

Movie Therapy Questions

Positive Psychology

- What positive psychology themes did you see in the film? Consider strengths, virtues, emotions, positive relationships, accomplishment, mindfulness, and resilience.
- What strengths did the characters exhibit? Which characters portrayed these strengths? Was the portrayal realistic?
- Does the character “build up” a new strength, or do they “build upon” an existing signature strength?
- What combination of strengths stood out for you? How did the strengths build on one another?
- What obstacles or setbacks did the characters face? How did they use their strengths to overcome adversity? What specific steps did they take? Would they have overcome the obstacle if they had not had that character strength?
- Did one or more characters portray a contrasting perspective? Does the role of the antithesis character make the role of the virtuous character more salient?
- Does the character’s signature strength improve his or her other strengths? Does it influence or elicit strengths in other characters?
- How does the character’s strength influence his or her mood, attitude, and behavior?
- Is the character conscious of his or her strength? Is mindfulness of one’s strengths a prerequisite to using them?
- How does this character’s strength affect the larger culture or society he or she lives in?
- How do the characters in the film live a life of relationship and/or meaning?
- What characters are most like you and most unlike you?
- Did you experience cinematic elevation (or cinematic admiration) when watching the film? At what points did you feel this emotion? Why do you suppose you felt it at that moment?
- How might this film (character) inspire you to make a change or do something different in your life? What is the first step you will take?
- If you found yourself in a similar situation, how would you react? How would you use your strengths to handle the situation?
- From a cinematic standpoint, what was the director trying to say? How did he/she say it?
- What does this **movie** teach you about the human condition? Is there a way such a film can contribute to a better society?