



Hero's Journey Foundation

Men's Journey - Eight Questions

What Calls Me To This Particular Journey At This Exact Time In My Life?

What events of significance are presently taking place in your life? What kind of transitions are you facing right now? What is telling you that you need to take this type of Journey? What feels right about doing this now?

What Is It Within Me That I Am Looking For?

What are you seeking to discover within yourself? Is there a particular issue or challenge that you need to face? Does something in particular in you need to heal, change or develop? If so, what is it?

What Is It Within Me That I Am Avoiding or Rejecting?

What do you habitually or reflexively move away from inside yourself? What about your way of living is the hardest to sit with and look into? What do you tend to judge yourself most for? What do you suppose makes this aspect of yourself so hard to bear?

What Is It Within Me That I Want - More Than Anything Else?

What is it that you *really* want? Feel what it is like to be asked this deep question? You do not need to have an immediate and clear answer to this question. Instead, reflect on the question itself. How does it affect you? What begins to come to mind?

What Is the Greatest Obstacle Or Threat That I Am Currently Facing In My Life?

What is the major thing within you that holds you back from living the life that matters most to you? What is the particular obstacle or fear that keeps you from moving towards what you most desire or need to live?

What Is My Greatest Inner Resource?

Can you pinpoint and name one aspect of your own nature that is a resource for you? Can you speak to a particular asset or character trait within yourself that you know to be valuable? What within you can you draw from and rely on most, when life becomes difficult?

How Do I Need To Be Supported On My Hero's Journey Intensive?

Support allows us to be more accepting of ourselves and where we presently are in our lives. Support serves as a stabilizing and securing function, so that we can become better able to go forward from where we are.

Tell us how you assess your current capacity to receive support from others. What are your needs or vulnerabilities about being helped? In what ways are you open to being supported, and in what ways to you have difficulty being supported? Name one specific way that would you like us to support you during your upcoming journey.

How Do I Need To Be Challenged On My Hero's Journey Intensive?

Challenge allows us to go beyond where we are. A challenge points us towards where we are not yet. It opens us to new possibilities, new ways of thinking, being, and acting, that we have not yet been able to step toward.

Tell us how you assess your current capacity to examine something about yourself that you can't yet see or do very well? How might this help you to go where you haven't gone before? How do you relate to the notion of a *risk-worth-taking*? In what ways are you open to the idea of life-giving challenges as opportunity? In what ways do you have difficulty facing personal challenges? Name one specific way would you like us to challenge you during your upcoming journey.