Part 1: Setup

inciting incident the first plot point foreshadow antagonist establish stakes

Part 2: Response to the Hero's New Journey

definition of the quest reminder of the antagonist (1st pinch point) hero's reaction hero as wanderer

Part 3: Attack on the Problem

midpoint milestone that shakes things up hero becomes proactive and must raise the ante 2nd pinch point conquering inner demons hero becomes warrior second plot point ends part 3

Part 4: Resolution

nothing new introduced to the story hero as primary catalyst of endgame