

Mythic Plots: from *Seven Basic Plots* (Booker). Almost all classic myths take a hero or heroine from a state of ignorance or selfishness into a greater state of wisdom, courage, knowledge, forgiveness, and love. There are many permutations of the hero's journey, some working in reverse, some taking the villain as the protagonist.

Overcoming the Monster: Hero(ine) comes face to face with a destructive personification of evil.

- 1.) *Anticipation Stage + Call*: We learn of the monster and the hero(ine) experiences a call to confront it.
- 2.) *Dream Stage*: Approach, preparation, immunity from danger.
- 3.) *Frustration Stage*: Facing the monster, the hero(ine) seems small and alone.
- 4.) *Nightmare Stage*: Final battle begins, monster seems destined to prevail.
- 5.) *Thrilling Escape from Death*: Reversal, hero(ine) deals the monster a fatal blow in its blind or vulnerable spot.

Voyage and Return: Hero(ine) is transported from normal world into an abnormal world and back again.

- 1.) *Anticipation Stage + Fall into other world*: Hero(ine) begins in a state of openness to new experience: naive, bored, curious, etc.
- 2.) *Dream Stage*: Initially the hero(ine) is fascinated exploring this new place.
- 3.) *Frustration Stage*: The mood of the adventure changes and a threat arises in this other world.
- 4.) *Nightmare Stage*: This threat begins to personally endanger the hero(ine)
- 5.) *Thrilling Escape and Return*: Just when threat seems overbearing, the hero(ine) escapes back to the normal world, with the question posed: How much has this person changed through the adventure?

Rags to Riches: Hero(ine) climbs from obscurity or oppression into splendor and happiness.

- 1) *Initial wretchedness and Call*: Hero(ine) begins unhappily at home, overshadowed by malevolent figure, and then experiences a call into a wider world.
- 2.) *Out into the World + Initial Success*: Hopeful first foray outside of home. Perhaps glimpse of prince(ss) or salvation or fulfillment
- 3.) *Central Crisis*: Everything goes suddenly wrong. Shadows of malevolent figures return, hero(ine) is separated from the object of fulfillment. Hope is dashed. Low point of the story.
- 4.) *Independence + Final Ordeal*: Emerging from the crisis, the hero(ine) has grown into a new independent strength. Must face some malevolent rival who stands between hero(ine) and happiness.
- 5.) *Final Union + Fulfillment*: Resolution with a perfect state of wholeness, usually with love for prince(ss) and treasure or inheritance.

The Quest: Hero(ine) is pulled away from comfort zone toward all-important goal.

- 1.) *The Call*: Life in some city (home or away) has become intolerable and the hero(ine) must rectify matters by making a long, difficult journey, often with help.
- 2.) *The Journey*: The hero(ine) and companions travel across hostile, unfamiliar terrain, facing monsters, temptations, and often a descent into some "underworld," where (s)he is given helpful advice. This journey is marked by thrilling escapes alternating with hospitality from strangers.
- 3.) *Arrival and Frustration*: The hero(ine) arrives within sight of the goal, but finds a new and terrible set of obstacles that must be overcome.
- 4.) *Final Ordeal*: The hero(ine) must undergo a final series of tests to prove worthiness of the prize.
- 5.) *The Goal*: After a final thrilling escape from death, the kingdom, prince(ss), or life-transforming treasure are won. An assurance of new life prevails.