

Literary Analysis of the Book Fight Club by Chuck Palahniuk Using the Hero's Journey Theory from the Mythological Approach

UNIVERSIDAD INTERNACIONAL DE LAS AMERICAS

**LITERARY ANALYSIS OF THE BOOK "FIGHT CLUB" BY CHUCK
PALAHNIUK USING THE HERO'S JOURNEY THEORY FROM THE
MYTHOLOGICAL APPROACH**

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Abstract

The purpose of this investigation was to analyze the novel *Fight Club* by Chuck Palahniuk by utilizing the Hero's Journey stages. Therefore, the implementation of different instruments were required to reach that objective. The first instrument utilized was a literary analysis chart to evaluate that the Narrator of the story was supposed to go through to become a hero. The second instrument was a literary analysis chart elaborated with the objective to identify the mental disorders that the Narrator of the story suffered. The third instrument was a literary analysis chart that analyzed different situations that the Narrator of the story went through and the solutions he found to overcome those situations. The fourth instrument was a literary analysis chart that compared the characteristics of a traditional hero and the characteristics of the Narrator of the story.

In the case of the literary analysis chart that evaluated the different stages of the Hero's Journey that the Narrator of the story went through, the analysis allowed the researcher to find nine out of twelve stages that appeared in the story. In the case of the literary analysis chart that evaluated the mental disorders that the Narrator of the story suffered, the researcher found three types of mental disorders that affected the protagonist of the story. In the case of the literary analysis chart that evaluated the personal issues that the Narrator of the story faced, allowed the researcher to find three situations in which the protagonist of the story went through difficult situations and the solutions he found to overcome them. Finally, the literary analysis chart that compared the characteristics of a traditional hero and the Narrator of the story allowed the researcher to analyze four characteristics of a traditional hero and four characteristics that described the Narrator of the story. Thus, the

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research demonstrated that the novel *Fight Club* by Chuck Palahniuk can be analyzed by the Hero's Journey stages with great success.

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Chapter I

Introductory Framework

Throughout the years, there have been several books or novels that use the hero's journey as a method to structure their stories. Usually, this method can be found in the stories of traditional superheroes. However, there are other papers that have applied this method, in spite of their narratives do not include the common character that people are used to read in stories. That is why this investigation will analyze the novel *Fight Club* by Chuck Palahniuk to know whether the narrator of the story, who is the main character, is a hero or not.

1.1 Problem Statement

The hero's journey is a method that has been utilized by writers of movies, books, and comics. Most of those works contain a traditional pattern, which includes a main character who is a recognizable hero in a specific story. However, in a story like *Fight Club*, is a method that has not been applied. For that reason, this analysis will focus on the analysis of the narrator of the story and the scenarios that prove whether he is a hero or not. *Fight Club* is a story that mostly has been analyzed a psychological approach. Many experts and professionals on this area have taken a close look on the story and its characters, taking their own conclusions. Nevertheless, the book has not been analyzed using the hero's journey as a method. One of the reasons is perhaps that the story does not have the

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traditional characters of the most famous stories that include superheroes, making it a challenge to choose the hero's journey as the approach of this investigation.

This investigation will be especially useful for many students in different areas such as literature, and cinema, among others. Moreover, this study will benefit not only the current students, but also future generations that would like to make research of this type. Besides that, it will offer another option of analysis, which will bring more variety at the time of choosing a book to analyze. Furthermore, this investigation will focus on the analysis of the narrator of *Fight Club*, who is the main character of the story, and the environment in which he develops. Consequently, the research question of this analysis is: Does the narrator of the story of *Fight Club* follow the stages to be considered as a hero utilizing the hero's journey method?

1.2 Objectives of the Investigation

The objectives of an investigation are important, since they are made with the objective of stating what the researcher wants to obtain at the end of the analysis. This investigation must have a general objective, which will be the main purpose of the study and three or more specific objectives, that will describe step by step how the general objective is going to be accomplished. In this case, the general and specific objectives will be found below.

1.2.1 General Objective

- To evaluate through the 12 stages of the hero's journey the main character of the novel *Fight Club*.

1.2.2 Specific Objectives

- To identify the disorder that the narrator of the story suffers.

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- To analyze the factors that make the narrator look for a solution to his mental disorder.
- To compare the protagonist of the story to a traditional hero.

1.3 Justification

The purpose of this analysis is to create a different point of view from what it has been analyzed before. Several analyses have been made taking different approaches, such as the psychological approach, the feminist approach, among others. *Fight Club* by Chuck Palahniuk is a novel that has been studied mostly from the psychological point of view. For that reason, in this case the approach is going to be different, as the method that is going to be applied is The Hero's Journey. The objective of this method is to analyze the main character of the story and determine through the 12 stages whether he finally becomes a hero or not.

Traditionally, when people are asked about heroes, they would think about famous characters of different movies such as Batman, Superman, among others. Those are characters that are explicitly shown as heroes within a story. They take roles that are clearly recognized even before the story is seen or read. That is something that can change with this analysis. Stories that are usually seen from a different point of view, could have another option of interpretation. For example, in *Fight Club* the narrator, whose name is not revealed in the story even though he is the protagonist, is usually known as a controversial persona. However, with this investigation a different approach could lead to another conclusion. By analyzing the different stages of the hero's journey, the perspective that the readers have on the narrator of the story, could take a turn. By analyzing *Fight Club* using the hero's journey from the mythological approach, the 12 stages to become a hero will be

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identified and applied to the environment in which the protagonist develops. That means that each part of the story will be extensively studied and analyzed since the beginning, in order to not lose any detail that could help get to a conclusion.

The purpose of this investigation is that future literature students take benefit from it. Since by using a different approach, it will be demonstrated that several types of analyses can be applied to the stories. This initiative will open a different door to a new variety of analyses and studies not only of this book, but also of other classics of literature and new books that will be released in the future. Consequently, this would create new types of groups of discussion, not only for literature students, but also for different areas of study. For instance, one area that would take advantage of the contributions that this investigation could give, is theater. Through this type of analysis, theater participants could have another tool to help them understand better the ideas behind a story, so they can interpret it in a clearer way.

Another group that could be benefitted from the analysis of *Fight Club* using the hero's journey as main approach, is the people who study cinema. Thanks to the relation that movies and books have had during the years, it has been quite common to see students taking movies as support material to their literature courses and the other way around. For that reason, including a different approach like the hero's journey to the analysis of movies that are not specifically about a hero story, could be considered. For instance, in the case of *Fight Club*, which was a novel published in 1996 and due to its success, it was chosen to be illustrated in a movie. Consequently, by analyzing the book from the hero's journey perspective, it could be considered to analyze the film by applying the same method. Moreover, this analysis will be elaborated by making an extensive research of official and

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trustable sources on the internet and books. Besides that, other analyses utilizing the hero's journey as the main approach, will be considered as references in the development of this investigation, as this will help the researcher to structure the project in a way the readers can understand the analysis and have their own verdict.

1.4 Antecedents

Throughout the years, there have been some literary analyses that have utilized the hero's journey from the mythological approach as an important tool to reach their objective when concluding the research. Those investigations were searched and analyzed to have a clear reference to start this project. Consequently, the first antecedent is a thesis elaborated by Jan Capek from the University of Masaryk in Czech Republic in 2014. The title of his work is *The Archetypal Approaches in The Talisman by Stephen King and Peter Straub*. In this investigation, the student analyzes the main character of the story, which is Jack Sawyer, a 12-year-old kid that is in the search of a magical talisman that would save his mother from dying of cancer. The student uses the hero's journey with the objective of structuring the story and determining if Jack was a real hero or not.

He started by explaining what the hero's journey is about and stated that in some stories, there could have been 17 stages. In the case of *The Talisman*, he stated that not all the seventeen stages are present. He described a total of 9 stages, which he considered match to the story he was analyzing, starting from the Call for Adventure, and finalizing with The Return with the Elixir. In each stage, the author explained what happened in the story and gave a clear example by quoting some parts of the book. The writer's conclusions made emphasis on what he found on the analysis by examining the main characters of the

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story. He also affirmed that even though *The Talisman* is a recent work, it still contains a literary mythic archetypal tradition.

The second antecedent is a thesis entitled *The Archetypes of Hero and Hero's Journey in Five Grimm's Fairy Tales* by Gatrycia Rahman of the University of Yogyakarta State. The objectives of her investigation dealt with ~~are to~~ revealing the archetypes of the hero in the complete Grimm's fairy tales, the archetypes of the hero's journey, and the literary methods used to reveal those archetypes. She started her thesis by making an introduction of the topic she was going to explain on her investigation. Gatrycia started writing about the difference between the stories for adults and the fairy tales for children. The author stated that the stories for adults are more elaborated and complex than the fairy tales for children, since the level of comprehension of stories is quite different.

Before analyzing the five-fairy tales, the author of this thesis explained the main concepts to be discussed during the investigation. She started with the archetypes of a hero and how it has evolved through the years both, in books and in movies. Then, she continued by explaining what the archetypes of the hero's journey refers to. She stated the stages she was ~~is~~ going to consider during her analysis, that is the ordinary world, the call for adventure, refusal to the call, meeting with the mentor, crossing the threshold, test, allies and enemies, the approach to the inmost cave, the ordeal, the reward, the road back, the resurrection, and return with the elixir. She explained each one and gave examples to be more comprehensible.

The author of this investigation also explained the technique she applied to gather the information needed to develop the analysis. She first read the stories more than once and

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took some notes. Then she followed five steps, which were the comprehensive reading, note taking, data interpreting, describing the data and categorizing. After that, she explained the process and how she applied those steps during the research, and finally exposed her findings through several charts.

The third antecedent is a thesis entitled *The Monomyth in the Novel Peter Nimble and his Fantastic Eyes by Jonathan Auxier*. This investigation was elaborated by Nur Wahidah, a student at the Islamic University Makassar in 2016. The author stated that the objective of the investigation was to analyze the adventure of Peter Nimble, using Joseph Campbell theory (the monomyth), which is basically the hero's journey divided into three main structures which contain the stages. Before analyzing the content of the book, the student gave a brief explanation of the book and stated that, basically, the type of the story is a fairy tale.

The author of the thesis divided the analysis into three structures, and then explained each of the stages of the hero's journey, starting from the Call for adventure in the departure part, the refusing of the call, supernatural aid, crossing the threshold, and belly of the whale. After that, she continued with the initiation part, which started with the road of trials. Then continued with the meeting with the goodness, women as temptress, atonement with the father, apotheosis, and the ultimate boon. Finally, she ended with the return, which contained the refusal of the return, the magic flight, rescue from without, the crossing of the return threshold, the master of the two worlds, and the freedom to live. The student concluded that all the stages of the hero's journey were included in this story.

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The fourth antecedent is a thesis entitled *Kids 'Adventure and Bravery Seen Through Hero's Journey in Erich Kasteners' Emil and the Detectives* by Uttita Nurosyada Hilmi of the UIN SUNAN AMPEL SURABAYA in 2019. The author of this investigation stated as her objectives to describe the three main characters of the novel and to describe the characters' journey in the novel. The researcher based her investigation on previous studies, physical books, websites, and other data sources. In addition, the investigator clarified that the method that she applied to collect information was first to read and to understand the story, the research of books and other sources, and note taking in order to make a deep analysis of the problem in the study.

In this analysis, the author decided to apply Joseph Campbell's method of the hero's journey, which consists of 17 stages divided in three main parts: Departure Initiation and Return. She explained the three of them and the 17 stages. Besides that, at the end of the explanation, she added a scheme that illustrated the 17 stages of the hero's journey according to Campbell and how it is divided. Moreover, the author of this thesis associated them with the characters of Emil and the Detectives and how it affected them in the development of the story. At the end of the investigation, the researcher concluded that the characters analyzed in the story, which were Emil and his friends, could be considered as heroes, according to the stages in which they were analyzed.

The fifth antecedent is an analysis made by Yuliana Salon, a student of the Universidad Internacional de las Americas, in 2020. She elaborated a literary analysis of the book *A Christmas Carol* by Charles Dickens, utilizing the Hero's Journey Stages. In this case, the student clarified that the book was written before the theory of the hero's journey was invented. However, she affirmed that there were several elements that were valuable to analyze

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and to obtain a conclusion that permitted her use the hero's journey as a method of analysis.

Moreover, the author of this investigation had as objectives to identify the different stages Mr. Scrooge went through to become a hero, to determine the events that allowed Mr. Scrooge to change his behavior and attitude, and to evaluate the impact of the hero stages in Mr. Scrooge's life and the people around him.

In addition, in order to make the analysis, she gathered information mostly from books and digital sources. The student started her theoretical framework by explaining that she used the hero's journey based on Christopher Vogler theory, which contained only 12 stages instead of the 17 that Joseph Campbell's has. She continued first by explaining each of the 12 stages of the hero's journey to understand better her investigation before continuing with the analysis of Mr. Scrooge journey. After explaining what each stage consists of, the researcher explained other important elements of the investigation, such as the symbols, psychological approach, biography of Charles Dickens and the Plot of the story. Moreover, the author decided to elaborate three different charts to analyze the story in three parts: a literary analysis chart of the hero's stages, a literary analysis chart of Mr. Scrooge's behavior changes, and the literary analysis chart of the impact of hero's stages in Mr. Scrooge's life. At the end of the investigation, the researcher concluded that the objectives set at the beginning of the analysis were successfully accomplished, and that let her to determine that Mr. Scrooge indeed became the hero of the story.

1.5 Scope

The scope of this investigation will be valued by many features. The main objective of this analysis is to evaluate through the twelve stages of the hero's journey, the narrator of the story of *Fight Club*. This objective will be accomplished by a deep analysis that will

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help to get a concrete conclusion of the topic. Besides that, the other features of the scope of this investigation are the specific objectives. The first specific objective of this analysis is to identify the mental disorder that the narrator of *Fight Club*, suffers. This objective will be reached by making a deep research of opinions and comparisons, so the researcher can make his own conclusion. The second specific objective of this investigation is to analyze the factors that make the narrator of *Fight Club* to look for a solution to his problem. This process will require a chronological analysis of the events that this character went through to make this decision. Finally, the third specific objective of this investigation is to compare the narrator of the story to a traditional hero. This objective will be reached through a deep analysis and comparisons between the narrator of the story and the prototype of a traditional hero of a story.

It can be identified that all the objectives in this investigation will have some requirements to be accomplished. However, these requirements will be useful not only to students, but also to writers and investigators interested in this and other topics. For instance, in the case of the general objective that is to evaluate through the twelve of the hero's journey the narrator of *Fight Club*, will allow future investigators to have a different point of view of how a hero of a story can be. As well, in the case of the first specific objective, it will help future researchers to identify the real problem that the narrator of the story suffers, in this case his mental disorder. Besides that, in the second specific objective will allow to analyze and, recognize the factors that make the narrator of *Fight Club* to look for a solution to his mental disorder. Finally, the third specific objective will help future investigators make comparisons between traditional heroes and normal characters who are not usually considered as heroes and make a concrete conclusion about it. In order to reach

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these objectives and make a good conclusion, a lot of dedication and compromise will be needed. That includes a lot of readings, research, and analysis to accomplish these goals.

Chapter II

Theoretical Framework

In this second chapter, there are going to be found the most important concepts and definitions of the features to be analyzed during this investigation. First, the researcher is providing the definition of literature, theory, and literary theory. Moreover, the definition of the hero's journey and its stages, as well as the themes, motifs, and symbols are going to be explained with the elements taken from the novel, the Fight Club. Finally, the author's biography and the plot of the novel are included in order to have a better idea of what is going to be presented during this investigation.

2.1 Literary Theories

To understand what the analysis is going to be about, it is important to take a look at the definitions of concepts such as literature, theory, literary theory, and the 12 stages of the hero's journey.

2.1.1 Literature

According to Rexroth (2019), literature is basically defined as a body of written works. The name has traditionally been applied to those imaginative works of poetry and prose distinguished by the intentions of their authors and the perceived aesthetic excellence of their execution. Literature may be classified according to a variety of systems, including language, national origin, historical period, genre, and subject matter. Consequently, it is important to consider that the "Literary Analysis of the Book Fight Club by Chuck Palahniuk, Using the Hero's Journey Theory from the Mythological Approach" is a written work; therefore, this analysis is considered literature, which makes it important for present and future research.

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2.1.2 Theory

According to the Oxford Dictionary (2021), theory is a formal set of ideas that explain why something happens or exists.

2.1.3 Literary Theory

The web site English Literature.Education (2021) states that literary theory is a body of logically derived and not easily refutable ideas in systematic order that we can use, while we critically interpret a text. It can be understood that literary theory is applied with the objective of analyzing a written work that will help the investigator to make the best conclusions at the end of the project. The literary theory applied on this research is based on the Hero's Journey Stages. Nevertheless, in order to understand what the Hero's Journey is and what each stage is about, it is important to explain them.

2.2 Hero's Journey Stages

The hero's journey is a literary theory that explains the path of a hero through some specific stages in a story. It can be applied to in a novel, a movie, short story, role play, etc. Joseph Campbell, a professor of literature at Sarah Lawrence College, stated in his book *The Hero with a Thousand Faces* (1949) that "A hero ventures forth from the world of common day into a region of supernatural wonder: fabulous forces are there encountered, and a decisive victory is won: the hero comes back from this mysterious adventure with the power to bestow boons on his fellow man." Moreover, Campbell divided this journey into 17 stages. Nevertheless, it has to be stated that those 17 stages are not necessarily applied in all of the stories. Consequently, in the case of the literary analysis of the book "Fight Club" by Chuck Palahniuk using the hero's journey from the mythological approach, only 12

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stages are going to be included and explained. Therefore, this analysis is going to be based on the *Writer's Journey* by Christopher Vogler (2007).

2.2.1 The Ordinary World

This is the first stage, where the protagonist of the story and his environment are introduced. Vogler in *The Writer's Journey* explained that "Most stories take the hero out of the ordinary, mundane world and into a Special World, new and alien" (2007, pg.10 par. 1). He also stated that "that this is the familiar "fish out of water" idea which has spawned in countless films and TV shows." In other words, in this stage the protagonist is shown in his comfort zone, living a normal life.

2.2.2 Call to Adventure

In this second stage, the hero is presented with a challenge he has to face. Vogler (2007) stated that once the hero is presented with the call to adventure, he can no longer remain indefinitely in the comfort of the ordinary world he is living in. In other words, the hero has to abandon his comfort zone and face a new adventure that will definitely change his life and environment.

2.2.3 Refusal of the Call (The Reluctant Hero)

In this third stage, the hero is hesitant about the challenge he has to face. He is afraid of abandoning his ordinary world and beginning a new adventure. Vogler (2007) stated that this stage is about fear. The hero balks at the threshold of adventure, refusing the call or expressing reluctance. He also said that the hero has not fully committed to the journey and may still be thinking of turning back. In addition, he explained that some other influence is necessary to convince the hero of not turning down this call (a change of circumstances, further offense against the natural order of things, or the encouragement of a mentor). In

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few words, it can be said that the hero still doubts about accepting this call to adventure and may need help to decide what to do.

2.2.4 Meeting the Mentor

In this stage, the hero meets with his mentor and thus, he looks for advice and encouragement to face the challenge presented. The mentor tends to be wise people that will help the hero face the problem. Vogler (2007) described the mentor as a Merlin-like character and explained that the relationship between hero and mentor is one of the most common themes in mythology, as well as one of the richest in its symbolic value. Vogler compared it with the relationship between parent and child, teacher and student, doctor and patient, and God and man, among others. In addition, Vogler (2007) explained that the function of the mentor is to prepare the hero to face the unknown and give pieces of advice to him. Nevertheless, the mentor does not go far with the hero, as the latter has to face the unknown by his own. As a summary, the mentor is a guide that encourages and prepares the hero to face the adventure he is about to begin.

2.2.5. Crossing the First Threshold

This fifth stage is when the hero finally accepts the challenge and decides to follow his call to adventure. Vogler (2007) explained that in this moment the hero finally agrees to face the consequences of dealing with the problem or challenge posed during the call of adventure. Moreover, this is the moment when the story takes off and the adventure really gets going. During this stage, the hero has made his decision and there is not turning back.

2.2.6 Tests, Allies, and Enemies

In this sixth stage, the hero faces the first tests that puts him at a risk and meets people who can help him and his enemies, as well. Vogler (2007) stated that once in the first

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threshold, the hero naturally encounters new challenges and tests, makes allies and enemies, and begins to learn the rules of the Special World.

2.2.7 Approach to the Inmost Cave

In this seventh stage, the hero encounters himself in the most difficult and dangerous situation. According to Vogler (2007), the hero comes at last to the edge of a dangerous place; sometimes deep underground, where the object of the quest is hidden. Often, it is the headquarters of the hero's greatest enemy, the most dangerous spot in the Special World, the Inmost Cave. When the hero enters that fearful place, he will cross the second major threshold. Vogler also stated that the heroes often pause at the gate to prepare, plan, and outwit the villain's guards. This is considered as the phase of Approach.

2.2.8 The Ordeal

In this eighth stage, the hero confronts his greatest challenge. In some cases, he appears to die. Vogler (2007) stated that in this stage, the hero hits bottom in a direct confrontation with his greatest fears. Moreover, he faces the possibility of death and is brought to the brink in a battle with a hostile force. Besides, Vogler explained that The Ordeal is a "black moment" for the audience, as they are held in suspense and tension, not knowing if hero will live or die. In addition, he explained that the experiences of the preceding stages have led the audience to identify themselves with the hero and his fate. In Vogler words, every story needs such a life-or-death moment, in which the hero or his goals are in mortal jeopardy.

2.2.9 The Reward

In the ninth stage, the hero, after going through the complications faced and overcame during the ordeal, obtains his reward. Vogler (2007) states that this reward might be a

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special weapon, like a magic sword, or a token like a Grail, or some elixir which can heal the wounded land. Moreover, Vogler explained that sometimes the "sword" is knowledge and experience that leads to greater understanding and reconciliation with hostile forces; in addition, the hero's Ordeal may grant a better understanding of the opposite sex and/or the ability to see beyond the shifting outer appearance, leading to reconciliation.

2.2.10 The Road Back

In this tenth stage, the hero decides to come back to his Ordinary World; even though, he might have not dealt with all the consequences of the challenges he just faced.

According to Vogler (2007), the hero is not out of the woods yet, as he has not managed to reconcile with the parent, the gods, or the hostile forces, that may come raging after him.

He also added that this stage marks the decision to return to the Ordinary World. The hero realizes that the Special World must be left behind, and there are still dangers, temptations, and tests ahead.

2.2.11 Resurrection

In this eleventh stage, the hero faces one last live or death moment on his way back to the Ordinary World. Vogler (2007) explained that death and darkness get in one last desperate shot, before being finally defeated. Moreover, there is a kind of final exam for the hero to take, as he must be tested once more to see if he has really learned the lesson of the Ordeal. Besides, the hero is transformed by those moments of death and re-birth and is able to return to his ordinary life reborn, as a new being with new insights.

2.2.12 Return with the Elixir

In this final stage, the hero comes back home with a treasure or lesson learned from his adventure that will help him in his homeland. According to Vogler (2007), the journey is

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 meaningless unless the hero brings back an elixir, treasure, or lesson from the Special

World. The elixir is a magical potion with the power to heal, a great treasure like the Grail that magically heals the wounded land, or simply be knowledge or experience that could be useful by the community someday. In addition, the author explained that the Elixir is a treasure won on the quest, but it may also be love, freedom, wisdom, or the knowledge that the Special World exists, and it can be survived. Sometimes, the hero comes back home with a good story to tell. Vogler (2007) finally said that unless something is brought back from the Ordeal in the Inmost Cave, the hero is doomed to repeat the adventure. The importance of having explained the definition of the Hero's Journey and its different stages is that they will play an important role on the development of the analysis of the novel "Fight Club" by Chuck Palahniuk.

2.3 Themes, Symbols and Motifs of *Fight Club*

When analyzing a novel, different elements such as the Themes, Symbols, and Motifs must be included, and this investigation is not the exception.

2.3.1 Themes

According to WritingExplained.org (2021), the theme of a literary work is a salient abstract idea that emerges from the treatment of its subject matter. Some common themes are love, war, deceit, revenge, fate, destiny, etc. The "Fight Club," as a literary work, contains some interesting themes that are going to be presented during this investigation.

2.3.1.1 Emasculation

According to Oxfordlearnersdictionary (2021), emasculation refers to a man who is made to feel that he has his male role or qualities (p.1). Moreover, the webpage gradesaver.com (2021) states that *Fight Club* presents the argument that men in today's

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society have been reduced to a generation of men that do nothing by themselves and that they ~~but~~ have become anesthetized with watching others do things instead. Masculinity becomes a brand, a means to sell products to men. "Being a man" then becomes owning the right watch or car instead of knowing who you are and what your values really are (p.1).

One clear example of emasculation in the Fight Club is Tyler Durden, who was created by the narrator of the story. Tyler was created as a prime male physical specimen, so he was basically the image of what the narrator always wanted to be, and a big part of what society dictates a man has to be.

2.3.1.2 Violence

Lexico.com (2021) defines violence as behavior involving physical force intended to hurt, damage, or kill someone or something (p.1). Furthermore, Gradesaver (2021) states that fighting in the novel is not presented as a solution to the character's problems, but as a means of achieving a spiritual awakening. The fighting itself reminds men that they are still alive (p.1); in other words, it worked as a kind of therapy for the people involved in those fights.

2.3.1.3 Chaos

The Cambridge Dictionary (2021) defines chaos as a state of total confusion with no order. Moreover, Gradesaver (2021) states that Tyler believed that the use of chaos as perpetrated by Project Mayhem would lead to a better world. Tyler planned to reset civilization to a more agrarian or hunter-gatherer phase, allowing the planet to recover from all the damage done by human beings (p.1)

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2.3.1.4 Isolation

The Cambridge dictionary (2021) defines isolation as the condition of being alone, especially when this makes you feel unhappy. In addition, Gradesaver (2021) states that the narrator and Marla Singer sought for some sort of contact to save themselves from their mundane lives. The narrator repeatedly complained about the empty trappings of his consumer lifestyle (p.1). The narrator and Marla were two people struggling to survive from what they considered was a miserable life, so they started to attend to support groups such as testicular cancer and tuberculosis, even though, they did not present those conditions.

2.3.1.5 The threat of Death

According to Gradesaver (2021), Tyler stressed the importance of being fully cognizant of the fact that one's life would eventually end. He used the "human sacrifice" to shock unwitting "victims" into realizing that their lives were passing them by. Therefore, by bringing them face to face with the possibility of their deaths, they were pushed to improve their lives (p.1).

2.3.1.6 Consumer Culture

According to Gradesaver (2021), the narrator touched on the emptiness he experienced in a consumer culture, as well as the goals and rewards it sets out. The narrator found finds shopping for "clever" items for his condominium, as a sort of opiate for the emptiness in his life. He hated his job and did not appear to have much of a social life (p.1). This is something that happens in today's society, as people that do not find happiness and believe that buying stuff would solve their problems, but at the end of the day it would not make any difference in their lives.

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2.4 Symbols

In literature, a symbol is something included in a work, as its meaning goes beyond its literal definition. According to Masterclass (2021), a symbol is a literary device that uses words, people, marks, locations, or abstract ideas to represent something beyond the literal meaning. In the case of the novel *Fight Club*, there are some symbols that are found, so they ~~and~~ are going to be explained throughout this analysis.

2.4.1 Tyler's Kiss

After he initiated each new member of Project Mayhem, Tyler Durden kissed the member's hand and then poured lye on it, giving the member a horribly painful, kiss-shaped scar. According to Litcharts (2021), "Tyler's Kiss" symbolizes the "painful pleasure" of Tyler's philosophy and his tutelage. Tyler was rough on his followers, including the Narrator. However, he believed that he was helping them by leading them to enlightenment. The excruciating pain of the lye was supposed to get them closer to the "real" (p.1). The fact that all of Tyler's followers received the same mark, showed how self-contradictory Project Mayhem could be. Litcharts (2021) states that the group got as a purpose supposedly to bring down the mindless repressive consumer culture, but in the process, it became similarly mindless and repressive. All the members had the same mark on their bodies, received the same indoctrination into Tyler's ideas, and were expected to give up their identities and lives for a "greater good" (p.2).

2.4.2 Birthmark

In this story, the Narrator, who was also the main character of the novel, had a birthmark on his foot. According to Litcharts (2021), the Narrator learned that birthmark greatly resembled (but it was not) an early-stage tumor, which could have engulfed his

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entire body and killed him. The birthmark symbolizes the constant presence of death in the Narrator's life. In other words, the birthmark is a reminder that the Narrator could be dying of cancer. The Narrator's most unique feature, the one that allowed strangers to identify him to a certainty, and which thus played a convenient role in the novel's plot, was his birthmark in an essentially meaningless part of his body, which he exercised no control. Thus, the birthmark could be said to symbolize the Narrator's uniqueness (as opposed to Tyler's kiss, which was shared by Tyler's followers), as well as the flimsiness of the very concept of individuality (p.1).

2.4.3 Soap

Tyler collected fat with the purpose of making soap. Consequently, Litcharts (2021) states that Tyler explained that the process of making soap was incredibly brutal, as animals must be slaughtered and bodies must be harvested just to produce a state of cleanliness. The soap itself and also its process is the symbol of the brutality and violence of the "real world," a world that most people would prefer to ignore. Furthermore, soap is a symbol of the pain and sacrifice needed to keep the world turning, and the invisible dirtiness involved in the way that people keep themselves clean (p.1).

2.5 Motifs

A motif is an element or idea that is repeated throughout a literary work. According to Masterclass (2021), a motif is a literary technique that consists of a repeated element that has symbolic significance to a literary work. Sometimes, a motif is a recurring image and other times, it is a repeated word, phrase, or a topic expressed in a language. A motif can be a recurring situation or action, a sound or smell, a temperature, or even a color. The key aspect is that a motif through helps to illuminate the dominant ideas, central themes, and

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 deeper meaning of a story (p. 1-2). In the case of *Fight Club*, there are some motifs that can be found throughout the story, so they are going to be explained in the next paragraphs.

2.5.1 Body Parts

In *Fight Club*, the inclusion of the description of body parts throughout the story can be noted. Coursehero (2021) states that that the body parts make visible something the characters try to hide. Marla's mother and other women had fat suctioned from their bodies; thus, for them the fat vanished. However, the fat surged back into sight and splattered over on the narrator and Marla. This fat symbolizes excess that these wealthy characters never purge (p. 1). In addition, body parts as a motif are combined by the author with synecdoche. According to Coursehero (2021), the Narrator often referred to "I am Joe's body," a series of articles in *Reader's Digest* magazine during the 1960s. In these articles, it could be found a body part and a first explanation of its functions: "I am Joe's heart," for example. When the narrator heard Marla and Tyler "humping" all night, he said "I am Joe's prostate" and "I am Jane's uterus." When telling their own story, the body parts were personified. This is a clue that Tyler was is not a different person, but a part of the narrator (p. 2).

2.5.2 Cigarette Burns

The cigarette burns are also a motif included in the development of the story of the *Fight Club*. Coursehero (2021) states that the novel is strewn with "cigarette burns," small signals of the shift between Tyler and the narrator. For example, Tyler was a night person and the narrator, a day person. When Tyler burned the narrator's hand with lye, he told the narrator that such burn would hurt "worse than a hundred cigarettes" (p. 1). In addition, the cigarette burns are shown as a sign of self-harm. Coursehero states that in Chapter 8, the

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narrator came to find Marla “burning the inside of her arm with a clove of a cigarette, as it can be appreciated in the following excerpt: “As she does so she refers to herself as degraded; she calls herself a “human butt wipe” and a “diseased festering corruption,” The lye on the narrator’s hand was is surrounded by smaller burns caused by the narrator’s tears mixed with the lye. The narrator called them “cigarette burns.” Both Marla and the narrator took a bad situation and made it worse; they deliberately chose degradation to protect themselves from other forms of pain (p. 2).

2.6 Author’s Biography

In order to have a better point of view of a literary work and his author’s ideas, it is important to have knowledge on the life of the author. According to Famousauthors.org (2021), Chuck Palahniuk was born in Pasco, Washington on February 21, 1962. Most of his childhood was spent living in a mobile home in Burbank, Washington. However, after the divorce of his parents, Palahniuk and his siblings were sent to live with their maternal grandparents on a cattle ranch in Eastern Washington State.

During his twenties, Palahniuk studied at the University of Oregon’s School of Journalism. He graduated in 1986. During his college years, Palahniuk interned at the National Public Radio member station KLCC in Eugene. After graduation, Palahniuk moved to Portland, Oregon where he entered the workforce as a journalist in local newspapers. Palahniuk began writing fiction in his thirties, while attending writer’s workshops hosted by Tom Spanbauer, who inspired Palahniuk’s minimalistic writing style. His initial works were rejected mostly because of the amount of disturbing content. However, Palahniuk managed to get one of his short stories published in a compilation in

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1995. The story later became an inspiration and evolved into Palahniuk's most famous novel, the *Fight Club*.

While the short story had a difficult time finding a publisher, its conversion into a novel experienced the opposite. *The Fight Club* was accepted and published in 1996. For his exceptional writing in *Fight Club*, Palahniuk was presented the Pacific Northwest Booksellers Association Award, as well as the Oregon Book Award for the best novel in 1997. The success of the *Fight Club* gained the attention of filmmakers at Twentieth Century Fox, who wanted to adapt the novel to the screen. *Fight Club* the movie was released in 1999. Although, the film did not succeed in making it big at the box office, it later developed popularity gaining a cult following.

Palahniuk published more novels including *Choke*, which was also adapted into a movie, *Lullaby*, *Diary*, *Haunted*, *Rant*, *Snuff*, *Pygmy*, *Tell All and Damned*. Some of his significant short stories include *Guts* (2004), *Fetch* (2009), *Loser* (2010), *Knock Knock* (2010), and *Romance* (2011). In addition to writing fiction, Palahniuk has also produced nonfiction works such as *Fugitives and Refugees: A Walk in Portland, Oregon* (2003), *Stranger than Fiction: True Stories* (2004), and *You do not Talk About Fight Club: I Am Jack's Completely Unauthorized Essay Collection* (2008). Cuck Palahniuk now lives in Vancouver, Washington where he continues writing both, fiction and nonfiction works.

2.7 Plot of Fight Club

In order to have a better idea and knowledge of the analysis of the aspects that are investigated during this project, it is important to have an overview of the plot, which is going to be based on the reference found on Litcharts (2021). It has to be stated that the

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story starts with an unnamed Narrator, who was also the protagonist of the story, sitting at the top floor of a skyscraper that was about to explode, with a man named Tyler Durden pointing a gun into his mouth. It is important to emphasize that the story is told almost entirely in flashbacks.

Sometime before, the Narrator suffered from insomnia. Bored with his corporate, consumerist lifestyle, he started attending cancer support groups, even though he did not have any kind of disease. These support groups allowed the Narrator to express strong emotions and sleep well. However, then another person began to attend these groups, doing the same thing as the Narrator: a woman named Marla Singe. Marla explained that she went to these support groups because she wanted to feel "close to death."

The Narrator took a vacation. On a beach, he met a strange man named Tyler Durden, who gave the Narrator his phone number. When the Narrator came back home, he found out that his apartment had exploded. With nowhere else to go, he decided to call Tyler, who allowed him to stay at his house for a while. One day, Tyler convinced the Narrator to hit him as hard as he could. After hesitating for a while, he decided to do so. Tyler and the Narrator then realized that they loved fighting, because it made them feel alive and real.

While the Narrator was staying at Tyler's house, he continued working in his corporate job, which required him to travel around the country calculating the cost of recalling dangerous cars his company built. Tyler, on the other hand, had two jobs: he was a waiter in at a hotel and a projectionist in a movie theater. Tyler used his job to sabotage society. He urinated in fancy dishes in the hotel and spliced single flames of pornography into

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family movies. Tyler and the Narrator created a group called "Fight Club," in order to get in touch with visceral reality and their own masculinity.

Tyler received a call from Marla and so, he went to her hotel. After that, they started having loud and frequent sex at Tyler's house, irritating the Narrator. Tyler told the Narrator not to mention him in front of Marla, or the Narrator would never see Tyler again. Tyler decided to show the Narrator his other job: making soap and selling it to fancy department stores. During one soap-making session, Tyler kissed the Narrator's hand and poured lye on it, giving him a scar that looked like "Tyler's kiss." Tyler insisted that he was trying to get the Narrator to embrace death and pain, so that he could find enlightenment.

Marla frequently stopped by Tyler's house to drop off shipments of collagen that were removed from her mother's aging body through liposuction. Secretly, Tyler converted the collagen into beautiful creamy bars of soap, which he sold for a big amount of money. However, when Marla found out, she got mad at him. Moreover, the Narrator started to notice that he, Tyler, and Marla were never in the same room together.

Marla called the Narrator and asked him to examine her for breast cancer. They learned that she did not have it. Nevertheless, Marla started to attend cancer groups for real. Meanwhile, the police called the Narrator and told him that they suspected that someone, possibly the Narrator himself, blew up his apartment. On the other hand, fight club starts to get bigger and bigger, to the point other chapters sprung up across the country.

Later, Tyler created a new secret society, called Project Mayhem. Tyler subjected his recruits to a brutal initiation process. He urged them to sacrifice their own happiness and identity for the good of the movement. Tyler hosted hundreds of Project Mayhem members

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at his house. All of them were loyal to him. Moreover, he sent his followers on missions to "destroy society," often through bombings or vandalism. The Narrator continued to keep Marla company and supports her during her struggle with cancer.

One evening, the Narrator got a call at work from Tyler, telling him that Project Mayhem's car was waiting for him, so he got into it. The driver swerved the car on and off the road asking the Narrator "What do you want to do before you die?" and the Narrator answered: "Quit my job." As they drove, the Narrator became depressed with the meaninglessness of his own life; therefore, he tried to drive the car into oncoming traffic. However, the driver prevented him from doing so.

While Project Mayhem went on as usual, Tyler disappeared altogether. The Narrator without knowing what was going on, tried to track Tyler down by going to different bars and clubs. Each time, the bartenders addressed him as "Sir." Eventually, the Narrator realized the truth: everyone thought that he was Tyler Durden. Suddenly, Tyler appeared before the Narrator and explained that he was the Narrator's alter ego. In other words, he and the Narrator shared the same body, but Tyler was braver and more charismatic than the Narrator. The Narrator was the one who had sex with Marla, organized the Project Mayhem missions, and converted human fat into soap and explosives. After realizing that, the Narrator decided to tell Marla the truth.

The Narrator tried to shut down Project Mayhem and the fight club. However, then he realized that "Tyler" prepared his loyal followers for such a possibility. The members threw the Narrator out and began keeping tabs on him. The Narrator discovered that his boss died in a freak explosion and realized that Tyler and Project Mayhem were the responsible ones.

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Project Mayhem tracked down the Narrator, addressing him as "Mr. Durden," and then got prepared to castrate him for his disloyalty. The Narrator lost consciousness.

The Narrator woke up in the ruins of his old apartment. He considered committing suicide, but then he thought about how much he cared about Marla and that he must protect her. He found her and she told him that he has been murdering people. The Narrator lost consciousness again and found himself at the top of a skyscraper (right where he was at the beginning of the story). Tyler explained that "they" would now die in a blaze of glory.

Suddenly, Marla and the members of her cancer support group walked into the skyscraper, where they found the Narrator pointing a gun at himself. The bomb's timer went off, but nothing happened. Consequently, the Narrator realized that Tyler and Project Mayhem must have used faulty explosives. Nevertheless, he shot himself in the face. In the final chapter of the book, the Narrator revealed that his attempt of suicide did not work; he shot through his neck and ear, leaving him injured, but alive. Tyler has not disturbed him since his attempt of suicide. Marla wrote him letters while he recovered at the hospital. Occasionally, members of Project Mayhem stopped by and addressed him as "Mr. Durden" and said that they were eager to get back to work.

Chapter III

Methodological Framework

In order to reach its objective, any investigation must follow a series of steps and procedures. Those steps will help the investigator to accomplish the objectives that were described in the first chapter of this research. Those steps are going to be described in order to have a better idea of what is being analyzed during this study.

3.1 Research Approach

The research approach establishes the type of research methodology this study will focus on. There are three commonly used types of research approaches: the qualitative approach, the quantitative approach, and the mixed approach. These methods will be explained in the next paragraphs.

3.1.1 Quantitative Research

According to Le Torneau University (2021), the quantitative research “Emphasizes the statistical, mathematical, or numerical data analysis collected through polls, questionnaires and surveys or by manipulating pre-existing statistical data using computational techniques.” With this definition, it can be said that in the quantitative research opinions and data can be measured and visualized through graphics, charts, or tables for analysis.

3.1.2 Qualitative Research

According to the University of Utah (2021), a qualitative research is “A process of naturalistic inquiry that seeks in depth understanding of social phenomena within their natural setting.” That being stated, in the qualitative research instead quantify data to be

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analyzed in graphics or tables, the research focuses on analyzing behaviors or attitudes of individuals, societies, or problematics that are questioned in the investigation. Those analyses are accomplished by exploratory questions that will help to reach a positive result in the study. In the case of this investigation, the qualitative approach is the one that is going to be applied to get to a final conclusion. This method will help the investigator to resolve the general objective of the study, which is to evaluate the main character of the novel *Fight Club* through the twelve stages of the hero's journey.

In the case of the first specific objective, which is to identify the mental disorder the narrator of the story suffers, a literary analysis chart will be elaborated to make a comparison among the possible conditions that the narrator of the story may have. That will be done by quoting certain parts of the novel in which those conditions are described. The results will be analyzed and interpreted by the researcher, who will make a conclusion on the objective. Then, in the second specific objective, which is to analyze the factors that make the narrator of the story look for a solution to his problem, a literary analysis chart will be done to list those factors, cite them, and analyze them one by one in order to get a concrete conclusion. Finally, in the third and last specific objective, which is to compare the narrator of the story to a traditional hero, a literary analysis chart will be applied to compare the different characteristics that distinguish a traditional hero from other characters in the stories and the narrator of *Fight Club*, to analyze whether he is a hero or not.

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3.1.3 Mixed Approach

. According to Spalding University (2021), Mixed methods research is the type of research in which a researcher or a team of researchers combines elements of qualitative and quantitative approaches. That means both procedures are applied in an investigation. In the case of this study, this method is not going to be utilized.

3.2 Research Design

According to Sacred Heart University Library (2020), "The function of a research design is to ensure that the evidence obtained enables you to effectively address the research problem as unambiguously as possible." In an investigation it is common to collect information related to the problem stated at the beginning of the study. However, sometimes this information can change according to the advance of the research. Every investigation has a different design according to its necessities to develop and accomplish its objectives. In the case of this literary analysis, the design that is going to be applied is the descriptive.

3.2.1 Descriptive Research

The goal of a descriptive research is to describe a phenomenon and its characteristics. This research is more concerned with what rather than how or why something has happened (Nassaji, 2015). It means that some specific elements are going to be analyzed from the perspective of what has occurred through a story. The descriptive research method engages on the characteristics of a specific subject, and it is applied during the different stages and events that happen in a narration. In the case of this research, this method is going to be useful to describe the main character of *Fight Club*, which is the narrator of the story. In

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addition, it is going to be used to describe the situations in which he is involved and finally to analyze the twelve stages of the hero's journey, approach of this investigation.

3.3 Information Sources

According to Merriam Webster dictionary (2021), information is the knowledge obtained from investigations, studies, or instructions. On the other hand, the source of something refers to the person, place, or thing which a person gets it from. In this investigation, the information is gathered from diverse sources such as articles, biographies, books, interviews, encyclopedias, and literary analysis charts.

3.3.1 Primary Sources

According to Boston University Libraries (2021), primary sources are materials that provide direct evidence or first-hand testimony concerning the period or subject under investigation. The definition of primary source may vary depending upon the discipline or context. Some examples of primary sources are diaries, letters, speeches, interviews, memoirs, autobiographies, photographs, audio recordings, video recordings, and works of art, architecture, and literature, such as paintings, sculptures, poems and novels. In other words, primary sources are the original information that the investigator can find to develop the analysis.

3.3.2 Secondary Sources

According to Southern Connecticut State University (2021), a secondary source interprets and analyzes a primary source. These sources are one or two steps removed from the event or occurrence. In addition, they may include comments, discussions, reviews, and

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explanations, and they are considered secondhand sources, as they are based on primary sources. Besides that, a secondary source may include quotes, graphics, or pictures of primary sources in them. Some examples of secondary sources are bibliographies, biographies, books that discuss or analyze a topic, commentaries, criticisms, encyclopedias, indexes, abstracts, journals, or magazines articles that interpret or discuss previous research findings, newspaper articles that interpret an event, reviews of art, books, movies, plays, and textbooks. In simpler words, the secondary sources are based on original works.

3.3.3 Tertiary Sources

According to Sewanee the University of the South (2020), tertiary sources offer brief overview or background information on a subject. They are generally used at the beginning of the research process and do not provide sufficient detail to be major sources in college-level research. Nevertheless, tertiary sources are important pathfinders in the research process to locate more depth information. Some examples of tertiary sources are encyclopedias, dictionaries, handbooks, and manuals. It can be said that tertiary sources are created by gathering information from the primary and secondary sources.

3.4 Analysis Categories

In all investigations, most of the concepts are understood without any previous knowledge of the subject in question. However, there are some words or definitions that are not clear to the readers, and they have to be explained in order to have a better understanding. In the case of this investigation, some concepts are going to be explained below.

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3.4.1 The Hero's Journey

The hero's journey is a narrative pattern identified by Joseph Campbell outlined in his book *The Hero with a Thousand Faces* (Joseph Campbell, 1949). This pattern of adventure and transformation is a universal one that runs through all kinds of mythic traditions across the world.

3.4.2 Mental disorders

According to the World Health Organization (WHO) (2021), mental disorders comprise a broad range of problems with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviors, and relationships with others. Some examples are schizophrenia and depression.

3.5 Data Collection Instruments

The Data collection instruments are tools useful for the accomplishment of the specific objectives. They are chosen with the purpose of helping the investigator to have a clearer point of view at the time of making conclusions. The instruments chosen for this research are explained in the following paragraphs.

3.5.1 Literary Analysis Chart on the Mental Disorder of the Narrator of *Fight Club*

With this instrument, several types of mental diseases are going to be analyzed to know which one of them is the one that the narrator of the story suffers. This analysis chart is going to be composed by four columns. In the first column, different types of mental disorders are going to be situated. Then, in the second column, the symptoms or conditions that a person can present when suffering these kinds of diseases, are going to be written.

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Next, in the third column, some situations of the story are going to be cited. These situations describe the symptoms that could be related to the problem that the main character of the story may suffer. Finally, in the fourth column is going to be placed an interpretation of the researcher. In this part of the analysis chart, it is going to be written an opinion of the author of this analysis, that is what he considers is the problematic that the narrator of the story is facing. Those comments are going to be written after making the analysis of the three previous columns. The purpose of this instrument is to get to a conclusion of what is the real problem that the narrator of *Fight Club* is dealing with, and how serious his mental disorder can be.

3.5.2 Literary Analysis Chart on the Factors that Make the Narrator Look for a Solution

In this chart, the factors that make the narrator of *Fight Club* to look for a solution to his problem are going to be discussed. In this case, the chart has three columns. In the first column, the different situations in which the narrator of the story finds himself not comfortable at all, are found. This character describes that those situations disturb his mind and make him unable to find the peace that he is looking for. In the second column, there are going to be found the decisions that the narrator of the story makes in order to look for a solution to his problematic. Excerpts from the novel are going to be cited as they appear in the book. Finally, in the third column, the interpretation of the researcher is going to be found. In this case, the researcher is going to analyze the factors that make the narrator of the story look for a solution to his problem and, thus, to reach a conclusion. The purpose of

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this instrument is to reach the second specific objective of this research, which is to analyze the factors that make the narrator of Fight look for a solution to his problem.

3.5.3 Literary Analysis Chart to Compare the Narrator of the Story to a Traditional Hero

In this chart, the researcher will make a comparison between the protagonist of the story, which is the narrator of the novel, versus to the traditional model of hero that people use to read on books or watch in movies or TV series. This chart is going to be composed by five columns. The first column contains the characteristics of the traditional superhero that people find in books or movies. Then, the second column has the quotation of examples of those characteristics described in the first column, with the purpose of to supporting the theory already presented. Next, in the third column there is the characteristics that describe the narrator of Fight Club, as they may help him to be considered as a hero in the story. Consequently, in the fourth column, the researcher is going to cite the parts of the novel that best support the characteristics described previously. Finally, the fifth column will have the opinion of the investigator, describing what he can interpret from this analysis. Moreover, this will also help him to find out whether this specific objective can be accomplished or not.

3.6 Collection Data Process and Data Analysis

The literary analysis of the novel Fight Club is followed by a long process. This process is divided in several stages that help the investigator to reach the conclusion desired. The first stage of the collection data analysis is the reading of the book. The first time is to get to know the story, and to acquires knowledge. In addition, the researcher starts to take notes

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on aspects that he considers can be relevant in the development of the analysis. After reading the book, the researcher gathers all the information needed. This information includes other books with similar stories, interviews, and research articles related to the topic, among others.

After collecting all the data needed, the instruments of the investigation are going to be applied. Those instruments are elaborated with the purpose of accomplishing the general and the specific objectives that were stated in the first chapter of this investigation. The first instrument that is going to be utilized is a literary analysis chart that is going to analyze the Hero's Journey stages in which the Narrator of *Fight Club* went through. There are going to be included the stages that after a profound analysis the researcher considered are the ones which apply to the Narrator of the story. Then, there are going to be included some quotes that explain those stages, in order to have a better idea of the development of this character and the phases he went through. And at the end, there is going to be found an interpretation of the researcher.

The second instrument is a literary analysis chart on the mental disorder that the narrator of *Fight Club* suffers. First, it is going to be included the data obtained by researching various sources that have information about the mental disorders. Those must be reliable sources, so the investigator can have a trustable result. Such information must include definitions of the different types of mental disorders, symptoms, and characteristics that describe them, and identify them as a possible result of what the researcher is looking for. Then, the different situations that occurred in the *Fight Club* story are included in this chart. Those situations are related to the symptoms and characteristics of different mental

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disorders, to prove the relationship between them, and the conditions or diseases explained before. At the end, the interpretation of the investigator will be included. With this procedure it is expectable to have reached the first specific objective of this investigation.

The third instrument is the literary analysis chart on the factors that make the narrator of the story to look for a solution to his problem. The first step to follow is to take notes on the events that may have been considered as the ones that provoked the narrator to look for a solution to his mental disorder. After having identified them, those factors or situations are going to be included in the chart in order to be analyzed later. The next step is to include what the narrator of the story does about those factors. The same way as with the factors, the note taking will be very important during this process. Those events are going to be quoted in order to support the ideas in the most complete way. Finally, at the end of this chart the opinion of the researcher is going to be included. His interpretation on of the problematic and how the narrator of the story acts about it, will be shown in this part of the investigation.

The last instrument is a literary analysis chart to compare the narrator of the story to a traditional hero. In this case, it will be compared the characteristics of a traditional superhero commonly seen on books, comics, movies, or TV series, to the narrator of the story that may have some characteristics of a hero. This will require a research of books or articles related to the traditional model of a superhero. After having collected that information, the note taking of the characteristics of the narrator of the story will be included to analyze and compare to the traditional model of the superhero. With the

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information included, the last step is the interpretation of the researcher, that is whether the narrator of *Fight Club* can be considered a hero or not.

Those instruments are going to be applied with the purpose of reaching each of the three specific objectives. It will be important to pay attention to all the details that will help the investigator to accomplish a positive conclusion at the end.

Chapter IV

Data Analysis

According to Coursera.com (2021), the data analysis is the practice of working with data to glean useful information, which then can be used to make informed decisions. During this chapter, all the information is gathered with the objective of being analyzed and interpreted by the researcher in a way he can make the best conclusions possible from this investigation and the objectives shown at the beginning of this research. This analysis is going to be divided in three main stages. The first stage will explain the approaches of the investigation. In this stage, there will be shown the literary approaches that are going to be applied in order to make the analysis. The second stage will be composed by the theories vs literary works. In this stage, there are going to be applied the literary approaches chosen to reach the main objectives of the analysis. Finally, the third stage is going to be an analysis of the themes, symbols, and motifs found in the novel. These stages are going to be composed by the information collected from studies done before this investigation, quotes from the novel that are going to work as examples in order to understand the analysis, and a final interpretation of the researcher.

4.1 Approaches to the Investigation

The novel *Fight Club* is going to be analyzed through the hero's journey stages literary theory; therefore, it is essential for the investigator to explain what this approach is about and how it is applied to this analysis. According to Georgas, Regalado, and Burgess (2017) in *the Joseph Campbell's Hero's Journey*, the hero embarks on an adventure and returns transformed, empowered, and enlightened (p.120 par.2). First, the hero of the story, who

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begins as an underdog, an orphan, an ordinary person, receives a "call to adventure" from a "herald" or "messenger." The news comes as a surprise, "what do you mean I am called to leave what is familiar and venture out to face unimaginable dangers?" This moment of hesitation or denial is "the refusal of the call," and the hero's anxiety is what makes us to relate to them. At this point, someone or something, a mentor, a guide, a celestial apparition, an inner voice, emerges to reassure the hero, and offers some tools, weapons, talismans, or counsel to aid them. The second stage of the journey begins when the hero "crosses the threshold" into the unknown world. Now, the hero is joined by allies and helpers who assist him in completing a series of tests, a long road of "trials." Meeting multiple obstacles, the hero moves towards a culminating "supreme ordeal," and if victorious, wins a treasure or reward. In the final stage of the journey, the hero returns to the known world and shares the special knowledge or power gained (p. 122 par. 1)

To put it another way, the hero's journey stages literary theory is an analysis of the steps that the hero takes through his evolution on the challenges he faces. Those steps, at the end of the story, will cause an effect not only in his character, but also the environment that surrounds him. The general objective of this investigation is to evaluate through the 12 stages of the hero's journey the main character of the novel *Fight Club*. Then, the first specific objective will be to identify the disorder that the narrator suffers, the second objective is to analyze the factors that make the narrator look for a solution to his mental disorder, and the last objective is to compare the protagonist of the story to a traditional hero.

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4.2 Theories vs Literary Work

The purpose of a literary analysis is to use selected passages of a book using different approaches. In the case of this investigation, the novel *Fight Club* is going to be analyzed through the hero's journey literary theory. To accomplish this, four instruments are going to be applied, A literary analysis chart of the hero stages, a literary analysis chart analyzing types of mental disorders, a literary analysis chart that studies the situations when the narrator of the story suffered his personal issues, and the last chart is going to be a comparison between the characteristics of a traditional hero and the characteristics of the narrator of the story, who is the main character of the novel *Fight Club*. The objective of these charts is to make a deep analysis through theory, events, and interpretations of the researcher with the goal of getting a conclusion at the end of this investigation.

In this first chart that is going to be presented below, there is going to be included an analysis of the stages that the hero goes through during his journey. After that, there are going to be included some passages of the book that reflect those stages, and at the end of the chart, an interpretation of the researcher is going to be presented.

Hero's Journey Stage	Quote	Interpretation of the Researcher
The Ordinary World	"Three weeks and I hadn't sleep. Three weeks without sleep, and everything becomes an out-of-body	In this stage, the protagonist of the story presented himself and the situation of his ordinary life. However, it

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	<p>experience. My doctor said, "Insomnia is just a symptom of something larger. Find out what's actually wrong. Listen to your body." (p. 19)</p>	<p>was not ordinary at all because of his insomnia problem, which he was fighting against.</p>
Call to Adventure	<p>"My doctor said if I wanted to see real pain, I should swing by first Eucharist on Tuesday night. See the brain parasites. See the degenerative bone diseases. The organic brain dysfunctions. See the cancer patients getting by." (p. 19)</p>	<p>In this stage, the narrator was motivated by his doctor to visit some support groups in order to see what real pain was like. That recommendation would lead later the narrator to find a temporarily solution to his insomnia problem.</p>
Refusal of the Call	<p>"Until tonight, two years of success until tonight, because I can't cry with this woman watching me. Because I can't hit bottom, I can't be saved. My tongue thinks it has flocked wallpaper, I'm biting the</p>	<p>Actually, in the story there was not a refusal of a call. However, as it is described in this quote, there was a moment in which the narrator of the story started having doubts regarding the solution of the insomnia he</p>

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	<p>inside of my mouth so much. I haven't slept in four days." (p. 22)</p>	<p>came up with at the beginning. He visited the support groups, but this was not as effective as they were before. That was caused by the appearance of a mysterious girl in those meetings.</p>
<p>Meeting the Mentor</p>	<p>"One minute was enough, Tyler said, a person had to work hard for it, but a minute for perfection was worth the effort. A moment was the most you could ever expect from perfection." (p. 33)</p> <p>"His name was Tyler Durden, and he was a movie projectionist with the union, and he was a banquet waiter at a hotel, downtown, and he gave his phone number. And this is how we met." (p. 33)</p>	<p>In this stage, the narrator met Tyler, who was-is a person who had a different way of seeing life. He would later encourage him to make a change in his life.</p>

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<p>Crossing the First Threshold</p>	<p>"I called Tyler.</p> <p>The phone rang in Tyler's rented house on Paper Street.</p> <p>And the phone rang.</p> <p>The doorman leaned into my shoulder and said, "A lot of young people don't know what they really want."</p> <p>Oh Tyler, please rescue me.</p> <p>And the phone rang.</p> <p>"If you don't know what you really want," the doorman said, "you end up with a lot you don't."</p> <p>May I never be complete.</p> <p>May I never be content.</p> <p>May I never be perfect.</p> <p>Deliver me, Tyler, from being perfect and complete.</p>	<p>After getting his apartment destroyed by a fire, the narrator decided to call Tyler. He was now willing to leave his comfort zone and to start a new adventure with his mentor, Tyler.</p>
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	Tyler and I agreed to meet a bar.” (p. 45-46)	
Tests, Allies and Enemies	<p>“Oh, and Marla’s looking at me again, singled out among all the brain parasites.</p> <p>Liar.</p> <p>Faker.</p> <p>Marla’s the faker. You’re the faker. Everyone around when they wince or twitch and fall down barking and the crotch of their jeans turns dark blue, well, it’s all just big act.” (p. 35)</p> <p>“Tyler and I, we met and drank a lot of beer, and Tyler said, yes, I could move with him, but I would have to do him a favor.</p> <p>The next day, my suitcase would arrive with the bare</p>	<p>During this stage, it can be seen that the narrator of the story faced his first tests and met his allies and enemies.</p> <p>Marla was seen, at this point of the story, as an enemy.</p> <p>She interrupted the narrator’s peace when she came to the support groups that the narrator attended to. On the other hand, Tyler was considered as an ally. Since the narrator met him, his life was better. That was is due to the creation of the fight club.</p> <p>The creation of the fight club can be considered as a test.</p> <p>In the fight club, the narrator and Tyler found a place</p>

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	<p>minimum, six shirts, six pair of underwear.” (p. 46)</p> <p>“Tyler said, “I want you to hit me as hard as you can.” (p. 46)</p> <p>“The first rule about fight club is you don't talk about club.” (p. 48)</p> <p>“The second rule about fight club is you don't talk about fight club.” (p. 48)</p> <p>“You don't say anything because fight club exists only in the hours between when fight club starts and when fight club ends.” (p. 48)</p> <p>“Lying on our backs in the parking lot, staring up at one star that came through the streetlights, I asked Tyler</p>	<p>where they could fight their feelings, stuff they had been struggling with during their whole life, their relationship with their father is an example of it.</p>
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	<p>what he'd been fighting.</p> <p>Tyler said, his father." (p. 53)</p>	
<p>Approach to the Inmost Cave</p>	<p>"Tyler hasn't been home for a while... Everywhere I go, I ask about Tyler." (p. 156)</p> <p>"Every bar you go into, punched out guys at the bar wants to buy you a beer. And no sir, they've never met this, Tyler Durden. And they wink." (p. 157)</p> <p>"All night long, your thoughts are on the air. Am I sleeping at all? This is insomnia." (p. 162)</p> <p>"The moment you were falling asleep, Tyler was standing there saying, "Wake up. Wake up, we solved the</p>	<p>In this stage, the narrator of the story encountered himself in a dangerous situation. He started having battles with his mind discovering that Tyler and he, were the same person.</p> <p>He discovered that he had not slept at all. Instead, he had been doing some terrible things as Tyler Durden.</p>

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	<p>problem with the police here in Seattle. Wake up,” (p.163)</p> <p>“I ask if Tyler’s been following me... “Funny,” Tyler says, “I wanted to ask you the same thing. You talked about me to other people, you little shit. You broke your promise... Every time you fall asleep, I run off and do something wild, something crazy, something completely out of my mind.” (p. 163)</p>	
<p>The Ordeal</p>	<p>“Everything is falling apart.” (p. 169)</p> <p>“From now on, I tell Marla, she has to follow me everywhere at night, and write down everywhere I go.</p>	<p>Throughout this stage, the narrator confronted his enemy, who was Tyler, who happened to be his other personality. He decided that the best solution to end this problem was to kill Tyler</p>

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	<p>What do I see. Do I castrate anyone important. That sort of detail.” (p. 170)</p> <p>“So, Tyler can't take complete control, I need Marla to keep me awake. All the time.” (p. 174)</p> <p>“So, Tyler and I are up on top of the Parker-Morris building with the gun stuck in my mouth... The barrel of the gun press against the back of my throat, Tyler says, “We won't really die.” (p. 203)</p> <p>“The barrel of the gun tucked in my surviving cheek, I say Tyler, you mixed the nitro with paraffin didn't you... Paraffin never works. I have to do this. The police helicopters. And I pull the</p>	<p>(himself). They went through a huge discussion in which Tyler tried to convince him not to do it. However, the narrator had already decided his destiny.</p>
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	trigger.” (p. 205)	
The Reward	<p>“Of course, when I pull the trigger, I died... And Tyler died.” (p. 206)</p> <p>“People write to me in heaven and tell me I’m remembered, that I’m their hero. I’ll get better.” (p. 207)</p>	<p>In this stage, after the Narrator decided to kill himself, he explained now that he was in heaven. His reward was that now he was in peace. He said that he could finally rest, that everything there was better than real life.</p>

During this analysis, there can be found nine of the twelve Hero stages. After the Reward stage, there are other three more stages; however, in this case, when the protagonist of the novel reaches the Reward stage, the story ends.

In the second chart that is going to be shown below, it will be found an analysis of the mental disorders that the narrator of the story suffers. This chart is composed by four columns; the first column is going to include the names of these disorders, the second column will contain the symptoms presented when people suffer from these disorders, the third column will have some quotes of the novel that work as example of these disorders, and the fourth column will contain the analysis of the researcher.

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Types of mental Disorders	Symptoms	Situations in the Story	Interpretation of the Researcher
Insomnia	Unrefreshing sleep Trouble falling o staying asleep Fatigue Mood Changes	“For years now, I've wanted to fall asleep. The sort of slipping off, the giving up, the falling part of sleep. Now sleeping is the last thing I want to do.”	The narrator of the story struggled with his sleep issue. This affected him personally in several ways during the story.
Schizophrenia	Hallucinations False Beliefs or delusions	“Every takeoff and landing, when the people banked too much to one side, I pray for a crash. That moment cures my insomnia with narcolepsy when we might die	During this chapter, it began to be more visible the thoughts and hallucination the narrator of the story had. These made him unhappy.

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		helpless and packed human tobacco in the fuselage.” (p. 25)	
Dissociative Identity Disorder	Dissociative amnesia Blurred Identity	“Every bar I go to, every fucking bar, I see beat-up guys. Every bar, they throw an arm around me and want to buy me a beer. It's like I already know which bars are the fight club bars. I ask, have they seen a guy named Tyler Durden... They say never heard of him, sir. But you might find him in	The narrator of the story started to realize that Tyler Durden was not more just than a False identity he created in his mind.

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		Chicago, sir... And they wink" (p. 156-157)	
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In the third chart, there is going to be found an analysis in which is going to describe some situations that the narrator of the story faces as personal issues. They are going to be quoted as they appear in the book. Besides that, there are going to be found the solutions that the narrator of the story comes up with, and finally an interpretation of the investigator.

Situations that Describe the Personal Issues of the Narrator of the Story	Solutions that the Narrator of the Story Takes to Solve his Problems	Interpretation of the Investigator
“Three weeks and I hadn’t sleep. Three weeks without sleep and everything becomes an out of body experience.” (p. 19)	“My doctor said, if I wanted to see real pain, I should swing by First Eucharistic on a Tuesday Night. See the brain parasites.” “So, I went...The first group I went to, there were introductions: This is Alice,	The narrator of the story in his desperation to look for a solution to his insomnia, started to attend to supports groups, which for a few weeks helped him.

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	<p>this is Brenda, this is Dover...</p> <p>I never give my real name at support groups.” (p. 19)</p>	
<p>“Marla is the faker. You are the faker. Everyone around when they wince or twitch and fall down barking at the catch of their jeans turns dark blue, well; it is just a big act.” (p. 35)</p>	<p>“When meditation ends, everyone is stretching and twisting their heads and pulling each other to their feet in preparation. Therapeutical physical contact. For the hug, I cross in three steps to stand against Marla who looks up into my face as I watch everyone for the cue... Marla doesn't have testicular cancer. Marla doesn't have tuberculosis. She isn't dying. Okay in that brainy brain-food philosophy way, we're all dying, but Marla isn't dying in the way Chloe was dying”. (p. 37)</p> <p>“Everyone else has broken</p>	<p>When the narrator of the story saw that there was another person that attending the support groups, so his emotions started to change. Therefore, he proposed this to person split the groups not see her anymore.</p>

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	<p>apart and they're joining hands for the closing prayer. I let Marla go.</p> <p>"How long have you been coming here?"</p> <p>The Closing prayer.</p> <p>Two years.</p> <p>"Two years?" Marla tilts her head to whisper... Anyone who might've noticed me in two years has either died or recovered and never come back... Marla says, "okay okay, you can have testicular cancer."</p> <p>"This is how I met Marla." (p. 39)</p>	
<p>"The doorman steps out of the shadows to say, there's been an accident. The police, they were</p>	<p>"I called Tyler.</p> <p>The phone rang in Tyler's rented house on Paper Street.</p>	<p>When the narrator found out that his apartment had been destroyed, he realized that his life had</p>

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<p>here and asked a lot of questions.</p> <p>The police think maybe it was the gas. Maybe the pilot light on the stove went out or a burner was left on, leaking gas, and the gas, and the gas rose to the ceiling to floor in very room” (p. 44)</p> <p>“Young people, they think they want the whole world... If you don't know what you want, the doorman said, you end up with a lot you don't... May I never be complete.</p> <p>May I never be content.</p> <p>May I never be perfect.” (p. 46)</p>	<p>Oh, Tyler, please deliver me.</p> <p>And the phone rang...</p> <p>Deliver me from Swedish furniture.</p> <p>Deliver me from clever art.</p> <p>And Tyler answered.</p> <p>Deliver me, Tyler, from being perfect and complete.</p> <p>Tyler and I agreed to meet at a bar.” (p. 45-46)</p>	<p>been empty during some time. He realized that he filled a void in his life with materialism and now that he lost those things, he was ready for a change. However, he knew that he was not capable of doing it by himself, so he found in the figure of Tyler, the help he needed to overcome this situation.</p>
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In the fourth chart, there is going to be found a comparison between the characteristics of a traditional superhero and the characteristics of the narrator of the story. That is going to be done with the objective of proving whether the characteristics of the narrator of the story fit into the model of a traditional superhero found in books. Finally, there is going to be found an interpretation by the investigator.

Characteristics of a Traditional Superhero	Characteristics of the Narrator of Fight Club	Interpretation of the Investigator
A superpower, often enabled by a specialized item. It also can be a special talent that allowed him to take advantage when facing a threat.	The narrator of the story was a frustrated corporate slave. He felt trapped in a system which affected him physically and emotionally.	The main narrator of <i>Fight Club</i> did not have any special superpower. Therefore, in this way, the model of a traditional hero in this story did not appear. Even though, that did not mean, that he could be considered one.
Dramatic origin story: A story of a superhero usually involves a drama situation that affects him in a way that helps them build a strong personality.	The beginning of the story described the narrator of the story as a person with personal issues, due to his insomnia problem which made him look	In this case, there could be a similarity, since both type of characters started their story with a difficult situation, that might enable them look for a solution in their stories.

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	for a solution as soon as possible.	
<p>Courageous: They have a strong ability to face fears. However, there is a relationship between stupidity and courage. Courage is not lack of fear. In general, it is the willingness to confront fear. Even it takes courage to face injustice, many people fear for their lives.</p>	<p>The novel can describe the narrator of the story as a person with doubts at the beginning about what was going on with his life. Nevertheless, as the narrative moved on, he showed some courage that enabled him to face the obstacles he found on the path.</p>	<p>Here, there can be a difference at the beginning of the story as the narrator of the story is described as a person who does not know what to do with his life. However, as the story continues, he starts to show some behaviors that demonstrate the courage he is building.</p>
<p>Tolerant to pain: As a superhero, you should be prepared to deal with pain. Remember that you are a single man who is dealing with criminals. They will be beating you every day. Pain should be part and</p>	<p>The narrator of the story was a person that was in constant emotional pain due to his personal problems and experiences in life. In addition, the physical pain he experienced</p>	<p>In this case, generally the traditional superhero suffered from the battles he faced against their enemies. On the other hand, the narrator of the story presented a combination of both physical and emotional pain that were chasing him from the</p>

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parcel of your body. In fact, most of these characters seemed not to be feeling pain at all.	when founding the Fight Club and getting involved in the fights.	beginning until the end of the novel.
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4.3 Themes, Motifs, and Symbols

In literary works, there are always included themes, motifs, and symbols that are found throughout the characters, setting, and events inside the stories. As a matter of fact, in the *Fight Club* there is a variety that is going to be analyzed by the investigator. To do that, a chart will be shown below.

Literary Analysis Chart of Themes, Motifs and Symbols		
Themes	Quote	Interpretation of the Researcher
Emasculation	“Bob cries because six months ago, his testicles were removed. Then hormone support therapy. Bob has tits because his testosterone ratio is too high. Raise the testosterone level too much, your body	With this example, it is shown the feeling of sadness of a man whose testicles were removed. It is illustrated how a man could feel after a male part of his body was eliminated. The sensation of feeling weaker

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	<p>ups the estrogen to seek a balance.</p> <p>This is when I'd cry because right now, your life comes down to nothing, oblivion... It's easy to cry when you realize that everyone you love will reject you or die. On a long enough timeline, the survival rate for everyone will drop to zero." (p. 17)</p>	<p>and "not masculine enough." In addition, there was also a fear of rejection in front of society, which could affect a person emotionally.</p>
Violence	<p>"After a night in fight club, everything in the real life gets the volume turned down. Nothing can piss you off. Your word is law, and if other people break that law or question you, even that doesn't piss you off... Someday I'd be dead without a scar and there</p>	<p>Violence during this novel is seen as a spiritual process. The objective of the fights was to get a sense of awakening, to live to the fullest.</p>

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	<p>would be a really nice condo and car. Really, really nice, until the dust settled or the next owner.</p> <p>Nothing is static. Even the Mona Lisa is falling apart.</p> <p>Since Fight Club, I can wiggle half the teeth in my jaw.</p> <p>Maybe self-improvement isn't the answer.</p> <p>Tyler never knew his father.</p> <p>Maybe self-destruction is the answer." (p. 49)</p>	
Chaos	<p>"When Tyler invented Project Mayhem, Tyler said the goal of Project Mayhem had nothing to do with other people. Tyler didn't care if other people got hurt or not. The goal was to teach each</p>	<p>Tyler tried to show his men that they needed to find a purpose in life. He tried to show the world that men were are capable of anything they proposed to. In addition, he preferred to</p>

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	<p>man in the project that he had the power to control history. We, each of us, can take control of the world.” (p. 122)</p>	<p>be noticeable than being ignored.</p>
Isolation	<p>“You buy furniture. You tell yourself; this is the last sofa I will ever need in my life. Buy the sofa, then for a couple of years you're satisfied that no matter what goes wrong, at least you've got your sofa issue handled. Then the right set of dishes. Then the perfect bed. Then the drapes. Then the rug. Then you're trapped in your lovely nest, and the things we used to own, now they own you.” (p. 44)</p>	<p>During the story, it was shown how lonely the narrator of the novel was. He tried to cover his loneliness with purchases that helped him momentarily. Later on, he realized that material stuff was not enough to hide his feelings. That situation made him look for help.</p>

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<p>The Threat of Death</p>	<p>“I parked tonight, and I waited around the block for Raymond Hessel to finish his shift at the all-night Korner Mart, and around midnight he was waiting for a night owl bus when I finally walked up and said hello.</p> <p>Raymond Hessel, Raymond didn't say anything.</p> <p>Probably he figured I was after his money, his minimum wage, the fourteen dollars in his wallet. Oh, Raymond Hessel, all twenty-three years of you, when you started crying, tears rolling down the barrel of my gun pressed to your temple, no, this wasn't about money.</p>	<p>The narrator was trying to create a feeling of fear of death, with the purpose of changing Raymond's life.</p> <p>His objective was that by making Raymond feel that he was going to die at any moment, so he would find a way to look for a purpose in life and not let days just go by.</p>
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	<p>No everything is about money... You were going to cool, the amazing miracle of death. One minute, you are a person, the next minute, you are an object, and Mom and Dad would have to call old doctor whoever and get your dental records because there wouldn't be much left of your face, and Mom and Dad, they'd always expect so much from you and, no, life wasn't fair, and now it was come to this." (p. 151-153)</p>	
Consumer Culture	<p>"And I wasn't the only slave to my nesting instinct. The people I know who used to sit in the bathroom with pornography, now they</p>	<p>The narrator explained the void he felt in his life. His life was reduced to work and get back home. He did not have social life. That is</p>

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	<p>sit in their bathroom with their IKEA furniture catalogue.</p> <p>We all have the same Johaneshov armchair in the Strinne green stripe pattern. Mone fell fifteen stories, burning into a fountain.</p> <p>We all have the same Rislampa/Har paper lamps made from wire and environmentally friendly unbleached paper. Mine are confetti.</p> <p>All that sitting in the bathroom. The Alle cutlery service. Stainless steel. Dishwasher safe.</p> <p>The Vild hall clock made of galvanized steel, oh, I had to have that.</p>	<p>why he tried to fill this void by purchasing items that later he would not need.</p>
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	<p>The Klipsk shelving unit, oh, yeah.</p> <p>Hemling hat boxes. Yes.</p> <p>The street outside my high raise was sparkling and scattered with all this.</p> <p>The Mommala quilt-cover set. Design by Tomas Harila and available in the following:</p> <p>Orchid.</p> <p>Fuschia.</p> <p>Cobalt.</p> <p>Ebony.</p> <p>Jet.</p> <p>Eggshell or heather.</p> <p>It took my whole life to buy this stuff.” (p. 43-44)</p>	
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Symbols		
Tyler's Kiss	<p>"Tyler's saliva did two jobs. The wet kiss on the back of my hand held the flakes of lye while they burned. That was the first job. The second was lye only burns when you combine it with water. Or saliva... This is the best moment of our life.</p> <p>The lye clinging in the exact shape of Tyler's kiss is a bonfire or a branding iron or an atomic pile meltdown on my hand at the end of a long, long road I picture miles away from</p>	<p>Tyler's kiss was a way to make the narrator feeling aliveness. Besides that, this symbol was made by Tyler with the objective of inducing the narrator and the other members of Project Mayhem to his philosophy and his ideas.</p>

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	<p>me. Tyler tells me to come back and be with him...</p> <p>"Listen to me," Tyler says.</p> <p>"Open your eyes." "In ancient history," Tyler says, "human sacrifices were made on a hill above a river. Thousands of people. Listen to me. The sacrifices were made, and the bodies were burned on a pyre...</p> <p>We can use vinegar. Tyler says, to neutralize the burning, but first you have to give up... You have to hit bottom... This is the greatest moment of your life. Tyler says, and you're off somewhere missing it...</p> <p>The back of your hand is swollen red and glossy as a pair of lips in the exact</p>	
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	<p>shape of Tyler's kiss.</p> <p>Scattered around the kiss are the cigarette burn spots of somebody crying. "Open your eyes," Tyler says, and his face is shining with tears. "Congratulations," Tyler says. "You're a step closer to hitting bottom."</p> <p>"You have to see," Tyler says, "how the first soap was made of the roes."</p> <p>Think about the animals used in product testing.</p> <p>Think about the monkeys shot into space.</p> <p>"Without their death, their pain, without their sacrifice," Tyler says, "we would have nothing,"" (p. 74 – 77)</p>	
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<p>Birthmark</p>	<p>“How long, a doctor said, have you had this red blotch in your foot?</p> <p>The doctor meant my birthmark. On my right foot there is a birthmark that my father jokes look like dark red Australia with a little New Zealand right next to it. This is what I told them and it let all the air out of everything... I said to the medical student, you must not see a lot of birthmarks around here.</p> <p>It's not that. The student said everyone thought the birthmark was cancer.</p> <p>There was this new kind of cancer that was getting young men. They wake up</p>	<p>The narrator of the story used this birthmark to be aware of the constant present of death in his life. By seeing the picture of this birthmark every morning, he remembered that death can occur to anyone. It does not matter if you are old or young. In addition, due to the rareness of this mark, it gave a sense of uniqueness to the narrator of the story.</p>

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	<p>with a red spot on their feet or ankles. The spots don't go away, they spread until they cover you and then you die... The student with the nitrogen finished up and told me the wart would drop off after a few days. On the sticky paper next to my bare ass was a polaroid picture of my foot that no one wanted. I said, can I have the picture?</p> <p>I still have the picture in my room stuck in the corner of a mirror in the frame. I comb my hair in the mirror before every morning and think how I once had cancer for ten minutes, worse than cancer." (p. 104-105)</p>	
Soap	"So I can wash the pants,	Tyler used the example of

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	<p>Tyler has to show me how to make soup... Soap, Tyler. I said, we need soap. We need to make soap. I need to wash my pants. To make soap, first we have to render fat. Tyler is full of useful information.” (p. 65)</p>	<p>the production of soap to demonstrate that in order to achieve things, you first have to make some efforts, and to make some sacrifices.</p>
Motifs		
Body Parts	<p>“One morning, there's the dead jellyfish of a used condom floating in the toilet.</p> <p>This is how Tyler meets Marla.</p> <p>I get up to take a leak, and there against the sort of cave paintings of dirt in the toilet bowl is this. You have to wonder, what do sperm think.</p>	<p>Body parts from one side, give a clue that Tyler and the narrator were the same person. This happened when the narrator had this dream when he had sex with Marla and then he woke up and found a used condom in the toilet. On the other hand, when talking about the fat stored in the freezer, it could _____ be used as an example of</p>

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	<p>This?</p> <p>This is the vagina vault?</p> <p>What's happening here?</p> <p>All night long, I dreamed I was humping Marla singer." (p. 56)</p> <p>"I asked, what was she going to do with the white stuff? Paris lips, Marla said. As you get older your lips pull inside your mouth. I'm saving for a collagen injection. I have almost thirty pounds of collagen in your freezer." (p. 91)</p>	<p>excess of parts of the body that people are ashamed to show.</p>
Cigarette Burns	<p>"The old theaters that run a movie with two projectors, a projectionist has to stand right there to change projectors at the exact</p>	<p>The "cigarette burns" worked as a representation of the apparition of the narrator of the story and Tyler Durden. They did not</p>

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	<p>second, so the audience never sees the break when one reel starts and one reel ran out. You have to look for the white dots in the top, right-hand corner of the screen. This is the warning. Watch the movie, and you'll see two dots at the end of a reel.</p> <p>"Cigarette burns," they're called in the business. (p. 27)</p>	<p>appear at the same time when meeting with other characters of the novel.</p>
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Chapter V

Conclusions and Recommendations

5.1 Purpose of the Conclusion

In every investigation work, the conclusion is located at the end in the final chapter. The purpose of a conclusion is to demonstrate the results of the objectives presented at the beginning of the investigation and analyzed in the first chapters. On the other hand, recommendations are the instruments that the researcher chooses as suggestions for future investigations related to the subject analyzed during this investigation. As this investigation may concern, the conclusions will be the result of the analysis of the objectives shown in the previous chapters, and the recommendations will be some suggestions that can be applied for future investigations related to the topic analyzed during this research.

5.2 Conclusions

The purpose of this investigation was to analyze the novel *Fight Club* by Chuck Palahniuk, utilizing the hero's journey stages theory. In order to reach these conclusions, one general objective and three specific objectives were analyzed in the previous chapters. The general objective of this investigation was to evaluate through the 12 stages of the hero's journey the main character of the novel *Fight Club*. On the other hand, the first specific objective was to identify the mental disorder that the narrator of the story suffered from; the second specific objective was to analyze the factors that make the narrator look for a solution to his mental disorder, and the last specific objective was to compare the protagonist of the story to a traditional hero. In order to reach those objectives, a profound investigation and analysis was shown in a chart, followed by an interpretation of the researcher. After analyzing these objectives, it is important to provide some conclusions

Literary Analysis of the Book *Fight Club* by Chuck Palahniuk Using the Hero's Journey Theory from the Mythological Approach that will help the researcher explain them and give the respective recommendations in the following stages.

5.2.1 To Evaluate Through the 12 stages of the Hero's Journey the Main Character of the Novel *Fight Club*

The general objective of this investigation was to evaluate through the 12 stages of the hero's journey the main character of the novel *Fight Club*, which in this case is the narrator of the story. After having made the respective analysis; it can be concluded that the objective was accomplished in its majority, and it is going to be explained the reason why behind this conclusion. Out of the twelve stages that are defined to find out whether a character can be defined as a hero or not, the first nine appeared on the story of *Fight Club*. The first stage was the ordinary world. In this stage the main character of the story, which is the narrator, introduced himself in his world. However, his life was not ordinary at all as he suffered from insomnia. He was trying to overcome this problem which led him to seek for professional help.

The second stage was the call to adventure. In this stage, the narrator decided to visit a doctor to ask him for help regarding his insomnia problem. The doctor gave him some recommendations, and among them was one that suggested him to visit support groups. That recommendation would solve his problem temporarily. The third stage was the refusal of the call. In this case, there was not an actual refusal. However, there was a moment in the story which made the narrator hesitate about his situation, so it can be interpreted as a refusal. Some time later after visiting those support groups and find peace which fixed his insomnia problem by that time, the narrator met a woman that made him doubt about his situation. He did not feel safe anymore and did not know what to do.

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The fourth stage was when the narrator of the story met his mentor. He met a man whose name was Tyler Durden. This man was described as a person completely different from the narrator of the story, as he was everything the narrator was not. This person will later encourage the narrator to make a change in his life. The fifth stage is crossing the first threshold. In this stage, the narrator got his apartment destroyed, everything he had built with his work had been gone. Therefore, he decided to look for Tyler, as he saw in him a solution to his problems. The narrator considered that from now on his life was going to change.

The sixth stage was the tests, enemies, and allies. During this stage, the narrator met his first tests, and realized who his enemies and his allies were. At this point of the novel, Marla Singer was considered as an enemy, since from the narrator of the story met her, he lost the peace he had found before. On the other hand, Tyler was considered not only his mentor, but also his ally. Meeting Tyler helped him make a change in his life. They decided to create the Fight Club, which was considered to be a test for him. Fight Club was considered as a way to fight his demons, all the struggles he had been through. One example of the issues that he had been facing was his relationship with his father.

The seventh stage was the approach to the inmost cave. In this stage, it occurred a plot twist. The narrator started having second thoughts. He felt that something was not right. His insomnia problems were back. Besides, Tyler disappeared for a while. After the narrator started looking for Tyler, he discovered that Tyler and he were the same person, that what he thought the cure of his insomnia was another personality his mind had created. Later, he discovered some bad stuff he had done as Tyler Durden. The eighth stage was the ordeal. During this stage, the narrator confronted Tyler. They had a huge discussion about

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all the bad stuff they had done. The narrator decided that the best solution was to kill Tyler (himself). Tyler tried to play with his mind, trying to convince him not to do it. However, the narrator had already made the decision. The ninth stage was the reward. After the narrator decided to kill Tyler (himself), he now explained he was in heaven. The narrator stated that he finally found peace, that everything was better than life on Earth; and that was his reward. The next three stages which are the road back, the resurrection, and the return of the elixir do not appear during this novel. After making a deep analysis, the researcher concludes that these stages are not included during the narrator's path.

As a summary, the researcher carried out a thorough analysis utilizing the hero's journey to determine whether the narrator of the story was a hero or not through a chart that contained some quotes obtained from internet and the book itself and an interpretation of those quotes. After making this analysis, it was concluded that even though the narrator went through most of the stages to become a hero and explained that he finally found peace; he was not a hero. That is because of the way he decided to finally find that peace and reward that he talked about (he killed himself). Nevertheless, that can be an interpretation that would vary on future investigations.

5.2.2 To identify the mental disorder that the narrator of the story suffers

The first specific objective of this investigation was to identify the mental disorder that the narrator of the story suffered from. This objective was accomplished by a literary analysis chart, which was composed by four columns; the first column contained the possible mental disorders that the narrator of the story could have, the second column contained the common symptoms of these mental disorders, the third column included some quotes that worked as examples to explain those disorders, and finally the fourth

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column contained an interpretation by the researcher. Those mental disorders were found during different chapters of the novel. The first mental disorder found during the story was insomnia, which is observed in several passages of the story. As a matter of fact, it appears since the beginning of the story. The narrator explained how this insomnia had been affecting him during a long time. He stated that he could not sleep, and he found troubling doing so. Consequently, he decided to visit a doctor in order to look for help. This doctor gave him some suggestions that helped him temporarily. Another stage when the narrator described his insomnia was when he met Marla Singer. He explained that he had lost his peace and his insomnia was back. Finally, another insomnia episode appeared when the narrator realized that he and Tyler Durden were the same person. He discovered that his mind created this second personality to solve his insomnia. This disorder affected him in several ways. Since he could not sleep in an optimal way, his performance at work was not the same. He was always tired and unhappy. It can be stated that insomnia is the root of his whole problematic.

The second mental disorder found in the story was Schizophrenia. This disorder involves false beliefs, hallucinations, and delusions. In the case of the narrator of the story, this appeared when he started having some thoughts he was on a plane, for example. There is a passage where tired of everything, the narrator prayed for a plane crash, and he imagined the whole scene. Moreover, the third and last mental disorder found in the narrator's personality was the dissociative identity disorder. Basically, this is the main mental disorder that the narrator suffered. Even though, in the story, the narrator realized that he presented this condition almost at the end of the story, there were signs that he suffered from it in previous situations. This disorder makes the person to create involuntarily a

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second personality, in this case Tyler Durden. For instance, when he was having dreams with Marla Singer and then realized that she was with Tyler Durden. Another moment when a hint was ~~is~~-given is when Marla argued that the personality of the narrator was constantly changing, and she did not understand how it was possible. However, the narrator did not find these comments relevant.

Finally, he concluded that he and Tyler were the same person when Tyler was missing, and his insomnia problems were back. While the narrator was looking for Tyler, he noticed that people were treating him different as if he was Tyler and appeared to him in the middle of the night. This disorder caused him the main problems during the story, due to all the bad stuff he did while using his second personality. As a summary, the researcher found and exposed through the literary analysis chart the mental disorders that the narrator of the story suffered during the novel, which were insomnia, schizophrenia, and the main mental disorder which caused him most of the problems: the dissociative identity disorder. Therefore, it can be stated that this objective was accomplished with success.

5.2.3 To Analyze the Factors that Make the Narrator Look for a Solution to his Mental Disorder

The second specific objective was to analyze the factors that make the narrator of the story look for a solution to his mental disorder. This objective was accomplished by a literary analysis chart. This chart contained three columns. In the first column, there were included some quotes that described the personal issues that the narrator suffered during the story. On the other hand, in the second column, there can be found some quotes that described the solutions that the narrator of the story chose to solve his personal issues. Finally, the third column included an interpretation by the researcher.

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The first situation that was analyzed through this literary analysis chart, was his insomnia. The narrator explained how he had been struggling with this problem. He stated that he could not sleep, that he was tired. The solution he found was to visit his doctor, in order to get a professional piece of advice. His doctor suggested him to visit some support groups. He decided to go to those support groups and that helped him solve his problem temporarily. He explained that now he could finally sleep in peace.

The second situation that the narrator analyzed in the chart, was when he met Marla Singer. He explained that he started to visit these groups to find peace, even though he did not suffer from those illnesses that the people suffered. However, this peace was gone, due to a strange woman who started attending to these groups. Her name was Marla Singer. The narrator knew that she was is also faking. He did not feel comfortable knowing that this woman was is there. As a solution, he decided to confront her. They argued about what they were doing is not doing the right thing and one of them had to go. After a long discussion, they agreed to split groups, so both were in peace.

The third factor or situation that was analyzed through this chart, was when the narrator discovered that his apartment was is destroyed. He realized that his life had been meaningless during some time, and he felt a void that he needed to be filled. However, he considered that he was not capable to do it by himself, and he found the figure of Tyler Durden to accomplish this objective. Therefore, he decided to look for him to solve this problem. To conclude, in the literary analysis there were included some of the problems that the narrator of the story suffered during the novel and the solutions he chose to solve them. In other words, the objective was accomplished with great success by the researcher.

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5.2.4 To Compare the Protagonist of the Story to a Traditional Hero

The third specific objective was to compare the protagonist of the story to a traditional hero. In order to do that, a literary analysis chart was elaborated. This chart was composed by three columns. The first column contained some characteristics of the traditional model of a superhero. The information placed in this column was collected from a web page that contains trustful information of superheroes. On the other hand, the second column contained some information collected from the story that contained some characteristics of the narrator of the story that could be compared to the characteristics of a superhero. Finally, in the third column, it was included the interpretation of the researcher.

The first characteristic of a superhero that was included in this analysis was the superpower that usually helps the superhero with his performance. In this case, there is a difference between the narrator and a superhero. The narrator was described as a person that was is frustrated by what his life had become and did not have any superpower. The second characteristic of a superhero that was included was the dramatic origin story. In this case, there are a similarity. The narrator of the story was described since the beginning of the story as a person with several personal issues. This dramatic origin story led him to look for a solution and build some strength.

The third characteristic analyzed in this chart was courage. The story described the narrator of the story as a person with many thoughts and doubts about what was going on with his life. However, as the story moved on, the narrator faced some situations in which he showed courage to solve his conflicts. The fourth and final characteristic that was analyzed during this investigation was the tolerance to pain. In this case, the narrator of the story was exposed to several situations in which he experienced physical and emotional

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pain. This pain followed him during the whole novel. As a summary, this literary analysis chart showed that the narrator of the story had some characteristics that can be compared to a traditional superhero. It can be stated that the objective planned from the beginning was accomplished.

5.3 Restatement of the Research Question

The researcher accomplished all the objectives proposed at the beginning of the investigation. As a result of the investigation, the research question which is: does the narrator of the story follow the stages to be considered as a hero utilizing the hero's journey method? does not change.

5.4 Recommendations

The objective of the following recommendations is to offer different suggestions of alternatives for future investigations related to the topic analyzed during this research. For future literary analyses, it is important to offer some important recommendations. The first recommendation is before deciding which book to analyze, verify the familiarity the researcher must have with the book he is going to analyze. It is important for the researcher to be comfortable with the material he is going to analyze in order to have better results at the end of the investigation. The second recommendation is to be familiar with the approach that is going to be chosen for the investigation. It is necessary for the researcher to handle the information in an optimistic way, that will help him develop his investigation in the best way possible.

The third recommendation is to verify the sources where the information is collected. There are a lot of sources that offer false information that could affect in a

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negative way the research. That is why, it is important to collect the information from the best source possible. The fourth and final recommendation is to take the time necessary to make those investigations, that will allow the researcher to explore all the sources possible and make a decision on which of them will fit the purpose of the investigation.

The investigation can be done in different possible ways. For instance, the approach can be different, it can be analyzed from a psychological point of view. This can allow the researcher to use different instruments such as interviews from professionals and surveys. Another approach that can be chosen to analyze this novel can be the sociological point of view, that will require the help of experts in the subject, as well. The type of story and the elements found in it demonstrate that it can be analyzed using different approaches and accomplish different objectives proposed.

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Appendixes

Appendix 1

Figure 1

Literary Analysis Chart of the Hero's Journey Stages

Hero's Journey Stage	Quote	Interpretation of the Researcher
The Ordinary World		
Call to Adventure		
Refusal of the Call		
Meeting the Mentor		
Crossing the First Threshold		
Tests, Allies and Enemies		
Approach to the Inmost Cave		
The Ordeal		
The Reward		

Figure1. Literary Analysis Chart of the Hero's Journey Stages by David Ramirez (2021)

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Appendix 2

Figure 2

Literary Analysis Chart of Mental Disorders

Types of mental Disorders	Symptoms	Situations in the Story	Interpretation of the Researcher
Insomnia			
Schizophrenia			
Dissociative Identity Disorder			

Figure 2. Literary Analysis Chart of Mental Disorders by David Ramirez (2021)

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Appendix 3

Figure 3

Literary Analysis Chart of the Personal Issues of the Narrator of *Fight Club*

Situations that Describe the Personal Issues of the Narrator of the Story	Solutions that the Narrator of the Story Takes to Solve his Problems	Interpretation of the Investigator

Figure 3. Literary Analysis Chart of the Personal Issues of the Narrator of *Fight Club* by

David Ramirez (2021)

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Appendix 4

Figure 4

Literary Analysis Chart of a Comparison Between a Traditional Superhero and the Narrator of *Fight Club*

Characteristics of a Traditional Superhero	Characteristics of the Narrator of Fight Club	Interpretation of the Investigator
.	.	
.		
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Figure 4. Literary Analysis Chart of the Comparison Between a Traditional Superhero and the Narrator of *Fight Club* by David Ramirez (2021)

Literary Analysis of the Book *Fight Club* by Chuck Palahniuk Using the Hero's Journey Theory from the Mythological Approach