

# Movie Analysis Worksheet



Instructions: After watching a movie, use this worksheet to reflect on the psychological and personal growth themes explored in the film. This exercise will help you gain insights into your emotions, thoughts, and personal development through the lens of cinema.

## 1. Choose a Movie to Analyze

Movie Title: \_\_\_\_\_

Date Watched: \_\_\_\_\_

## 2. Movie Summary

Write a quick summary of the main plot of the film in just a few sentences.

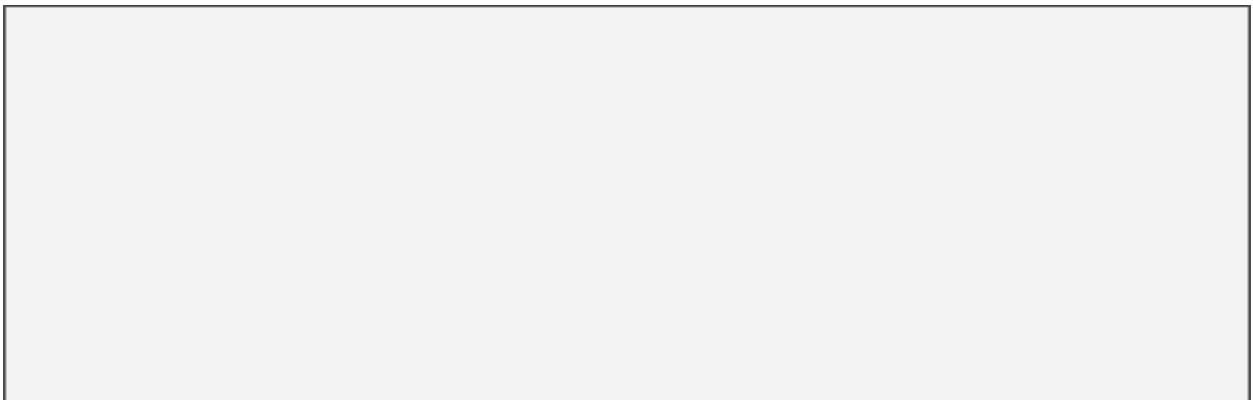
#### **4. Character Identification**

Which character in the movie did you relate to the most. Why? Describe the similarities you share with this character (physical traits, personality, relationships, attitude, life events, obstacles, etc.).



#### **5. Emotional Reactions**

What type of emotions did you feel during this film? What scenes or moments elicited the strongest emotional responses, such as joy, sadness, fear, shame, guilt, or anger?



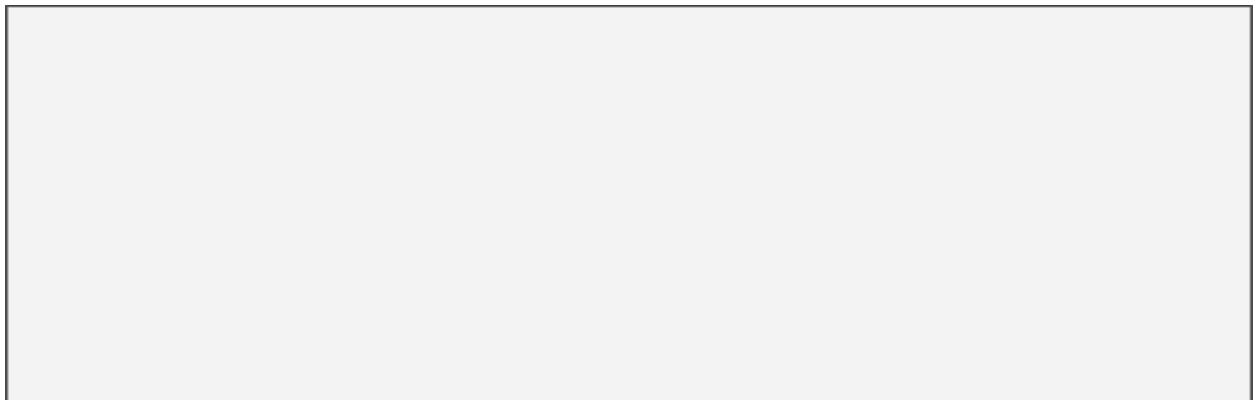
## 6. Core Themes

Identify and list the major themes explored in the movie (e.g., love, loss, identity, growth, resilience). How do these themes resonate with your personal life experiences and growth journey?



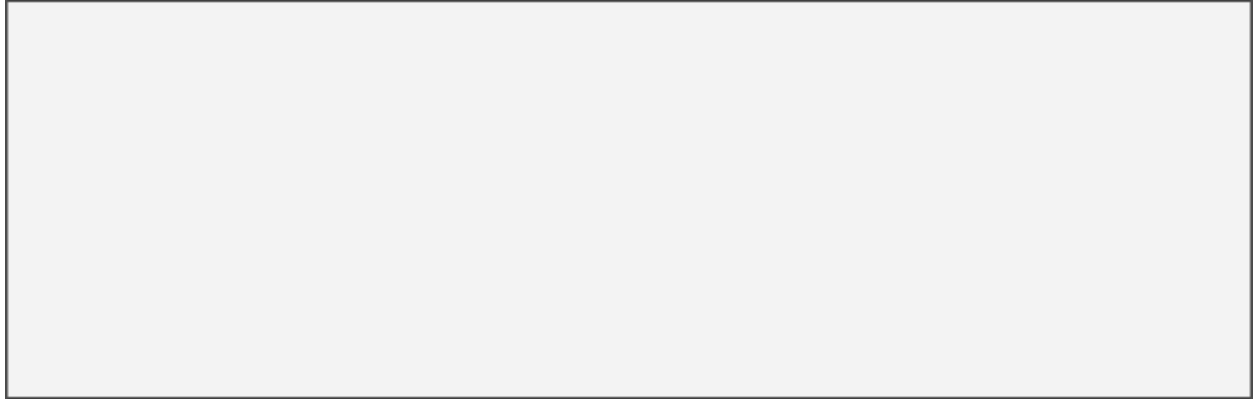
## 7. Symbolism

Are there any symbols or metaphors in the movie that you can find? What is the meaning behind them and how do they fit into the overall theme? Do they resonate with you?



## 8. Favorite Scene

What's a scene from the movie that stands out to you the most? Why?



## 9. One Life Lesson

In one sentence, summarize a life lesson you took away from the film.

---

Congratulations, you've completed the worksheet!

Remember that personal growth is an ongoing process, and movies can serve as valuable tools for self-reflection and understanding. Use this worksheet whenever you watch a movie to deepen your insights and continue your personal development journey.