

# The Hero's *Recovery* Journey

The Hero's Journey is a theory of storytelling by Joseph Campbell, who believed that all good stories involved the following seven characters in some way, shape, or form:

1. The Hero
2. The Herald
3. The Mentor
4. The Threshold Guardians
5. The Trickster
6. The Shape-Shifter
7. The Shadow

You are the Hero of your story; but, there are also a lot of other characters that have been involved in your story that has led you to this point. This task is designed to help you gain more understanding of yourself through understanding your story. Before you begin, it might be helpful to watch the following clip from the YouTube channel "Glove and Boots" – [https://www.youtube.com/watch?v=yZxs\\_jGN7Pg](https://www.youtube.com/watch?v=yZxs_jGN7Pg).

## THE HERO

*"Just your average Joe in the beginning. S/he starts small with problems to overcome. Then s/he gains wisdom and power to solve conflict."*

*When you reflect on the start of your recovery journey, reflect on how small you felt at times. Write about that experience.*

## THE HERALD

*"...changes the course of the story, often starting the hero on the adventure.....can be a person, object, or even an event."*

*Think back when your recovery journey began. Was there an event and/or person that sent you on the event? Describe that experience in detail. What happened? How did you feel?*

## THE MENTOR

*"...a wise presence that guides the hero and gives advice."*

*Identify all the mentors or types of mentors that have helped guide you on your recovery journey. List each one. Tell specifically how each one served in this capacity. And, remember, according to Joseph Campbell, sometimes characters can play multiple roles.*

## THE THRESHOLD GUARDIANS

*"...here to stop the hero from progressing on the journey until s/he proves his/her worth...think of them as henchmen."*

*Spend time thinking about all the obstacles or stumbling blocks you have had to deal with on your recovery journey. Sometimes these are actual people, but they often take the form of events, emotions, thoughts, memories, etc. List and describe each one.*

## THE TRICKSTER

*"...roles is create mischief; provides comic relief; may even be a sidekick [to the hero]."*

*Think of this person(s) are the loveable idiot in your life. This person is often comical and interesting, but when push comes to shove, they often can get in the way.*

## THE SHAPE-SHIFTER

*"...character that changes roles in the story (e.g., good guy becomes a bad guy; mentor becomes a trickster, etc.)"*

*This is obviously a person that takes on many roles and different forms in your life. Identify one or two shape-shifters that are part of your recovery journey. Describe the different roles they take on.*

## The Shadow

*"...main enemy the hero has to defeat – the ultimate evil character; everything the hero has learned, trained for, and overcome has led to the Shadow's defeat."*

*This is YOUR ADDICT, which is just an extension of yourself. Describe your Shadow and its darkness. Also, what does it mean to "defeat" your shadow?*

Make a list of prominent people in your life. Think of them as your supporting cast. Next to each one, identify, to the best of your ability, which of Joseph Campbell's characters best fits with each person listed.

NAME	ROLE	NAME	ROLE
1.		6.	
2.		7.	
3.		8.	
4.		9.	
5.		10.	