Stages of the Heroes’ Journey for D&D Storytelling

**Ordinary World**
- (the Heroes are seen in their everyday lives)

**Adventures Background**
- Adversary Background
- How the Heroes Begin

**Return to the Ordinary World**
- (the Heroes return to the ordinary world or continue to an ultimate destination)

**Call to Action**
- (the initiating incident of the story)
- Meet the Quest Giver
- Meet the Mentor
- Meet the Herald

**Refusal of the Call**
- (the Heroes experience some hesitation to answer the call)
- Heroes encounter hardships on path to Mentor
- Heroes question if they have the power to overcome

**Meeting with the Mentor**
- (the Heroes gain the supplies, knowledge, and confidence needed to commence the adventure)
- Meet the Mentor
- Meet the Herald
- Meet the Antagonist
- Return to Mentor with object/information

**Approach the Inmost Cave**
- (the Heroes near the center of the story and the special world)

**Crossing the Threshold**
- (the Heroes commit wholeheartedly to the adventure)
- Third Encounter - Dungeon (Medium / Hard)

**Ordeal**
- (the Heroes face the greatest challenge yet and experiences death and rebirth)
- Fourth Encounter - Dungeon (Hard / Deadly)

**Reward**
- (the Heroes experience the consequences of surviving death)
- Return to Mentor with object/information
- Return to Starting location

**Resurrection**
- (the Heroes experience a final moment of death and rebirth so they are pure when they reenter the ordinary world)
- Final Encounter - (Hard / Deadly)

**Return to the Sanctuary**
- (the Heroes return with something to improve the ordinary world)
- Return to the Starting location
- Return to the Elixir