

THE HEROINE'S JOURNEY REIMAGINED



Beyond the Heroic: A Relational Approach to Narrative Storytelling

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THE WHY?

The Hero's Journey needs an upgrade. It has its place, but in some places, it lacks a contemporary outlook

The world is experiencing immense change. For the first time in history, we face a trifecta of threats: environmental catastrophe looms, geopolitical conflicts are escalating across the globe and AI.

(and a special mention goes to the escalation of misogyny)

Storytellers are truth-tellers. We need stories more than ever because they help us feel, make sense, stay human, and remember what we're capable of becoming.

The heroine's journey is a contemporary model that explores the intersections between storytelling and its potential to affect social and personal change.

"Being psychological means that one will need to find the new, the personal myth from within. It will not be found in an external ideology or institution.... One will find, sooner or later, that the pneuma or spirit has long departed those ideas and places.

- James Hollis

A HEROINE'S JOURNEY...

- is not just a hero with breasts
- can have male, female protagonists as well as those representing the entire gender spectrum

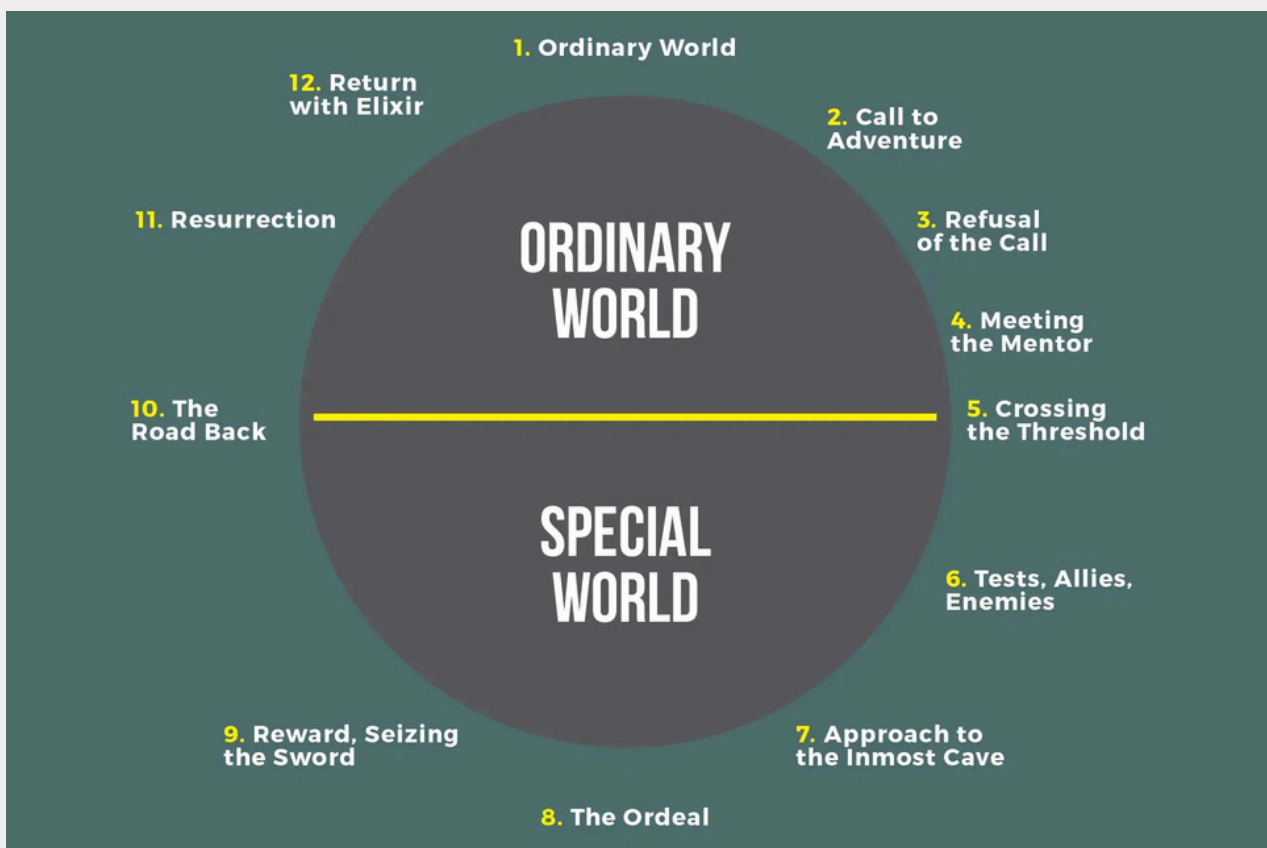
When characters or story elements behave ..

“consciously or unconsciously as masculine or feminine, it is, “because of associated tropes or archetypes. that are endemic to society.”

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– Gail Carriger

HERO'S JOURNEY OVERVIEW



THE RELATIONAL HEROINE'S JOURNEY TOUCHSTONES

STORY BEATS: Heroine

1. The Inherited System
Heroine born into a system

2. The Hidden Garden
Heroine's Voice Calls Her

3. The Stress Fracture
Hidden garden discovered

4. The Descent
Tumbles into underworld

5. Synthesis & Alchemy
Connects & together
transmutes metal to gold,

6. Ascent
Re-emerges, Networked, &
A Changemaker



INNER BEATS: Seeker

1. The Inherited System
Defined by Others Values

2. The Hidden Garden
Emergent self knocks

3. The Stress Fracture
Authentic self exposed

4. The Descent
Symptoms pathologised

5. Synthesis & Alchemy
Finds community &
synthesises Authentic Self

6. Ascent
Returns with Community &
Wielding her Voice

DIFFERENCES (THERE ARE MANY MORE)

HERO

- Linear
- Hero dominates
- Hero competes
- Hero is self sacrificing
- Hero is about doing
- Hero's journey is a quest for external objective
- The hero never questions his value or direction
- Who am I killing?

HEROINE

- Spiral -many entry points
- Heroine surrenders
- Heroine collaborates
- Heroine receives from others
- Heroine is about being (feels)
- Heroine brings balance to herself, then changes the world around her
- Heroine lives her life as an open question.
- Who am I saving

WORKSHEET

ASK THE FOLLOWING QUESTIONS

- As the seeker, what stage on the journey are you at ?
- What stage is your protagonist ?
- Place your protagonist in their sanctuary:
- Where is it? What does it look like? It could be a bedroom, an alternative world, a wardrobe, a journal.
- What do they do/learn/become/activate in there?
- As the seeker, ask the same of yourself. How old were you when you discovered this place? Are you just discovering it? Or is it a foreign concept?
- Have you personally experienced a period of descent? What happened to you when you felt isolated during this period?
- What does descent do to your protagonist? And how does isolation impact her?
- How does the protagonist network herself? Use action words: does she reach out, accept after stumbling upon others? Does she build her own? Is she hesitant? Overjoyed? Fearful? How did these influences help her integrate her adversity?

HEROINES ARE, “RISING UP NOW TO TAKE THEIR PLACES IN A NEW PANTHEON THAT IS REFRESHING OUR NOTIONS OF WHAT CONSTITUTES HEROISM.

IT REQUIRES NOT JUST INTELLIGENCE AND COURAGE BUT ALSO CARE AND COMPASSION.. TO BE A TRUE HEROINE.”

Maria Tatar

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