

**Story Arc**  
**Hero's Journey Arc**  
**Narrative Healing Stages**

**Challenges and  
Turning Points**

**1. The Call to  
Adventure**

**Conflict**

**2. The Ordeal**

**3. The Road**

**Resolution**

**Context**

**5. Return with  
the Elixir**  
**Re-integration**

**4.  
Transformation**

**Beginning**  
**Isolation and Silence**

**Middle**  
**Remembering and Forgetting**

**End**  
**Agency**