The Quest
A quest narrative is a story in which a hero or heroine is compelled to go on a journey to achieve or obtain something. On the way, she faces challenges, obstacles and trials. She meets companions who help her. There may be a visit the underworld or confrontation of some kind of darkness or evil (like a demon, a dragon, a witch or something else). She might succeed in accomplishing the goal of the quest or she might not. But the journey itself is a transformative experience. The hero or heroine is changed at the end of the journey, because she makes a realization about herself or the world.
A Call to Adventure

The heroine is called to act.

But acting is so radical, even she will refuse at first.
THE HUNGER GAMES AS QUEST:

Threshold

Events force our heroine to cross a threshold from which she cannot return. Our heroine accepts her destiny.
THE HUNGER GAMES AS QUEST:
Threshold Guardians

Along the way there are guardians who make sure the heroine can never return to her old life. These are the challenges that shape our heroine.
THE HUNGER GAMES AS QUEST:

Mentors and Companions

The heroine can’t do it on her own. She has mentors and companions to help her make her transition. There are often mystical abilities and talismans that the heroine is initiated into.
THE HUNGER GAMES AS QUEST:

The Abyss

The heroine will continue down the path of transformation until she reaches the abyss—the lowest point in the quest.
THE HUNGER GAMES AS QUEST:

Transformation and Return

The heroine overcomes the challenges and is victorious, and she is forever changed. But the return home is bittersweet, and the journey is not over.
Recurring character types—Hero, Mentor, Villain, Princess, Fool, Anti-Hero

Why do people tell this story over and over again?

Because it’s the story of all of us. We all eventually have to leave what is familiar to go seek out something new. We all face challenges. We all live through times when we feel we aren’t up to the challenge. And we all find ourselves transformed by these challenges.

So we see ourselves in our heroes and heroines.