

Trellis Method Compared to Other Story Structures

Acts	Trellis Method	Hero's Journey	Super Structure	Save The Cat!	Structuring Your Novel
1	HOOK: Introduces essential aspects of the story and grabs readers with an intense need to know what happens next.	✓ The Call to Adventure	✓ Hook	✓ Opening Image	✓ Hook
	SETUP: Establishes the characters, their wants, the stakes, story theme, and the need for change.		✓ Care Package ✓ Transformation	✓ Theme Stated ✓ Setup	✓ Setup
	TRIGGER: Triggers the disruption of the protagonist's stable world with a major event, stopping hero from continuing as before.		✓ Disturbance	✓ Catalyst	✓ Inciting Incident
	WRANGLE: Wrangles with hero's move-forward choices, but resists the need for change.	✓ Refusal of the Call ✓ Supernatural Aid	✓ Transformation Argument	✓ Debate	✓ Build-up
	THRUST INTO 2: Acts on the choices hero made in the WRANGLE sequence, thrusting person into an Unstable World.	✓ Crossing the First Threshold	✓ Doorway #1	✓ Break Into 2	✓ 1st Plot Point
2A	RESPONSE: Responds to the unstable world, and hero meets who will help the character learn the theme.	✓ The Belly of the Whale ✓ The Road of Trials ✓ Woman as the Temptress ✓ Atonement with the Father		✓ B Story	✓ Reaction
	POWER PLAY 1: Shows the bad guy's power, provides clues, and establishes the core conflict.				✓ 1st Pinch Point
	PREMISE: Fulfills the novel's premise, giving readers the events and emotions they crave.		✓ Shin Kicks	✓ Fun and Games	✓ Realization
	MIDPOINT: Shows the hero's status (i.e., winning or losing), increases the stakes, and gives the protagonist insight, shifting		✓ Mirror Moment (Midpoint)	✓ Midpoint	✓ 2nd Plot Point (Midpoint)
2B	ACTION: Takes action based on insight, changing the hero's trajectory (i.e., up or down).			✓ Bad Guys Close In	✓ Action
	POWER PLAY 2: Hints at what is coming when the hero Plunges Into 3, emphasizing the ever-increasing stakes.			✓ All Is Lost	✓ 2nd Pinch Point
	BATTLE 1: Fights the bad guy, and hero (typically) appears to win the first battle.		✓ Pet the Dog	✓ Dark Night of the Soul	✓ Renewed Push
3	PLUNGE INTO 3: Reverses the outcome (e.g., victory) at the end of Act 2, plunging hero into an all-is-lost state.	✓ Apotheosis ✓ The Ultimate Boon ✓ Return ✓ The Magic Flight ✓ Rescue from Without	✓ Doorway #2	✓ Break Into Three	✓ 3rd Plot Point
	PONDER: Ponders hero's prior choices, goal dedication, self-worth, and personal abilities.		✓ Mounting Forces		✓ Recovery
	FACE-OFF: Includes a face-off between hero and adversary, brought on by the protagonist's prior choices.				
	BATTLE 2: Fights the bad guy, emphasizing the protagonist and antagonist realize only one will survive the second battle.		✓ Lights out		✓ Climax Begins ✓ Confrontation
	CLIMAX: Concludes with hero achieving one of four results tied to his want and need: win/win, win/lose, lose/win, or lose/lose.		✓ The Q Factor ✓ Final Battle	✓ Finale	✓ Climatic Moment
	RESOLUTION: Ties up loose ends, satisfying readers with the emotions they expect from changed world.	✓ The Crossing of the Return Threshold ✓ Master of the Two Worlds	✓ Transformation	✓ Final Image	✓ Resolution

