

Plotting Basics

Narrative Arc

<https://blog.reedsy.com/narrative-arc/>

Also known as story arc or dramatic arc, it generally follows a basic three-act structure:

- Act One - Exposition (25%). Set the scene: introduce your characters, the setting, and the seeds of conflict.
- Act Two - Rising and Falling Action ending in a Climax (50%). Your characters grow and change in response to conflicts and circumstances. They set about trying to resolve the Big Problem.
- Act Three - Resolution (25%). The characters resolve the Big Problem and the story ends.

External and Internal Conflict

Combine them to add depth to the story.

External Conflict

<https://blog.reedsy.com/guide/conflict/external/>

The struggle between a protagonist and something in the outside world. It could be against an antagonist, society, nature, technology, or the supernatural. Defined in opposition to internal conflict, any type of 'fight' that exists outside the character's head is external conflict.

Internal Conflict

<https://blog.reedsy.com/guide/conflict/internal/>

Deepens the story. Will an obstacle in their journey make them question their own ideals and morals? Will they reassess who they are and what drives them? Essentially, what effect does their problem have on their internal lives, and will it possibly change them forever? This adds another layer to the story and can give it deeper meaning.

7 Types of Character Conflict

<https://blog.reedsy.com/guide/conflict/>

- Character vs Character(s)
Les Misérables: Jean Valjean vs Inspector Javert
The Great Gatsby: Jay Gatsby vs Tom Buchanan
- Character vs Society
The Devil Wears Prada: Andrea Sachs vs fashion journalism
- Character vs Nature
The Martian: Mark Watney vs Mars
Moby Dick: Captain Ahab vs the ocean and the whale
- Character vs Technology
Frankenstein: Dr. Frankenstein vs the monster
- Character vs Supernatural
Ghostbusters: The ghostbusters vs the Sumerian god
The Strange Case of Dr. Jekyll and Mr. Hyde
- Character vs Fate
Macbeth
- Character vs Self
Great Expectation

Coping with Conflict

The Learning Zone Model

<https://www.mindtools.com/a0bop9z/the-learning-zone-model>

- Comfort – What do they feel comfortable doing when faced with this conflict?
- Learning – What about the situation makes them able to handle the situation and learn from it?
- Panic – What about the situation will cause them to run and hide from the conflict?

The Stages of Grief

<https://www.healthline.com/health/stages-of-grief>

Note: There is no actual scientific evidence of these stages, and a person may experience any combination in any order.

The Five Stages developed by Dr Elizabeth Kübler Ross:

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

The Seven Stages - Expanded

1. Shock and Denial
2. Pain and Guilt
3. Anger and Bargaining
4. Depression
5. Upward Turn
6. Reconstruction and Working Through
7. Acceptance and Hope

Five Levels of Happiness

<https://www.psychologytoday.com/us/blog/the-power-prime/202008/5-levels-happiness-in-search-the-real-thing>

1. Instinctual
2. Defended
3. Medicated
4. Contented
5. Existential