**THE HERO’S INNER JOURNEY**

1. Limited awareness of problem

2. Increased awareness of need for change

3. Fear; Resistance to change

4. Overcoming of fear

5. Committing to change

6. Experimenting with new conditions

7. Preparing for major change

8. Altered feelings of life and death

9. Accepting consequences of new life

10. New challenge and rededication

11. Final attempts & last minute dangers

12. Mastery