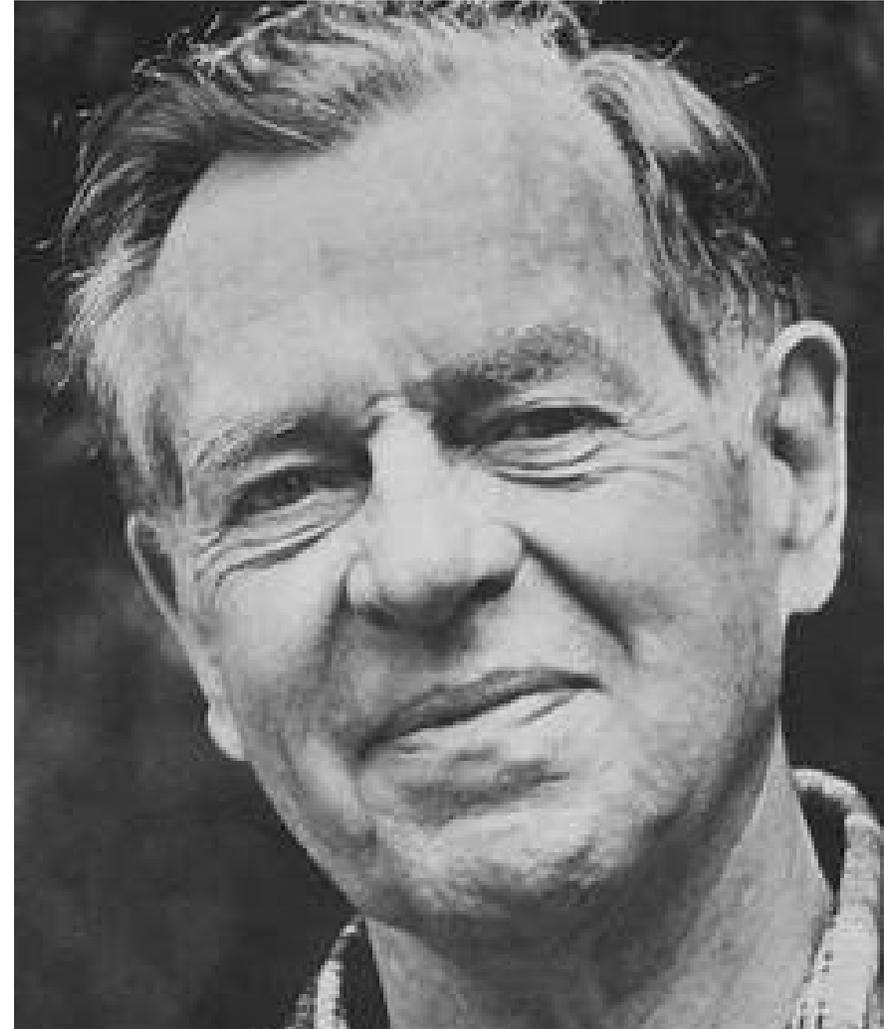


A painting depicting a forked path. The path splits into two directions. The left path leads to a bright, sunny landscape with green hills and a large tree with yellow and green leaves. The right path leads to a dark, stormy landscape with a river, evergreen trees, and a cloudy sky. Three figures are walking away from the viewer on the path: a woman in a red dress on the left path, a man in a dark suit in the center, and another man in a dark suit on the right path. The text "A HERO'S JOURNEY" is overlaid in white, bold, sans-serif font across the center of the image.

A HERO'S JOURNEY

JOSEPH CAMPBELL

Joseph Campbell (1904-1987) was an American author and teacher best known for his work in the field of comparative mythology which is the study of myths from different cultures to identify common themes, motifs, and narratives, helping to understand shared human experiences and cultural practices.





WHAT IS MYTHOLOGY?

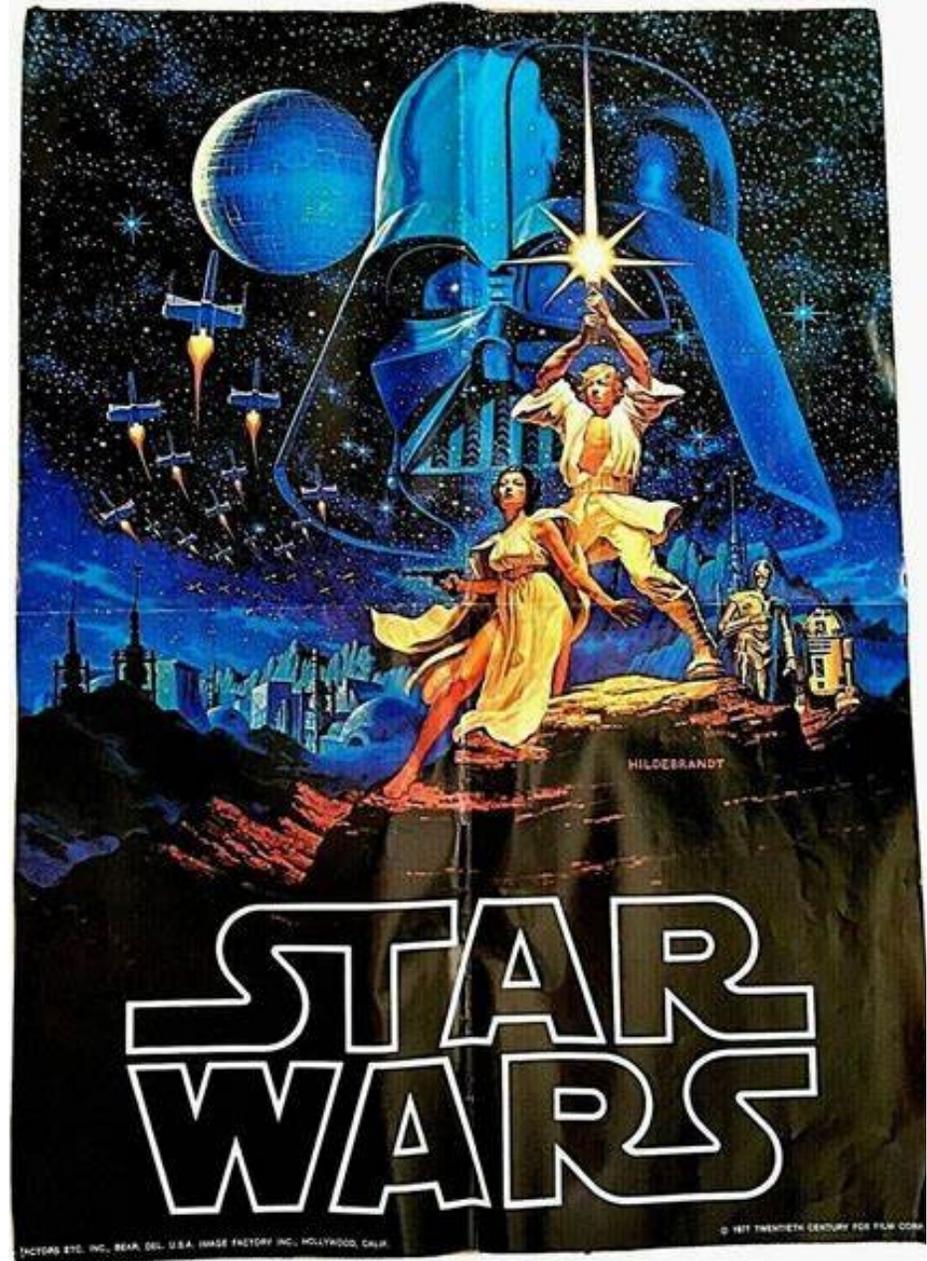
Mythology - from the Greek word *mythos* - story-of-the-people, and *logos* - word or speech, therefore Mythology - the spoken story of a people.

WHAT MOVIES WERE
INSPIRED BY JOSEPH
CAMPBELL'S THE
HERO'S JOURNEY?

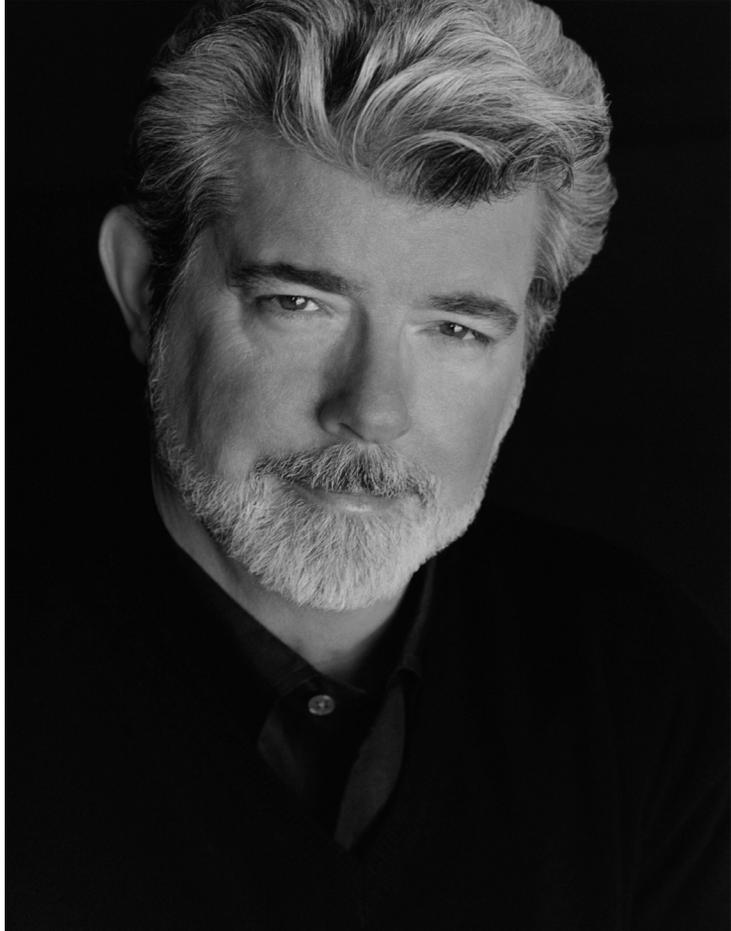


STAR WARS

1977



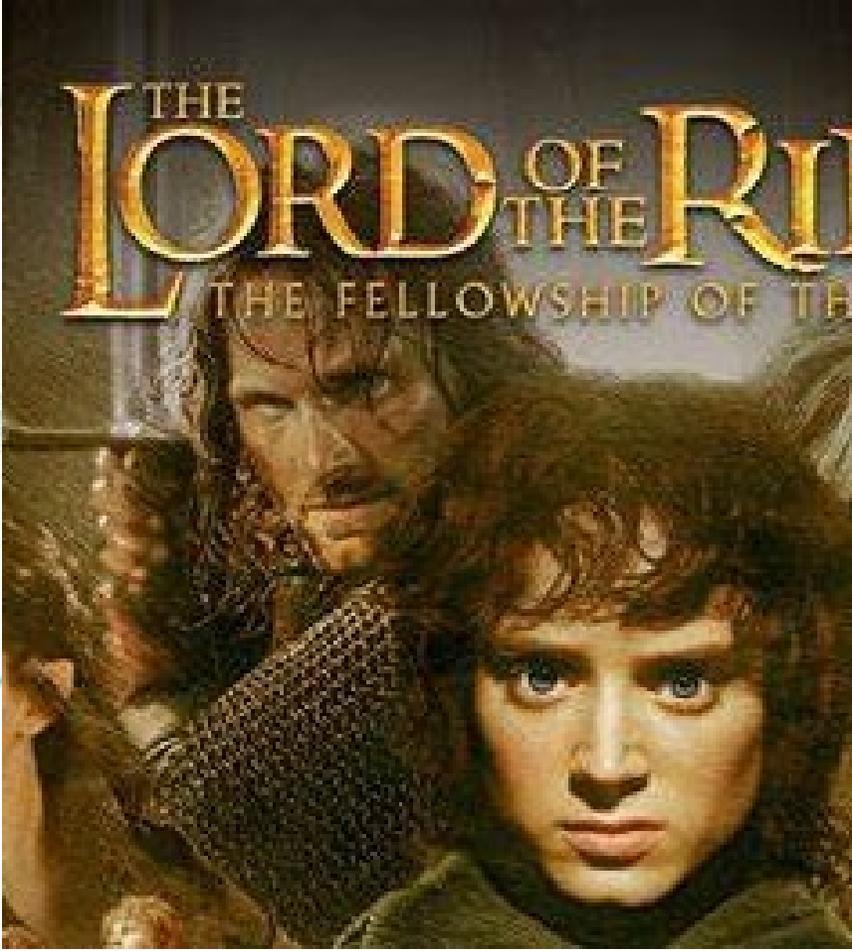
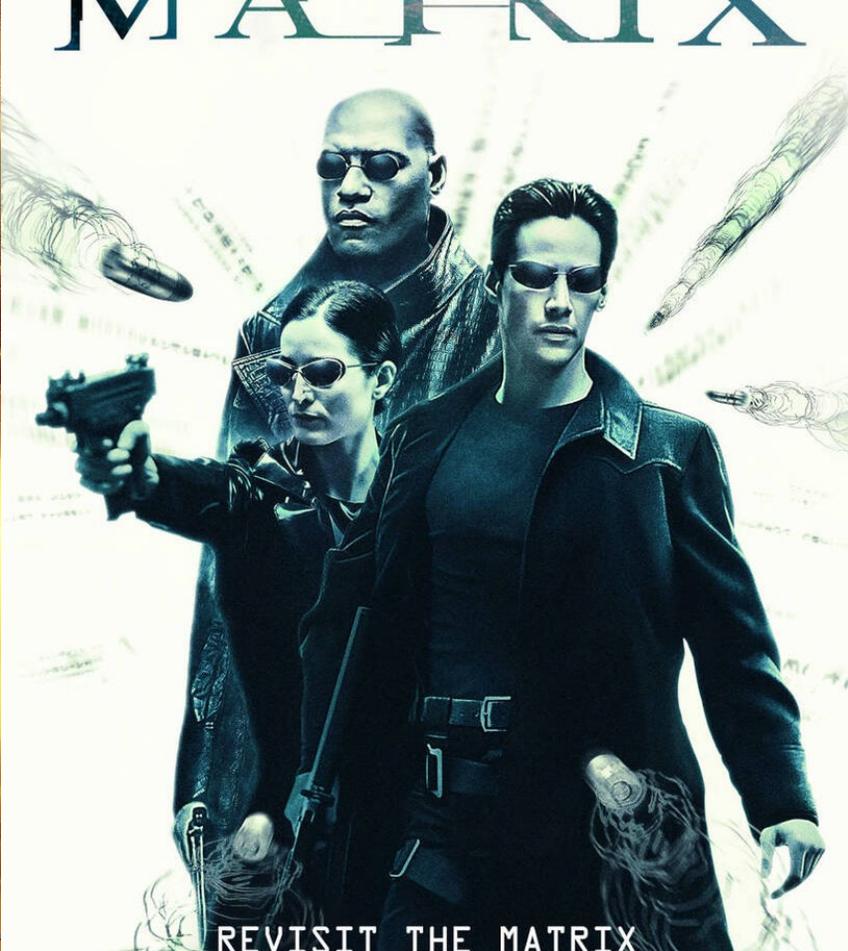
GEORGE LUCAS



The script for George Lucas's 1977 movie *Star Wars* was influenced by *The Hero's Journey* and *The Hero with a Thousand Faces* by the American mythologist Joseph Campbell.

“The story isn't just about the external battle between good and evil, but about the inward battle against the evil within oneself.”

– *Joseph Campbell*



OTHER MOVIES INSPIRED BY JOSEPH CAMPBELL'S WRITINGS

OUR JOURNEY

How does this relate to our journey of addiction and recovery?



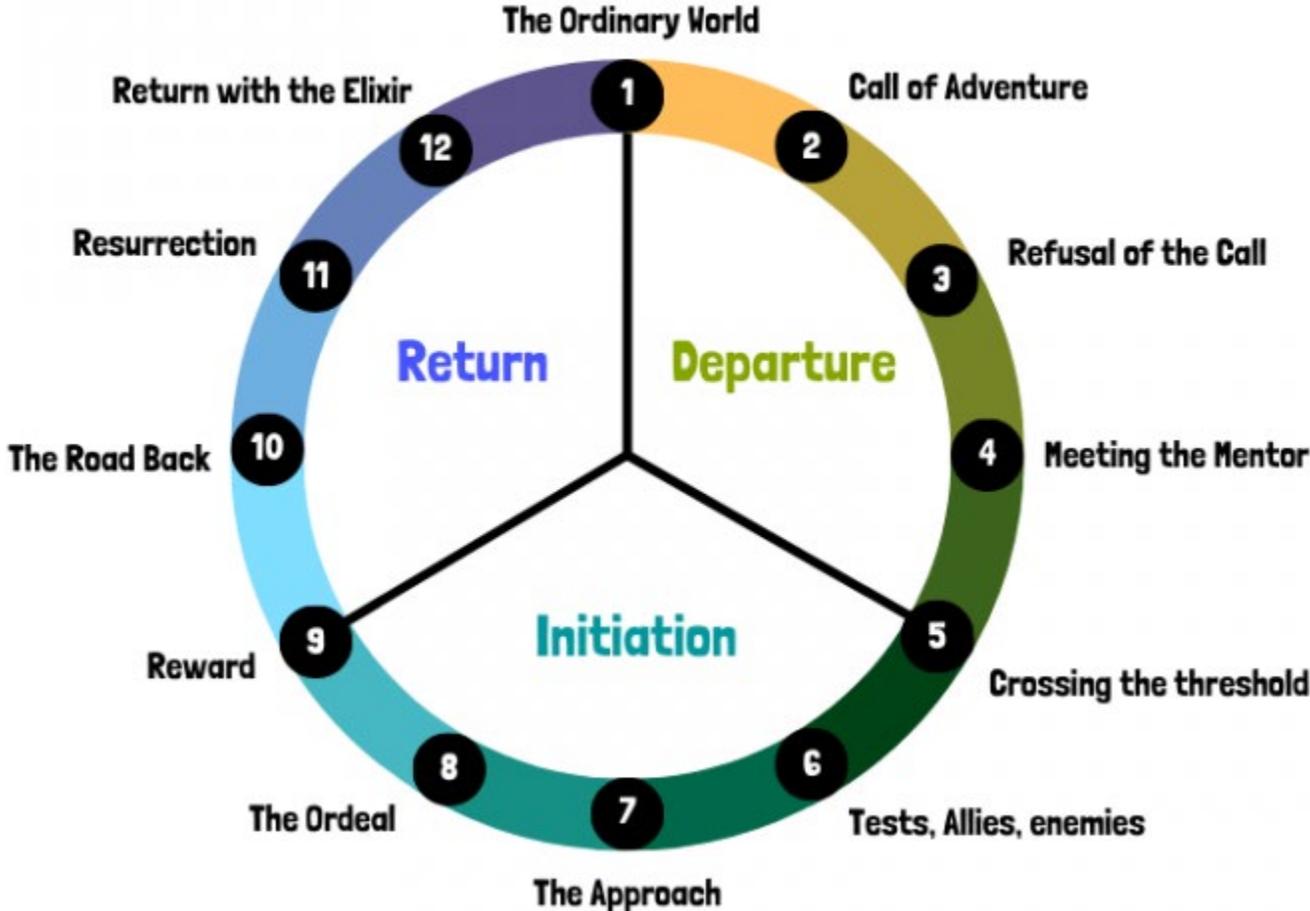


ADDICTION
RECOVERY

The Hero's Journey can be a powerful metaphor for recovery from addiction.

This journey typically involves several stages that mirror the process of overcoming addiction.

The Hero's Journey





**CHILDHOOD EXPERIENCES
CAN SHAPE OUR FUTURE**

Impact of Early Experiences
Early childhood experiences strongly influence personality and future behavior, laying a foundation for lifelong learning and growth.

Effects of Adverse Experiences
Challenging or negative experiences can affect emotional health and coping skills.

LET'S GO BACK TO CHILDHOOD





WHAT IS AN ORDINARY LIFE?

Did something
set you up for
addiction?

How did you
grow up?

What is your
Story?



ACE ASSESSMENT ADVERSE CHILDHOOD EXPERIENCE

The **ACE assessment** was developed by **Dr. Felitti and colleagues** in collaboration with the **Centers for Disease Control and Prevention (CDC)** and **Kaiser Permanente**.

This assessment measures exposure to traumatic and stressful events during childhood and adolescence, helping to identify the impact of such experiences on long-term and well-being.

ACE ASSESSMENT

ADVERSE CHILDHOOD EXPERIENCE

1. Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?
2. Did you lose a parent through divorce, abandonment, death, or other reason?
3. Did you live with anyone who was depressed, mentally ill, or attempted suicide?
4. Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?
5. Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?
6. Did you live with anyone who went to jail or prison?
7. Did a parent or adult in your home ever swear at you, insult you, or put you down?
8. Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?
9. Did you feel that no one in your family loved you or thought you were special?
10. Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?

ALICE MILLER

"The truth about childhood is stored up in our bodies and lives in the depths of our souls. Our intellect can be deceived, our feelings can be numbed and manipulated, our perceptions shamed and confused, our bodies tricked with medication, but our soul never forgets. And because we are one, one whole soul in one body, someday our body will present its bill. The wounded and lost child is only in hiding; the soul is still whole in spirit. Ultimately, our deepest self will accept no compromises or excuses, and it will not stop tormenting or contaminating us until we stop evading the truth."

~ Alice Miller,
Breaking Down the Walls of Silence



STAGE 1

THE ORDINARY WORLD

This is where the individual is living their everyday life, often struggling with addiction.



STAGE 2

CALL TO ADVENTURE

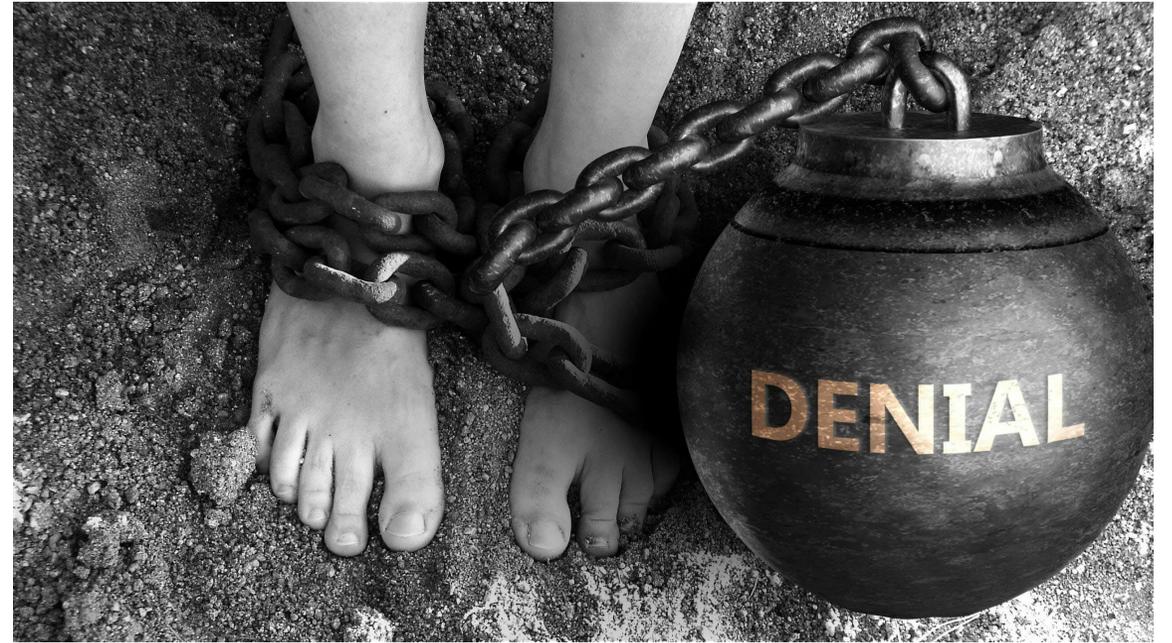
The individual recognizes the need for change and the possibility of a better life without addiction.



STAGE 3

REFUSAL OF THE CALL

There may be hesitation or denial about the need for change.



STAGE 4

MEETING THE MENTOR

The individual finds support, whether through a counselor, support group, or loved ones, who provide guidance and encouragement.



**No one is useless in this world
who lightens the burdens of
another. - Charles Dickens**



LISTENING TO OTHERS

“The essence of good listening is empathy, which can be achieved only by suspending our preoccupation with ourselves and entering into the experience of the other person.”

- Michael P. Nichold PhD
- The Lost Art of Listening



STAGE 5

CROSSING THE THRESHOLD

**The individual
commits to the
journey of recovery,
leaving behind their
old life.**



STAGE 6

TESTS, ALLIES AND ENEMIES

The individual faces challenges and temptations but also finds support and strength from allies.

We don't grow when things are easy, we grow when we face challenges.



EMANUEL KELLY - IMAGINE





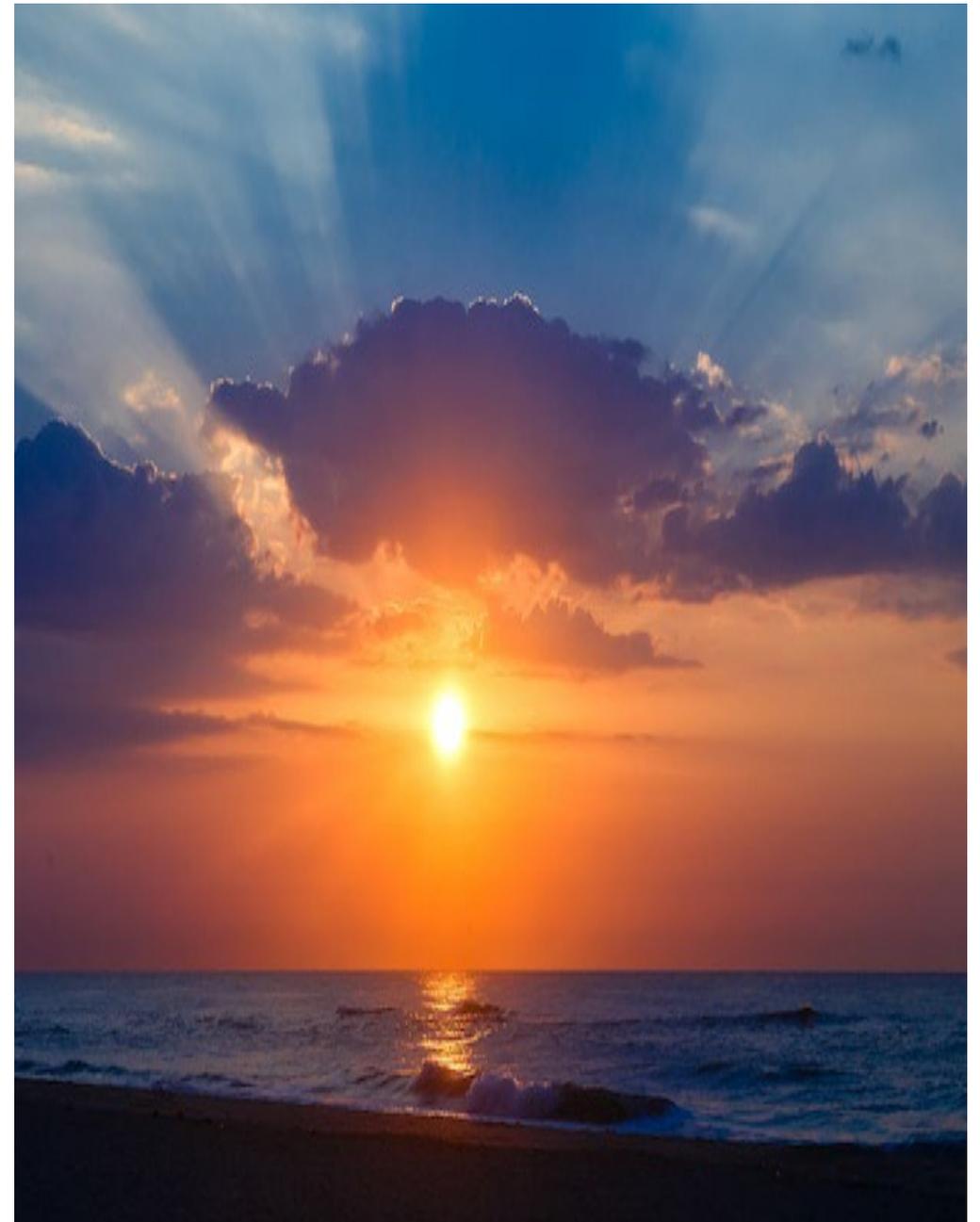
STAGE 7

THE APPROACH

The individual prepares for the significant challenges ahead often involving deep personal reflection and growth.

“Our greatest fear
is not that we are inadequate.
Our deepest fear is that we are
POWERFUL BEYOND MEASURE.
It is our light, not our darkness, that frightens us.
We ask ourselves, who am I to be brilliant,
gorgeous, talented and fabulous?
Actually, Who are you not to be?
YOU ARE A CHILD OF GOD....
We were born to make manifest the glory
of God within us.
It’s in everyone, not just in some of us, and as we
LET OUR OWN LIGHT SHINE,
we unconsciously give other people
permission to do the same.”

- Marianne Williamson





STAGE 8

THE ORDEAL

The individual faces their biggest challenges, which could be a relapse or a major life event that tests their resolve.



STAGE 9 THE REWARD

After overcoming the ordeal or the challenge, the individual gains new insights, strength, and has sense of accomplishment.



The individual begins to reintegrate into their life, applying the lessons learned during their journey.

STAGE 10 THE ROAD BACK

STAGE 11

RESURRECTION

**The individual experiences
a transformation emerging
stronger and more resilient**





The individual returns to their life with new wisdom and a commitment to maintaining their recovery.

STAGE 12

RETURN WITH THE ELIXIR



The Hero's Journey



vevo

THANK YOU FOR YOUR TIME

Denise Marsters, CADC, CSAT

601-940-3411

dsolon@luckymail.com



YOU RAISE ME UP.....

