles with a father-figure. He is often a man with great authority or incredible power (i.e. king, god, immortal).
10. APOTHEOSIS - The hero gains a deep understanding of himself, and may even die. Death is marked by a change in appearance.
II. ULTIMATE BOON - The hero finally achieves the goal of the quest.
RETURN
STAGES 12-17
12: REFUSAL OF THE RETURN - The hero wants to stay in the other world.
13. THE MAGIC FLIGHT - Sometimes the hero must escape after the Ultimate Boon.
14. RESCUE FROM WITHOUT - The hero is rescued from a final predicament by an unexpected source.
15. THE CROSSING OF THE RETURN THRESHOLD -
The hero returns home. This is not always an easy task, and may involve one last challenge.
16. MASTER OF TWO WORLDS
17. FREEDOM TO LIVE