**Summary of the Hero’s Journey**

**I. Separation from the Ordinary World**

In the first stage of the story, the hero leaves his ordinary life in order to go on a journey or gain some sort of experience.

1. **Ordinary World:** When the story begins, the hero is immature or inexperienced, simply going about his daily business.
2. **Call to Adventure:** Somehow the hero receives a call to action or adventure—he is called to take up a quest or accomplish a task.
3. **Refusal of the Call:** The hero is more interested in self-preservation, and initially refuses to go on the journey.
4. **Meeting the Mentor:** The hero receives counsel from a mentor who encourages the hero to be willing to live for a higher cause—and accept the call to action.

**II. Descent into the Special World**

In this stage, the hero is confronted with tests and battles that try his courage and perseverance.

1. **Crossing the Threshold:** The hero makes the decision to attempt the journey. He is changing his values and growing in virtue.
2. **Tests, Allies, and Enemies:** On the journey, the hero faces trials, and he or she meets friends and enemies.
3. **Approach to the Inmost Cave:** The hero approaches an isolated place where danger is most intense. At this point, the hero must be willing to suffer great loss—even death—for a cause that is greater than himself.
4. **The Ordeal:** In this dangerous place, the hero is confronted with his or her greatest fear.
5. **Reward:** The hero survives the ordeal and gains some sort of reward. At this point, the story shows that self-sacrificing virtue will be rewarded.

**III. Return to the Ordinary World**

In this stage, the hero returns to a normal existence once again, having gained something positive from his experience.

**10. Road Back:** The hero plans to complete the journey home.

**11. Resurrection:** The hero faces a final life-and-death ordeal, and amazingly survives. This is often a miraculous escape from death. Once again, the hero demonstrates self-sacrifice for a higher cause, and is rewarded for that courage.

**12. Return with Elixir:** Having been transformed into someone who is virtuous, courageous, and self-sacrificing, the hero returns to the ordinary world with something that brings benefit to his community. It may be an object, or it may simply be the example of his life.

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| --- | --- | --- | --- |
|  |  |  | The Unhealed Hero |
|  | The Hobbit | Moses | Tamar |
| Separation |
| Ordinary World | Bilbo sits on his doorstep, calm and content (and somewhat selfish | Moses lives in Midian with his family. |  |
| Call to Adventure | Gandalf unexpectedly invites him to accompany the dwarves on their journey to the Lonely Mountain. | God appears to Moses at the burning bush and calls Moses to deliver Israel from the Egyptians. |  |
| Refusal of the Call | Bilbo is not interested. He goes on the journey only when Gandalf essentially makes him go. | Moses tries to persuade Go that he’s not the one who should go. |  |
| Meeting the Mentor | Gandalf encourages Bilbo to go. | During the story, Moses gets advice from his father-in-law Jethro, and many times he receives direction from God. |  |
| Descent |
| Crossing the Threshold | Bilbo finds himself running to the Green Dragon Inn and joining the dwarves. | Moses obeys God’s call and goes to Egypt. |  |
| Tests, Allies, and Enemies | Bilbo encounters trolls, goblins, elves, men, spiders, and so forth. | Moses encounters Aaron, magicians, Israelites, Pharaoh, and others. |  |
| Approach the Inmost Cave | Bilbo must walk alone down the secret path to the heart of the Lonely Mountain, where the dragon Smaug lies. | As Egyptians pursue, Moses must show great faith by leading Israel to a seemingly dead end at the Red Sea. |  |
| The Ordeal | Bilbo holds a conversation with Smaug. | As Israel finishes crossing the Red Sea, the Egyptians are on their heels. |  |
| Reward | Bilbo gains a goblet; more importantly, he matures in many ways as a result of his ordeals. | Because of Moses, the Israelites escape from slavery and their enemies are dead.  |  |
| Return |
| Road Back | Bilbo continues his quest to help the dwarves. | Moses continues leading Israel toward Canaan. |  |
| Resurrection | Bilbo miraculously survives the Battle of the Five Armies | When Israel thinks Moses is dead he emerges from Mt. Sinai. |  |
| Return | Bilbo returns to the Shire with self-knowledge, wisdom, and gold.  | Israel’s trust (at least temporarily) in God; Moses knowledge of having been used by God to deliver Israel.  |  |

Destiny of the “Unhealed Hero”

Every experience or emotion from the past that remains unacknowledged, unprocessed, or denied is stored in the unconscious, or shadow (Hubl, 2020, p. 5).

What is that for Tamar?

 ~ What gets stuck in a traumatized nervous system?

 ~ What gets stuck in a traumatized spirit?

 ~ What is the impact on his/her body? Relationships? Ability to feel?

How does this “surface again and again and again in new but familiar forms” for survivors of trauma?

**“What we think as destiny is in fact the unintegrated past.”**

**~ Hubl, 2020, p. 5**

What does this statement mean from a trauma survivor’s perspective?

Those elements that we cut off, hide, or deny because they are shamed by our community become what Carl Jung calls our shadow. What does that mean to you?

How does that impact the collective unconscious?

“It harbors the unacknowledged hatred of one nation for another, the suppressed terror echoing within a racial group or gender, and the unexpressed outrage felt by a tribe or religious faction” (p. 7).