

Movie Therapy Questions

Movie Questions

1. What are the primary problems of the main characters?
2. How do the characters relate to each other?
3. What are the character's self-image and self-esteem?
4. How does s/he blame others?
5. What are the expectations and values of the characters?
6. How does s/he criticize, judge or have contempt for others?
7. How does s/he begin to own their reactions and turn them into responses?
8. How does s/he learn to forgive others as well as self?
9. When do the characters learn to be comfortable living in their own skin?
10. What was the turning point for the characters?
11. How does this theme apply to your life?
12. Which character do you most relate to?
13. How did the characters display their relationship anxiety?

Movie Therapy Questions

Personal Reflections

1. How do you display your relationship anxiety?
2. Who do you hold responsible for soothing you?
3. How do you self-soothe?
4. How do you react to the characters in your life?
5. How do you blame others for the state of your life?
6. What can you do to take charge of your reactions and life?
7. How do you express humility and grant grace?
8. How do you become comfortable living in your own skin?
9. What kinds of conditions do you put on your love?
10. How do you forgive others that do not live up to your expectations?
11. What if others never live up to your expectations or refuse to meet them?
12. What can you do to write the rest of your story?
13. What makes your marriage different and special?