

Comparison of Act Structures and the Hero's Journey

0. Backstory and biography

	<i>3-ACT STRUCTURE</i>	<i>HERO'S JOURNEY STAGES</i>	<i>9-ACT STRUCTURE</i>	<i>CHARACTER ARC</i>
	ACT 1 – Separation <i>20%</i>	1. Ordinary world 2. Call to adventure 3. Refusal of the call 4. Meeting with the mentor 5. Crossing first threshold	1. Set-up (status quo) 2. Something bad happens (inciting incident) 3. Meet the hero 4. Commitment	Limited awareness of a problem Increased awareness Reluctance to change Overcoming reluctance Committing to change
	ACT 2 – Descent <i>60-65%</i>	6. Tests, allies, and enemies 7. Approach to the inmost cave	5. Go for the wrong goal	Experimenting with first change Preparing for big change
CRISIS...	Midpoint – Initiation	8. Ordeal 9. Reward (seizing the sword) 10. The road back	6. Reversal 7. Go for the new goal	Attempting big change Consequences of attempt (setbacks and improvements) Rededication to change
Climax	ACT 3 – Return <i>15%</i>	11. Resurrection 12. Return with the elixir	8. Wrap-up	Final attempt at big change Final mastery of problem