

Hero's Journey Elements and Restorying Intervention Prompts

Source: Rogers, B. A., Chicas, H., Kelly, J. M., Kubin, E., Christian, M. S., Kachanoff, F. J., ... & Gray, K. (2023). Seeing your life story as a Hero's Journey increases meaning in life. *Journal of Personality and Social Psychology*.

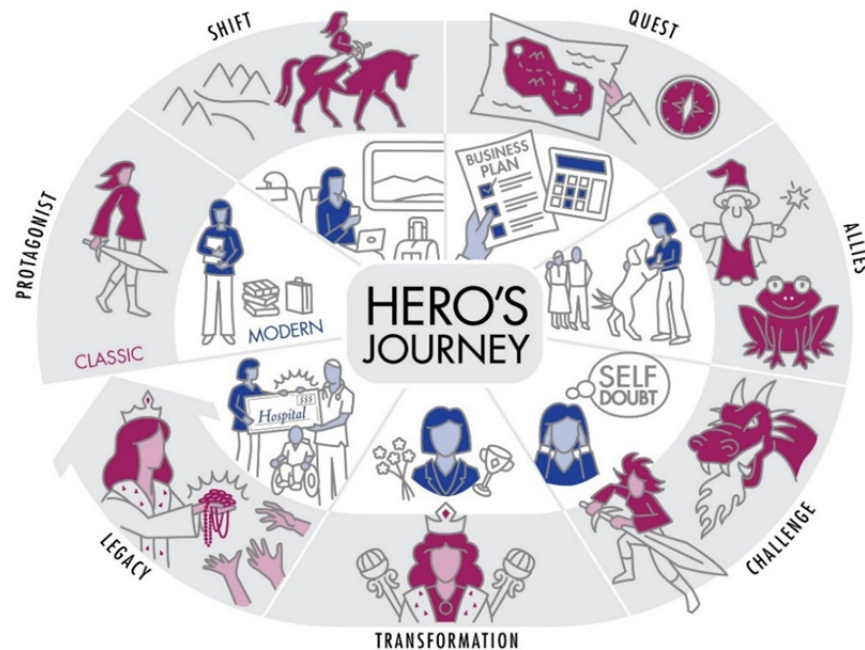


Figure credit: Kevin House.

Hero's Journey Element	Element Description
Protagonist	A clear and defined character or identity. In the case of the Hero's Journey, protagonists must ultimately recognize themselves as the central hero of their story.
Shift	Every Hero's Journey begins with a spark, a change in setting or circumstances that makes the hero's prior life untenable and requires a literal or psychological journey to resolve.
Quest	In all Hero's Journeys, the protagonist endeavors to complete a goal or <i>quest</i> , whether it is destroying an all-powerful ring or providing for one's family
Allies	Protagonists rarely travel the Hero's Journey alone; rather, they typically depend on others for a broad range of assistance in order to survive and succeed.
Challenge	Hero's Journeys often feature seemingly insurmountable obstacles or rivals. These challenges help drive the protagonist's actions, providing him or her with purpose.
Transformation	In facing challenges on the Hero's Journey, the protagonist undergoes personal and moral growth and are transformed into someone wiser, more selfless, and self-actualized.
Legacy	At the end of the Hero's Journey, the hero's actions leave a positive impact on their communities and they become revered for their consequential deeds.

Hero's Journey Restorying Intervention

Hero's Journey Element	Intervention Writing Prompt
Protagonist	What makes you <i>you</i> ? Think about your identity, personality, core values
Shift	What change of setting or novel experience prompted your journey to become who you are today?
Quest	What overall goal were you striving for that led to who you are today?
Challenge	What challenges or obstacles, such as a nemesis/rival or negative event, stood in the way of your journey?
Allies	Who supported or helped you in your journey?
Transformation	How did you personally grow as part of your journey to become who you are today?
Legacy	In what ways has your journey left a legacy?

Reflecting on the various aspects of yourself and your story, describe how you might see yourself as a hero on an epic journey