

# DO-IT-YOURSELF PERSONAL GROWTH USING MOVIE THERAPY

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I know what you're thinking.

Yes, it's possible and you can do it!

**Movie therapy will entertain you while helping you learn to achieve more positive results in your life.** Believe it or not, an increasing number of therapists are using this kind of therapy as a supplement to conventional practices. Some people are even using movie therapy in a do-it-yourself approach.



Use these ideas for choosing, watching, and sharing films that contribute to your [personal growth](#).

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# How To Choose Movies

## 1- What are your concerns?

**Work out personal issues. *Look for films that connect with your concerns.*** The Internet makes it easy to search for every possible movie topic, from high school cliques to becoming a grandparent.

## Are you overdue to unleash the tears?

**Have a good cry.** To make progress, you sometimes want to release emotions that get bottled up. For example, maybe you're going through a divorce. A film about divorce may reduce you to tears temporarily, but then it lets you move on.

## 3- Who do you admire?

**Explore positive role models.** Seek out movie characters you admire. ***Identify the qualities and actions in those characters that you already possess or want to emulate.***

## What masterpieces are on your list?

**Enjoy great masterpieces.** Many of the most revered directors in world cinema can be counted on for spiritual lessons and psychological insights. Sample the works of Akira Kurosawa and Jean Renoir or study your own personal favorites.

## 5- **How's your mood?**

**Lighten up.** Of course, you may be looking for a good laugh. Take a break for a few hours and relax with a comedy after a stressful day at work.

## Watching The Movies

### How many times have you seen it?

**Savor repeat viewings.** How many times have you watched your favorite movie? It can be difficult to absorb everything all at once. As you mature through different stages of your life, your reactions may change as well.

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### 2- **How do you react?**

**Pay attention to your physical reactions.** Our bodies sometimes provide clues to our deepest thoughts. While viewing a movie, observe when you're becoming tense or relaxed. Notice what makes you smile or frown.

### What do you like and dislike?

***Examining our acceptance or resistance to certain characters, scenes, or themes can help us to understand ourselves better.***

Perhaps you cringe at a story that brings back unpleasant memories of summer camp. You also may be drawn to an actor or character who reminds you of someone you know.

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## 4- What do you write down?

**Create a journal.** Put your thoughts down in writing during or after viewing a movie. It will help you track plot developments and make personal connections to the movie. Having notes that you can consult later will also enable you to revisit topics that you want more time to ponder.

## What's your plan of action?

**Develop an action plan.** Turn all these great lessons from the movie reels into constructive changes in your real life. [Set specific written goals for various aspects of your life.](#)

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## Sharing The Movies

## 1- Do you need to open up?

**Open up with your partner.** It can take a lot of courage to face the most sensitive issues in a romantic relationship. ***Movies are one way to break the ice and tackle difficult topics.***

## What can your entire family learn?

**Gather the family around.** Our families have a profound impact on our lives. Watch films together and encourage everyone to participate in an insightful discussion about the movie.

## 2-

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## Who else can you learn from?

**Learn from others.** It can be very revealing to see how different people interpret the same movie. If you go to a movie with friends, reflect on it afterwards over coffee or dinner. Join a movie club or begin viewing a wider range of films to discuss with your friends.

## What does your therapist suggest?

**Follow your therapists' recommendations.** If you're already in counseling or dealing with serious issues, [talk with your therapist](#). They can advise you about whether movie therapy is appropriate for you and how to integrate it into an appropriate treatment plan.

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You can get more out of the hours you spend sitting back, relaxing and watching movies.

**Focus on films that can teach you surprising new things about yourself and strengthen your coping skills.**

You will find that movie therapy is an effective way to make [personal development](#) much more fun for you.

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[Click here](#) for my current recommendation and choice pick to help you further **grow as a person**.

 [SolveYourProblem.com](http://SolveYourProblem.com)