

THE HERO & THE HEROINE

THE PIONEER'S STORYLINE

The Hero's Journey

A common story arch, trope, structure or template, considered to be essential for a great story; typically used for self-discovery, considered to describe the successful path for personal growth.

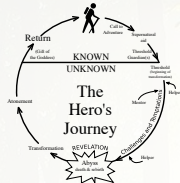


Figure 2: The Hero's Journey, often used as a template for self-actualization (Joseph Campbell, 1949)

Defining Characteristics

- Designed to help writers create effective stories*
- Co-opted by mental health professionals to describe masculine process for self-actualization
- Initiated by external call to pursue quest
- All references to the missing feminine are inferred (non-explicit)



The Journey - a summary

- The individual goes on a quest, faces trials and tribulations, meets guides, finally is successful and returns to the ordinary world changed or transformed into a better person.

The Heroine's Journey

Improved alignment with a healthy psychological journey from brokenness arising from "an initial separation from feminine values due to one's seeking recognition and success in a patriarchal culture (figure 2)." – Maurseen Murdoch, 2016



Figure 2: The Heroine's Journey, noting the loss of feminine values in order to succeed in a patriarchal world (Maurseen Murdoch, 1990).

Defining Characteristics

- Successful existence of woman by learning to fit in, e.g.
 - adopting male colleagues' way of dressing, of behaving, of speaking, etc.
 - suppressing emotions, altering reactions, studying masculine techniques, etc.
 - hiding one's natural behaviours as "inappropriate for the workplace"
- Success leads to significant internal conflict, stress, dysfunction
- Existential crisis occurs through psychological break
- Healing comes after reintegrating and reconciling one's feminine and masculine



Why Make the Journey?

We need the existential crisis to grown into the person we are meant to be. Only after or during this journey, can one's soul purpose be discovered that way in which we make the world a better place.

Finding Balance

- Know our origin of wholeness/ balance
- Brokenness occurs with the loss of feminine or masculine
- Healing occurs with discernment*, resourcing and authenticity

The Benefits of Both Journeys

- Each journeyer faces an existential crises because of an inner separation – typically due to social expectations
- Each journeyer finds their path to final success when their feminine qualities and ways of being are recovered AND reintegrated with the masculine
- Both journeys need allies*

* see related two The Edge Infographics: Discernment and Allyship

Recommendations to add to the List? Let us know at the address below!

For more information about the Hero's Journey, see https://en.wikipedia.org/wiki/Hero%27s_journey; for an application of the Hero's Journey, see <https://florencemenezes.com/2019/08/20/the-heros-journey-as-a-personal-narrative/>; For more information about the Heroine's Journey, see https://en.wikipedia.org/wiki/Heroine%27s_journey and <https://maurseenmurdoch.com/articles/articles-the-heroines-journey/>; For more about comparisons between the two journeys, see <https://storygrid.com/heroiners-journey/>.

This infographic was developed by Dr. Katharina Tarnai-Lokhorst, P.Eng., FEC, FGC (hon). Those wishing to use this document are welcome to do so at no charge. If you pull content from this document, please acknowledge the author and use the same Creative Commons Attribution. All images developed using the tools of Ploticon.com.

