



THE HERO'S JOURNEY

The Hero's Journey is a literary map that some authors follow. It was conceptualized as a recurring model in literature by Joseph Campbell, and has been applied in counselling and therapeutic contexts. This map can be applied to your own life, which may lead to greater insight of where you're at, how far you've come, how you have changed, and who has been there along the way. The concepts for each part of this map will be briefly explained on this page and a graphic map of the journey on the second. Take some time to consider how your life fits into this model, whether that be as a student or otherwise.

- Call to Adventure: Beginning of a quest or journey where there is a need or desire to leave normality and comfort to start something new, different and often challenging.
- Meeting a Mentor: Connecting with someone who provides guidance and support prior to leaving normality.
- Crossing the Threshold: Literal or figurative doorway leading to the unknown.
- Belly of the Whale: First sign of danger, with the choice to continue or turn back.
- Trials and Failures: Challenges that play upon doubts, fears and personal flaws.
- Growth and New Skills: Development of skills to help succeed in the journey.
- Death and Rebirth: Cementing the transformation as a person, incorporating new skills and insight.
- Approaching the Innermost Cave: Recognize the danger/fear of continuing forward, reflecting on what you have learned, and deciding to move forward or go back.
- The Great Ordeal: A large challenge or hurdle that must be overcome.
- The Reward: The goal or achievement met after completing The Great Ordeal.
- Resurrection Hero: A final test where everything seems at stake and the hero must use everything they have learned to succeed.
- Return with Elixir: A return to the ordinary world with the knowledge and skills obtained on the journey to be applied to help the hero and those around the hero.

Important Considerations

- Schooling is only one journey, and it's one that you've done again and again. Whether you see your entire program as the journey, each term as the journey, or each month - rest assured that there will always be new journeys to go on.
- Reflection on what the journey has taught the hero is paramount. The more journeys one goes on, the more skills and knowledge the hero acquires, making the next journey into the unknown more successful.
- Going on many journeys at once can be overwhelming for the body and mind. There may be some thresholds that, at this time, we choose not to cross.
- To be the hero of your journey speaks to your ability to help choose your direction - the journey is a choice, it isn't destined.

Western Law Wellness Services



THE HERO'S JOURNEY

