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Epic Hero Traits & Journey Stages

Traits of the Epic Hero

1	Epic heroes are descended from gods, other supernatural beings, or royalty .
2	Epic heroes possess special powers or abilities that set them apart from ordinary humans.
3	Epic heroes take the hero’s journey , which requires travel over long distances and periods.
4	Epic heroes are unmatched warriors who endure many physical battles and dangers.
5	Epic heroes are usually cultural legends that audiences have heard of before.
6	Epic heroes typically have big hearts and would sacrifice themselves without needing recognition or rewards.
7	Epic heroes usually face villains who aren’t human , like monsters, cyclops, sirens, or tricksters.
8	Epic heroes overcome tremendous obstacles on their journey. Because of the distance, weather and rough terrain often cause significant problems.

12 Stages of a Hero’s Journey

Plot Stage	Hero's Journey Stage	Description
Exposition	The status quo	We meet the hero in their "normal" everyday life. They are safe and comfortable. This human connection makes them seem real to the audience.
	The call to adventure	The hero receives a call to leave their ordinary world and embark on a journey to a special, new, or unknown world.
Rising Action	Refusal of the call	The hero initially resists the call, often because they are afraid or uncertain.
	Meeting the mentor	The hero meets a wise figure (or figures) who guides them on their journey.
	Crossing the threshold	The hero crosses into a special, new, or unknown world where they will face challenges and obstacles.
	Tests, allies, and enemies	The hero encounters various tests and challenges, as well as friends and enemies, in this new world.



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	The approach to the inmost cave	The hero approaches a serious challenge, often represented as their "inmost cave." There are setbacks and the hero may need to reorganize his helpers to boost morale. The stakes are heightened.
Climax	The ordeal	The hero faces the final challenge and undergoes a transformation. This seems like a life or death crisis. The hero faces his or her greatest fear. Only through "death" can the hero be "reborn" and gain the strength they need to complete their journey.
Falling Action	The reward	The hero emerges victorious and receives a reward, often in the form of a treasure or a new understanding of themselves.
	The road back	The hero begins the journey back to their ordinary world.
	Resurrection	The hero may be severely tested once more just before they reach home. This may be another moment of death and rebirth. By the hero's action, whatever conflict that existed is resolved once and for all.
Resolution	The return with the elixir	The hero returns home as a changed person, often with a new understanding or sense of purpose. They have brought with them something that will help themselves and others heal and peace is restored to the land.