

Exploring Emotional Healing Through Film Characters in Cinematherapy for Children

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Abstract: Cinema therapy involves the use of commercial films for therapeutic purposes. It also involves clients including children, adults and elderly people who watch films with or without their therapists, based on emotional or psychological issues similar to their own. After they have watched the films, they discuss with their therapists, who make them to learn from the film characters who have successfully addressed and solved such emotional and psychological issues. Thus, the clients can also be inspired to solve their emotional or psychological issues successfully on their own through cinema therapy. In order for the clients to relate to the film characters and solve their own psychological or emotional issues successfully, it is necessary that the film characters should have morally ascending character arc which include them successfully solving and facing emotional and psychological issues during the course of the films. This study aims to analyse the character arcs of the protagonists from the films *The Good Dinosaur* and *Encanto* which has been used or is suitable to be used for cinema therapy sessions with children and also how the protagonists have solved their emotional or psychological issues. The methodology of this study is qualitative content analysis based on the framework of “The Hero’s Journey” according to Christopher Vogler.

Keywords: Cinema Therapy, Character Arcs, Christopher Vogler, *The Writer’s Journey* and Emotional and Psychological Wellbeing.

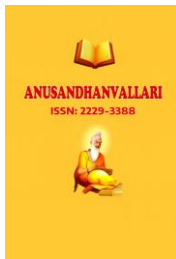
This study has been conducted as a part of the ICSSR Major Research Project 2023-2024.

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Films entertain people and they also make them laugh, cry and to reflect about their lives and the society. People often become so absorbed and interested during the process of watching the films. They start to enjoy and appreciate them and characters a lot when they start liking the films which they are watching.

This level of engagement with the films often continues with the people even after they have watched the films. They contemplate, deliberate and discuss about the films and their storylines either intra-personally and inter-personally (with a group of people, their friends and colleagues etc.). There are several aspects of the films which strike a chord with the audience and which make them to like and appreciate the films. These aspects continue to resonate with them even after they have watched the films and such aspects include the plots, characters, music, songs and editing etc.

However, one of the most important aspects of them are the characters or more importantly the protagonists of the films. As protagonists are often the very first people which the audience encounter, when they start watching the films. As the plots of the films often tends to revolve around the lives of the protagonists, the audience tend to relate to the protagonists and view the films from their points of view. This is also due to the reason why well-



written, layered and relatable protagonists often strike a chord with the audience and the latter also tends to sympathize with them and also become emotionally invested in their journey and lives as depicted in the films.

The lives and journeys of the protagonists of the films tend to be often intertwined with the plot of the films and the problems, obstacles and tests faced by the protagonists during the films tends to change their characters or also nudges them to solve their issues and problems. Thus, the protagonists or sometimes the supporting characters of the films undergo changes in their characters during the films. Interestingly, sometimes during the course of the films, seeing the protagonists successfully facing their problems and becoming better people by overcoming their flaws, during the course of the films can inspire ordinary people to correct their flaws and also evolve into better people.

The term character arc is closely related to the characters of the film and also their evolution throughout the films. It is defined as the indication “of how a character changes over time” and it also has a start and an end. There are three different types of character arcs in novels, short stories or films and they are: moral ascending, moral descending or flat character arcs.

Characters with flat character arcs do not undergo any drastic changes in their personalities through the course of the films and they always retain their personality traits and values while encountering conflicts throughout the films. The changes that are associated with these types of characters, usually revolve around the outcomes of some events and plots in the films and stories. Some examples of flat character arcs in literature and film include the famous fictional detective Sherlock Holmes, Paddington Bear, Indiana Jones and James Bond. (Heckman, 2021; Perelman, 2023).

A morally descending character arc is associated with the characters in films or literature who regress from a better situation to a worse situation throughout their stories and such types of characters are known for their failures in their lives and journeys in literature and film and such types of character arcs are characterized by some major flaws in their characters. The growth experienced by the characters throughout their stories is negative and these characters either become evil or succumb to their drawbacks of their characters at the end of the story. Some famous examples of morally descending character arcs in films are the protagonist Charles Foster Kane from the film *Citizen Kane* and Micheal Corleone from the film *The Godfather*.

A morally ascending character arc in literature and film is always associated with character development and growth. Protagonists having this type of character arcs tend to face some obstacles and problems in their life, learns some key lessons about life or about themselves, addresses and corrects some of their flaws in their personality traits and change for the better. A key component of the morally ascending character arc is the protagonists managing and overcoming problems or obstacles and these types of character arcs are marked by positive growth and development.

The Importance of Character Arcs in Cinema Therapy

It is the morally ascending character arcs of the protagonists or other characters in films that the literature related to cinema therapy emphasize upon and psychologists or therapists who conduct cinema therapy sessions or have written books about it, also state or recommend that such types of films featuring these types of character arcs should be watched by clients or be used in cinema therapy sessions to help the clients deal with their problems.

This is due to the reason that when clients watch films having characters who have morally ascending character arcs and successfully overcome their obstacles and problems during cinema therapy session, these films and characters help them to solve their emotional or psychological problems. They help the clients to solve their emotional or psychological issues by making them to feel inspired by the reel characters addressing and overcoming their problems successfully. As reel characters are often written and created by the writers and



directors, with character traits and problems similar to real life people, seeing these characters with similar traits and issues like the real people can inspire the latter to solve their problems and change for the better.

Children are the future of every society and country as they would grow up, study well and work hard and successfully to take care of their families and also lead their countries to prosperity. Thus it is very vital to ensure that the children are always in an optimum state of emotional and psychological wellbeing so that they would always be happy and cheerful. This would make them to study and work successfully and effectively and fulfil their duties and tasks successfully throughout their lives. One of the ways in which the emotional or psychological issues of the children can be resolved and their emotional and psychological wellbeing can be enhanced is through cinema therapy.

The study would analyse the evolution and development of the character arcs of the protagonists of the films *The Good Dinosaur* and *Encanto*, which has been used or is suitable to be used in cinema therapy sessions with school children in Tamil Nadu as part of the ICSSR Major Research Project that the researchers are currently working on. It would also study about how the protagonists of the films address and successfully resolve their emotional or psychological issues throughout their films.

Review of Literature

Wong and Achin (2020) in their study, stated that narrative arcs of the films are established through the events which happen during the course of the films and also explained that the plot of a film indicates the individual events which make up the narratives of the films. They also noted that the inability of the viewers to comprehend the cause and effect aspects of the film characters leads to them facing problems in comprehending the plots of films.

They also stated that the obstacles and problems faced by the characters in the stories of the films constitute part of the character arcs and they also mentioned that to make sure that these arcs are designed and written well, the 12-phase Hero's Journey is employed to emphasize the integration of the aspects of the events in the story with the rest of the plot of the films. They also noted that the character arc structure of Vogler's narrative model can form captivating stories.

Merta et. al (2022) in their study cited Henderson (2006) who said that films provided various purposes and took on various roles towards the enhancement of the "twentieth century culture". They also said about the vital characters in films, that they "drive plot, draw in perusers sympathy (or abhorring) and carry your story along" and they also said the vital character of films are the pivots of the plots of the stories about them and they are the vital skills of the writers or authors.

Muthalib et.al (2023) in their study about the characterizations of the characters in the film *Turning Red*, cited Bennet(2004) whom observed that there was an everlasting bond between the study of literary works and films and they also defined characters as those who emerge in various forms of literature such as stories, plays and movies and they are also known as "the actors" of the story".

They also stated Nurgiantoro (2010) stated that there are two characteristics which characters have which are: protagonist and antagonist. He also stated there are some "intrinsic elements" of the films which are "the plot, theme, setting, point of view, characters and characterization". They also cited Baldick (2011) and Inayah et. al (2022) definition of characterization as "the presence of characters in a work of fiction" which enables the readers to deduce their character traits from their words and actions. In the conclusion of their research study who noted that, their study emphasizes the vital role of character analysis in revealing the complex changes and development which characters experience through the whole course of the films.

Ramadhan et. al (2023) in their study about the development of the main character in the film *The King of Staten Island*, cited Petrie and Boggs (2012) who said that novels, short stories and films share many similar aspects. (Ramadhan et. al, 2023). They also stated Forster's definition of character development.

They also explained about how Truby (2008) in his book, explained about the importance of main characters in stories as they are the most pivotal roles in the stories as the stories are focused around them. In addition to this, they also encourage others to step forward and resolve the issues and problems. They also have their own intentions and wishes but they also have some flaws which prevent them from achieving their wishes and goals.

Ramadhan et. al (2023) also stated Eder et. al (2010)'s definition of characterization as "the process to provide a character with certain properties such as the mind, behavior, and their relations to the social environment". They also stated that how Elder et. al (2023) stated that there were two different types of characterization which are direct and indirect. Direct characterization involves the mentioning of the direct labelling of the character traits of the characters while the indirect characterization involves the deduction of the traits and personalities of the characters from their speech, action and looks.

Character Arcs and Cinema Therapy

Marsick (2009) also explained about how it was vital to focus on "relationships and character development and change" while watching films for cinema therapy while "viewers focus on a plot" while watching films for entertainment.

Buskirk (2017) has also stated that animated films are the preferred films to be used for cinema therapy sessions with children as they promote "abstract thinking and metaphorical discussion by providing a fictitious and augmented reality."

Research Objectives

The aim of this study is to study and analyse the evolution of the character arcs of the protagonists from the films *The Good Dinosaur* and *Encanto*, which has been used in or is suitable for cinema therapy sessions for children in schools in Tamil Nadu. It also seeks to study how the protagonists of the films address and resolve their emotional or psychological issues through the course of the films. The objectives of this study are:

- To study how the protagonists of the films are depicted and characterized.
- To study how the protagonists of the films evolve during the course of the films.
- To study and analyse how the protagonists of the films address and resolve their emotional and psychological issues during the course of the film as they evolve throughout the films.

Theoretical Framework

The theoretical framework of this paper will be the "Hero's Arc Journey", which consists of twelve steps, which was highlighted and explained in detail by Christopher Vogler in his book, *The Writer's Journey*. Vogler has explained about the stages which are usually encountered by protagonists in films on their way to growth, development and success during their lives in the films. The twelve stages of the journeys of the protagonists according to Vogler are:

1. **The Ordinary World**-The protagonist is introduced in such a manner that the audience can relate with him or her sympathetically and he or she is feeling uneasy or not aware of themselves. They are portrayed in the backdrop of their personal lives and the environment in which they live.
2. **The Call to Adventure**-Something has happened in the lives of the protagonists and is disrupting the situation in which they live. So they must face these changes.



3. **Refusal of the Call:** The protagonists is scared of the unfamiliar things or environment and tries to flee from them but only for a short period of time. This fear may also be voiced by the other characters in the films.
4. **Meeting with the Mentor:** The protagonists meet with a very experienced person who has known about the new place in depth and he or she offers them guidance, advice and motivation for them to successfully complete their journeys or tasks in this new world.
5. **Crossing the Threshold:** This stage happens at the end of the Act 1 in the films. The protagonists decide to leave their worlds and enter whole-heartedly into the new world.
6. **Tests, Allies and Enemies:** The hero faces several tests and becomes fully committed to the new world and also to their new adventures or tasks assigned to them in this new world.
7. **Approach:** The protagonists and their friends make preparations for the big ordeal or tasks in the new worlds.
8. **The Ordeal:** This stage occurs in the middle of the plots of the films and the protagonists enter into a unique position in the new worlds and encounters death or their biggest fears.
9. **Reward:** The protagonists take the rewards by facing their biggest fears and although there might be happiness and jubilation in this context, there is also the problem of losing the rewards.
10. **The Road Back:** At this stage, the protagonists is motivated to complete their adventures or challenges and leaving the new worlds to ensure that the rewards are brought back home.
11. **The Resurrection:** This stage takes place at the climax of the films and in this stage, the protagonists face their greatest test or ordeal in their homes and they are also enhanced through sacrifice and moments of birth and rebirth. This stage is also in the films where the conflicts in the story are resolved.
12. **Return with the Elixir:** The protagonists come back home and carries the rewards which they have acquired and they have also been transformed.

Study Method

This study has adopted the methodology of qualitative content analysis, based on the concept of The Hero's Journey explained by Christopher Vogler in his book *The Writer's Journey* to analyse the character arcs of the protagonists of the selected films. They were analysed based on the characterization of the protagonists, the emotional or psychological problems faced by the protagonists and the 12 stages of the Hero's Journey in their lives throughout the films and how did they solve their emotional or psychological issues.

The protagonist of the film *The Good Dinosaur* was selected for the purpose of this study as it has been used in the cinema therapy sessions with the school students as a part of the ICSSR Major Research Project which the researchers are working on and the protagonist of the film *Encanto* was selected for the purpose of this study as it was considered suitable to be used for cinema therapy sessions with the school students as a part of the ICSSR Major Research Project. This is due to the fact that the film was explained about how it could be used in the cinema therapy perspective by Vaida (2023) in his article. It was also listed as one of the films which teach the people about mental health by a creative arts organization based in Mumbai, Doctor Drama.

The film *The Good Dinosaur* was also selected to be used in the cinema therapy sessions for the school students conducted by the researchers as it was listed as one of the films which could be used to discuss about mental health with the children. (Liria, 2022).

In addition to this, The key criteria for films to be used in cinema therapy sessions in general are:

1. The film should offer hope.
2. The film should lead a person to feel motivated or improve themselves.
3. The film should lead the viewers to think about their psychological health and issues and they should also make the viewers to think about how would they

manage similar situations as depicted in the movies. (Shelton, 2024).

The protagonists of the films are chosen for the purpose of analysis of this study as they are the characters who are experiencing psychological or emotional issues in the films and also overcome them successfully through the course of the film. They also have morally ascending character arcs as the previous literature about cinema therapy emphasize and explain about the importance of how characters in films having these types of character arcs and how such characters are useful for clients to solve their emotional and psychological issues and enhance their emotional or psychological wellbeing.

The researchers first watched the films and they studied and observed the evolution of the character arcs of the protagonists and how they solved their emotional and psychological problems through the course of the films. The researchers watched the films *The Good Dinosaur* and *Encanto* on the streaming platform, Disney +Hotstar in their Tamil dubbed versions.

Then, they analysed and explained about the personalities and the character traits of the protagonists along with their emotional or psychological problems which they are facing. Then, their character arcs and their evolution throughout the film into better persons were outlined and explained in detail with the help of The Hero's Journey and the constituent stages and how these stages occur in these films in their lives. Additionally, the manner in which the protagonists solve their emotional or psychological problems and enhance their emotional or psychological wellbeing at the end of their lives in their films were also explained.

Analysis

The results of the content analysis of the character arcs of the protagonists from the films are as follows:

The Good Dinosaur (2015)

The protagonist of this film is Arlo the Dinosaur. He is a short and green dinosaur with a long neck who lives in a world where dinosaurs have not become extinct and he is very scared. Arlo also loves his parents and family a lot.

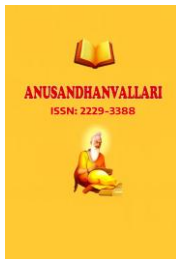
Stages of the Hero's Journey:

1. **The Ordinary World**-This stage in the film begins with establishing that Arlo's parents are farmers and it also illustrates the nature of Arlo and his elder siblings, Libby and Buck through how they come out of their eggs. This scene establishes while his siblings are very mischievous while Arlo is very scared of everything. This continues as he grows up and Arlo is scared of everything, including delivering corns to the nearby farm in which the birds are intimidating to him.

When Arlo runs away so fast that he is about to fall into a river but is saved by Henry, Arlo's father. who asks him why was he running so fast that he can't see the river in front of him, Arlo replies the birds are very bad. Henry laughs and says that **everyone will not be the same and there would also be good people among them.** After that, Henry explains that they would have to build a silo very strong so that no one would come and steal their food. Then Arlo's mother asks him to put his foot mark on the silo as he is an achiever and the silo should bear the marks of the person who has achieved. But Henry asks her to her mark as she deserves to put her mark and she also puts it. Then Henry also puts it.

Arlo and his siblings are also inspired by it and they all very eagerly stamp their foot in the muddy ground and are about to put their mark on the silo, when Henry stops them and says that it is not that easy. He also further tells that they should achieve something bigger than they have done, to put their mark on the silo. He also adds that one day they would definitely one day put their marks on the silo and he will be waiting for that day. Arlo becomes very inspired after hearing him.

After that, one day, Arlo gets tricked by Buck when he going to feed the birds when the latter said that he was going to die. When Arlo becomes angry and says to Buck that Buck always fools him, Buck retorts and called



him a coward and their parents admonish Buck. Arlo then declares that he is going to put his mark on the silo one day and also that he is not a coward.

Henry tells his wife that there is a way for Arlo to overcome his fear and one night, Henry wakes up Arlo who is sleeping and asks him to come with him. While they are walking in the night, Arlo is scared after hearing the howling sounds.

When he asks Henry where are they going, Henry replies that Arlo will soon know about it. After a while, Henry asks Arlo to walk by himself for some distance and Arlo asks if he should walk alone, but Henry tells Arlo to do so. A scared Arlo starts walking and after walking for some distance, Arlo becomes scared of a fly sitting in his nose and shouts to Henry.

However, Henry simply asks Arlo to relax and observe it while Henry blows at the fly. Then the fly starts radiating green light and Arlo becomes very happy. Henry also swings his tails over some bushes and then the flies in them also start radiating green light. He then advises Arlo that **he should overcome his fear so that he would be able to understand his surroundings better.**

Henry tells Arlo that tomorrow he would make an arrangement for Arlo to make his mark on the silo.

2. The Call to Adventure-After this, an angry Henry sees that the food in their silo has been eaten and declares that an animal has climbed over the fence and eating their food. He also adds angrily that if this continues, they would have not any food for them to eat. So, he assigns the responsibility of catching the animal to Arlo and an eager Arlo also agrees.

Then both of them make an arrangement to trap the culprit and Henry demonstrates to Arlo about how he should hit the culprit after trapping him in their trap. He also further adds that after Arlo accomplishes this, he would also put his mark in the silo besides him. Arlo also assures him that he would take care of the animal and he would not miss the chance.

3. Refusal of the Call: However, when Arlo sees the culprit trapped in their trap, he is still scared and carries a weapon to hit him. But when he sees the culprit, it turns out to be a small boy and as he lunges out at Arlo even though he is caught in the nets. Then Arlo becomes scared and drops the weapon.

When Arlo finally is about to hit the boy, the boy inhales and suddenly faints, leaving Arlo scared. Thus he cuts off the net of the trap which they have prepared and lets the boy escape. However when the boy comes to him, a scared Arlo tells him not to come towards and go. Then he accidentally falls over a rock and when he sees the boy coming towards him, Arlo screams and the boy runs away. An angry Henry sees this and asks Arlo why did he let the boy escape.

Arlo replied that the boy was biting and was coming towards him. Henry angrily says to him that he had missed a good chance and also that if he still continues to be afraid like this, then he would not be able to achieve anything. Then he asks Arlo to come along with him and says that he has got a lot to learn.

Then both of them chase the boy in the woods while it is raining and after they have reached a certain distance, Henry tells Arlo to come fast. However, Arlo is scared of the thunder and he also accidentally falls over a rock and hurts himself. Then he calls out to Henry.

Henry becomes very concerned when he sees Arlo struggling to walk after he had hurt himself. Then he tells Arlo that he will be fine and apologizes to Arlo and says that he wanted to eliminate Arlo's fear.

Then Henry tells Arlo that **he knows that Arlo is brave** but Arlo refuses that, saying that he is not as brave like Henry. However, Henry asserts that **Arlo is more brave than him.**

When Henry and Arlo try to go home as the weather gets worse, they see the water in the river rising to the short and Henry pushes Arlo over a mountain. Then, he tries to come up, however he slips upon a rock and falls. Arlo tries to help him but unfortunately Henry gets washed by the water waves and dies.



4. **Meeting with the Mentor:** This stage occurs in the film after Henry's death. Arlo's mother is unable to reap the harvest in their farm and tells a concerned Arlo that they would have to harvest this before the onset of the season of snow, or else they would be facing problems due to the lack of food. She tells Arlo that she knows that it would be difficult for him without Henry but they should do this. Arlo also assures her that he will keep up her belief and she also tells him that she also has the belief. However, when Arlo goes to the silo to put their food, he is surprised to see leftover food being thrown from it.

When Arlo enters into the silo to catch the culprit, he becomes furious when he sees the small boy eating their food and asks him if how brave must he be to come here and tries to catch him. However the boy evades him and goes out of his neck and tries to escape from him.

5. **Crossing the Threshold:** While Arlo runs behind the boy to catch him, he says that the little boy has been making a mistake and also adds that his father would have not spared him if he was alive. However, once the boy climbs upon his mouth, Arlo becomes scared and tries to remove him from there but in that process, both of them fall in the ocean and Arlo is swept away in the ocean. He also hits upon a rock in the ocean and he falls unconscious.

6. **Tests, Allies and Enemies:** When Arlo regains his consciousness, he finds himself stranded in a river with one of his legs injured. He shouts for his mother and is scared as he is in an unknown area. He tries to climb upon a mountain but falls down as he is injured. Arlo becomes scared when he hears a howling sound. However, when he sees the small boy on top of the mountain, he becomes angry and tells that he should have killed him the first time when he had seen him and that it was his mistake not to have done so. Then he climbs upon the mountain and when he sees the boy after setting his neck upon the rock, he blames him saying that it was his fault.

He asks the boy to go from there and when he sees the boy coming towards him, he puts off the boy through his nose.

After some time, Arlo tastes some fruits and realizes that he is hungry. He climbs upon a rock and tries to eat the fruits by reaching to the top of the tree. However, he could not and fall down.

However he finds his tail stuck between rocks and tries to free himself from them. However, he couldn't and since his struggle continues over night, he lies in the area and starts crying.

Then he frees his tail from the rocks and sees some small footsteps and he starts following them, despite the rainy weather. He makes himself a shelter using tree branches and lies down there, despite seeing some tiny animals and trying to scare them off, but they remain there. Arlo also does not care and remains there.

Arlo sleeps there for some time and these moments in the film mark a key point in his character arc and him facing his problem of fear. **Although Arlo still hasn't overcome his fear, he has faced and managed his fears and other problems such as being stranded in unfamiliar places and also managing to successfully survive there for two nights by constructing a place for him to reside.**

Then Arlo wakes up after some time in the night and becomes scared when he sees something hustling and moving towards him through the bushes. However, he eventually becomes angry when he sees the young boy coming towards with a chameleon for him to eat and he tells the boy to go away. Although Arlo wants to eat the chameleon, he becomes scared when the chameleon wakes up and makes a sound at him.

Then the chameleon and the boy go away and Arlo resumes sleeping. The next morning, the small boy again brings him a fly to eat but Arlo feels disgusted and does not want to eat it.

Then the boy returns and brings him some fruits to eat. Although Arlo tells him to go away from him, he begins eating the fruits and enjoys eating them. He declares that he is going to kill the boy but he asks the boy to bring him some fruits before him killing the boy by showing him visually by pretending to eat the branch which had the fruits which the boy had brought him.



The boy grabs the branch and runs away and Arlo also follows him.

Then the small boy leads him to the tree where such fruits can be found. Although the boy warns him not to pick up the fruits and eat them, Arlo ignores his warning and is about to waeat the fruits on a tree when an orange snake falls on his mouth and Arlo shakes it off his mouth.

7. Approach: This stage starts in the film when Arlo also falls down from the place due to the shock and lands in a place where the small boy also falls down with him and he successfully fights the snake and rescues Arlo.

Then a grey dinosaur , who Arlo meets also mentions that the young boy saved Arlo's life and asks why did he save his life.

Arlo replies that he is unsure about that but he wants to go home and asks him does he know where Clawtooth Mountain(his home) is.

The dinosaur replies that he has an idea and he wants the small boy. When, Arlo asks the reason behind it, he replies that he would protect him like his friends which protect him from internal and external dangers and factors.

After one of his friends, a bird Dabby chirps to him, the dinosaur again reiterates that they need him and asks Arlo about his name. When Arlo says that he does not know his name, the dinosaur tells that he would mediate and find out his name and closes his eyes.

Then before closing his eyes, the dinosaur mentions that if he finds out his name, then he keeps the boy. A nervous Arlo and the dinosaur say some names and call the boy using these names; to try to guess his name. At last, Arlo calls the boy "Spot" and the boy also responds; thus the name of the boy is Spot.

After that, the dinosaur mentions that it was very good for Arlo that he had found out the boy's name. The dinosaur also adds that Spot would keep Arlo safe until he reaches Clawtooth

Mountain and also tells him not to lose him. Thus, now a close friendship between Arlo and Spot is starting to be created and the previous antagonistic relationship between them has disappeared from this moment in the film.

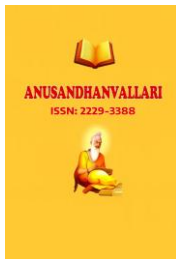
However, after this, Dabbie chases them, despite the dinosaur telling it not to do it and both of them escape from it.

Then, both of them start travelling and enjoying themselves and Arlo also start learning to swim and also begins swimming in an ocean by observing how Spot swims.

Then the friendship between both of them develops and both of them start having some fun.

However, when they are at a place during the night, Arlo tells Spot that he misses his family.

Arlo starts to place some sticks and drawing a circle around them, trying to make Spot understand about his family and the concept of a family. Then he sits down sadly as he remembers about his father who passed away.



Then Spot also takes three sticks and draws a circle around them, making Arlo to realize that it is his family.

Then Spot takes out two sticks in the circle and draws them out. Then he puts some sand over them and he sniffs and sits

Sadly upon them; implying that his parents have passed away. Arlo also does the same for a stick in his family; implying that his father has passed away. Arlo tells that he misses his father and starts crying. Then, Spot consoles him by patting him in his leg.

Then he starts to howl and both of them start howling. The next morning, as there is a sandstorm brewing, both of them leave the place and start travelling to a new place. As Spot goes forward, Arlo is scared of the thunder and is scared to follow him. When Arlo sees the thunder, Arlo remembers the thunder from the sky in the night when a shark had ate his father and his father was killed. This brings back his trauma and makes him scared.

Then he runs away from the area and takes shelter under a tree. Then after the weather has improved, Spot finds him and helps him to stand up by removing the bushes around him. Arlo stands up and is surprised when he finds that he has lost sight of the river and asks Spot about where was the river and asks how would he get home now.

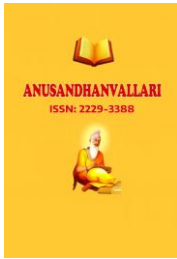
Arlo then sees and approaches some Pterodactyls and asks them to help him. When they land down and ask him if he is injured. Arlo replies that he is not injured. He also tells them that he needs to go home and asks the leader of the Pterodactyls if he knows where is Clawtooth Mountain and the latter tells that he knows but it is very far away from the current place.

However, he tells Arlo that he will take him there. Arlo thanks him and introduces himself to him and he also introduces himself as Thunderclap. However, they turn out to be evil dinosaurs who eat other animals. Although Arlo lies about Spot's location to the flying dinosaurs when they ask if he has a companion with him, Thunderclap deduces that Arlo is lying and then turns around and sees Spot. He tries to go and eat Spot. However Spot along with Arlo escape from them and starts running.

Then after a while, Arlo sees some dinosaurs in an icy place and calls them to help and runs towards them for help. However, when he sees that they are T-Rexes, Arlo becomes scared and slows down. However the T-Rex dinosaurs defeat and chase off the Pterodactyls and also help Arlo and the boy and asks Arlo if he is fine. Arlo says that he is fine and the T-

Rex dinosaurs are siblings and whom are named Ramsey and Nash. Then they start teasing and fighting with each other playfully after Spot plays with Ramsey.

However, their father, Butch approaches and tells them to stop their fight and asks Arlo about why did



he come to their area. Arlo replies that he did not come here on purpose and that he got lost from his home and he does not know the way to get there.

He also asks them to help and Ramsey tells Arlo that they are going north and she tells Arlo and Spot to come along with them as someone there might help Arlo. However Butch refuses to let Arlo and Spot to come along with them, saying that they would have to find the longhorns and goes.

Arlo further says that Spot could easily detect them by their smell and he has also seen it. Then Nash calls Spot and gives him the hair of the longhorns. Then Spot smells them and starts to go in a direction based on his detection of the smell.

Then all of them go behind Spot who eventually leads them to the spot where the longhorns are and Butch tells that as there are Rustlers there by seeing a feather and also a dead longhorn. He then tells his children that they would have to go soon(the Rustlers are a problem for the longhorns).

Ramsey and Nash also agree and go behind him. However, Arlo is scared but goes behind them along with Spot. However, they go slowly and hide behind a rock and observe the longhorns.

Then Butch tells Arlo that he has a job for him and tells him not to be afraid and go to the rock and distract the Rustlers while they would go and rescue the longhorns. A scared Arlo questions him if he has to go but Butch tells him to do what he said and edges him over.

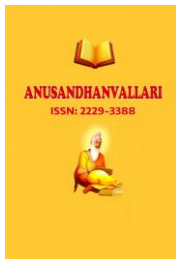
A scared Arlo goes to the rock and he shouts meekly till Spot bites his leg which causes him to shout out loud in pain which in turn brings the Rustlers to him who attempt to kill and eat him, however he is saved by the T-Rex dinosaurs. In the ensuring fight and stampede of the longhorns, Arlo stays behind a rock to save himself and Spot from the stampede.

However, when he sees Butch in a difficult position with the Rustlers while fighting with them, Arlo becomes angry, charges towards them and throws them from his back.

This marks yet another significant ascending moment in Arlo's arc and in his journey of resolving his problem of fear : **From a dinosaur who does not stand up to the birds as he is intimidated by them when he goes to feed food to them in their farm, he has now managed his fears and even successfully fought and defeated some Rustlers.**

However, the Rustlers are enraged and attempt to retaliate, but are now overpowered successfully by Butch.

After driving the herd of longhorns from there, they all are sitting at a campfire where all of



the longhorns are grazing when Butch praises Arlo and Spot that they could achieve their aim due to them. When Arlo and Spot look at their injuries suffered by them during the fight, Ramsey tells them that they are for a good purpose only and injuries are a symbol of bravery. Then while Ramsey, Nash, Arlo and Butch engage in a conversation about scars and how the T-Rex dinosaurs got their scars, Arlo says they are like his father and he was not scared of anything. He also adds that he is a very scared dinosaur. Butch retorts by asking if who had said that he is not scared and Arlo says that he had fought and killed a crocodile which was biting on his face.

However, Butch tells that he was scared while doing it and if he was not scared at that time, then he would have been killed by a crocodile that day. He also advises Arlo **that you cannot get rid of fear as it is natural but once if you successfully overcome your fear, then no one can prevent his victory.**

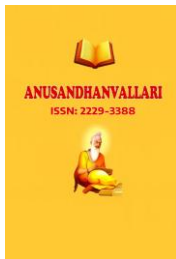
Then it starts to snow, indicating the start of snow and Arlo tells that he should leave for Soon. Butch also tells that they would leave tomorrow morning. While going with them, Arlo spots his home and Ramsey tells him that they would take care of the longhorns from here and tells him not to stop at anything and go and reunite with his mother. Arlo thanks them for their favour and Butch tells that it was Arlo's courage that brought him till here.

8. The Ordeal: While Arlo and Spot travelling towards their home, they have a lot of fun which indicates that they are now become close friends. Then as they see Clawtooth mountain and Arlo tells Spot that they are now nearing home and both of them start howling in happiness.

Then Spot is surprised as they hear another person howling and Spot goes and sees another man like him howling and he stares at him and walks slowly towards him. However, Arlo becomes worried when he sees Spot walking towards that man as he thinks that Spot might leave him. Thus, he puts Spot on his back and tells Spot that they would need to go home. So, they continue their journey and Arlo gets scared when they are approaching the peak of a mountain as it starts raining along with thunder. Then they meet the Pterodactyls again who fly in the sky.

They taunt and hurt Arlo and try to take Spot from him. After a struggle against them, the Pterodactyls kidnap Spot and push Arlo down from the mountain who tries to save him from them. Arlo falls and gets entangled in the branches of a tree.

Arlo tries to escape from there and cries for Spot. However, he couldn't and as a rock falls from above on him, he loses consciousness and faints.



9. Reward: Then after a while Arlo regains consciousness and sees his father coming to rescue him. Henry sets him free while Arlo calls him “Dad” and asks if he is still alive and that he can’t believe it.

While they walk together, Arlo tells Henry that his friend Spot is in trouble and we have to go and rescue him. However, Henry does not listen and continues walking. Arlo tells him to stop but Henry continues walking. Then as there are no footsteps in the mud like him when Henry is walking, Arlo is shocked and asks if this isn’t him. Arlo tells that he is scared and Spot needs his help. He also further explains that he had blamed Spot for everything unfortunate which happened to him and Henry’s death but he now realizes that it isn’t his fault. Arlo also says that he needs to go and rescue him as he likes Spot a lot.

Then Henry turns back and comes to Arlo smiling. He also says to Arlo that he knows what to do as Arlo is more brave than him and tells him to go and rescue his friend. Then Henry vanishes.

10. The Road Back: After Henry vanishes, Arlo regains consciousness and then realizes that it was a dream. Then Arlo tries and breaks free from the branches and starts running very fast to rescue Spot and he starts howling to send a signal to Spot; hoping that this will lead him back to Spot.

Then he hears Spot howling back and Arlo starts running in that direction and he comes upon a mountain and sees Spot in a branch besides a river with all of the Pterodactyls trying to eat him and Spot trying to evade from them.

11. The Resurrection: Seeing his friend in trouble, an angry Arlo charges towards the Pterodactyls and knocks two of them off in the river. Then he also sends two other Pterodactyls across the river by cutting down a tree with his tail and sending them across the river when they attempt to carry him and fly, while preventing him from rescuing Spot.

He also shouts in a very loud voice and scares Thunderclap while Spot comes from the branch and bites his wing. Then as Thunderclap attempts to escape, Arlo throws a branch at him and knocks him over the ocean.

However seeing the water rushing at Spot at high levels, Arlo calls out Spot and runs and jumps and swims across the oceans and successfully rescues Spot, who has become unconscious.



Then, Arlo eventually brings him to the shore. Then he manages to make Spot conscious again. **This marks the change in Arlo's personality as he has overcome his fears, fought and defeated the Pterodactyls and rescued his friend by learning how to face his fears and do what he has to do, instead of being scared and buckling down.**

12. Return with the Elixir: Then after while the two of them are travelling together and are standing in a mountain, they both hear the same man whom they had met previously howling again but this time his family is also with him. Spot too gets down from Arlo's back and goes to meet them. Then Spot meets all of them and they start liking each other and bond with each other.

Then Arlo though he feels very sad for separating from Spot, realizes that this would be Spot's family and that he needs a family.

He also makes him understand that this is his family and both of them hug each other and both of them cries and Arlo leaves for his home while Spot leaves with his newly found family. Then both of them howl together once.

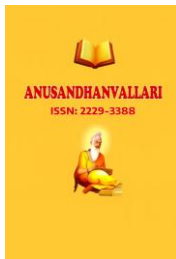
This marks yet another key change in Arlo's personality as he has become more mature and starts to think for the welfare of his friend that he needs a family rather than him and leaves him with them, although this will lead to their separation. This marks the completion of the transformation of Arlo into a brave and mature dinosaur.

Then Arlo finally reaches his home and his mother calls out Arlo in happiness and his siblings come and hug him. Then his mother and siblings hug him and all of them come towards the silo. As his mother signals him, **Arlo too happily puts his foot mark besides his father's mark; signifying that he has achieved something big.**

Encanto (2021)

The protagonist of the film is Mirabel Madrigal. She is a member of the Madrigal family who lives in Columbia in a magical home called Encanto and the matriarch of the family is Abuela, her maternal grandmother. She is a short and fair skinned girl who wears spectacles and wears a white shirt and a light blue frock and carries a handbag with her name printed in it. The Madrigals have been blessed with special powers.

However Mirabel does not have a special power as she was not blessed with a special power. Although she is a cheerful and lively girl who loves her parents and family very much and is proud of them, she feels sad within her mind that she does not have a special ability unlike her family members and thus she is different from her family. She also aims to make her family proud. Mirabel faces the psychological issues of being different from her family and also often being made fun or taunted by her family members. She also faces the emotional issues



of sadness due to the fact that she does have not a special power and due to the teases and taunts of her family members.

Stages of the Hero's Journey:

1. The Ordinary World-The film opens with Abuela narrating the story to a young Mirabel about how they had got the magic lamp which never extinguishes and blesses each member of their family with special abilities to help them, when they were forced to flee from their home several years ago.

This night was when Mirabel would be knowing what her gift would be and when she asks Abuela about what does she think her gift would be, Abuela tells Mirabel that she is a special person and her gift would also be as special as her. Then they go and join with the others and travel up the stairs to the magic door which would be giving Mirabel a special power. Abuela also adds that she should strengthen her family and the community.

However, tragically the door does not give Mirabel a special ability and everyone is shocked including Abuela. Mirabel is very disappointed and sad. After some years, she grows up and the day was the gift ceremony of her cousin, Antonio.

Although Mirabel is a very friendly girl and talks with her friends freely and tells them about the ceremony and her family, she still has the pain that she does not have a special ability like her family. However, she does not tell her friends that she does not have a special ability when they ask her about it.

Her pain is aggravated when her cousin Dolores mention that she does not have a gift and when a man who comes to deliver gifts to her house, tells that since she is the only Madrigal who does not have a gift, he would be giving her a gift. He also tells her to wish Antonio good luck. He also mentions before leaving that the last gift ceremony(Mirabel's ceremony) did not go well as she did not get a gift.

This makes her feel hurt and sad and Mirabel tells her friends that whether she has a gift or not, she is a special person like the rest of her family. Mirabel also does like her sister Isabela, who always showers flowers and makes everyone happy, which is her gift.

However Mirabel's parents also love her and tell her that she does not have to prove herself to anyone. When Mirabel tries to help with the decorations for the ceremony but it does not go well, Abuela sees that and tells her that she could leave these tasks to everyone else. She also tells her that she knows that Mirabel is trying to help but the gift ceremony should go on perfectly as the town relies on the special powers of their family.

Abuela tells Mirabel indirectly in a harsh manner that some people should step aside without troubling others and Mirabel also nods and smiles, albeit sadly and leaves. Then Mirabel's mother becomes angry and tells Abuela to speak to Mirabel kindly as this is the first gift ceremony after her gift ceremony, she must be feeling very bad.

Abuela retorts that if today's gift ceremony does not go well, everyone will feel bad.

Antonio is supportive to Mirabel and when they talk about the gift ceremony in the nursery. She gives him a gift, he wishes that Mirabel could have a door like everyone else. Mirabel smiles lightly and says that he does not have to worry about her as she has got a wonderful family, house and cousin like Antonio. She also adds that once Antonio gets a room after receiving a gift like everyone else, she is going to miss having the best room mate (implying that her room mate is Antonio).

2. The Call to Adventure-Antonio's gift ceremony happens successfully and Antonio has been blessed with a special ability: to talk with animals. All of the family members are very happy as Antonio has received a gift and everyone in the family, excluding Mirabel(who feels very sad that she has not received a gift) pose for a family picture. The family and the guests are having a great time when Mirabel sings a song about her sorrows and longing for a gift like her family members and also if she is too late for a miracle.

After she finishes singing the song, she notices a tile falling on the floor and the tiles on the ground floor and on the upper floor rattling and she also hurts herself and cuts her hand when she holds it.

When Mirabel sees the tiles cracking, she feels that as if the casita wants to say something to her and talks with



them. She is shocked to see them breaking and follows them to see where they are leading her to the magic candle in Abuela's room, which almost went out. This leads her to see that the special abilities of her family members are in trouble.

3. Refusal of the Call: After this, everyone is having a great time in Antonio's room. A concerned Mirabel comes running to Abuela and informs her that their house is in danger and the tiles were falling, there were cracks in the house and the magic candle almost went out. A shocked Abuela asks Mirabel to show her that.

All of them go down the stairs and after they come down, Mirabel is shocked to see the candle glowing as ever and the tiles are intact. She tells Abuela that there were cracks everywhere in the house and that the house was in trouble. She asks Abuela to believe in her but an angry Abuela tells her to stop what she is saying.

She then assures the guests that their special abilities and their house is intact and strong and asks them to enjoy the night. Mirabel, while speaking to her mother after the ceremony, insists that why does she want to ruin Antonio's gift ceremony and if she does not believe what she is saying. Mirabel also asks her mother if all of what had happened was her imagination, then how did she cut her hand.

Mirabel's mother tells that today must have been very hard for her and an angry Mirabel tells her that she was trying to protect her family and also that she might not be very strong like Luisa or never had a bad day like Isabela.

Her mother tells Mirabel that **she wished that Mirabel could view herself in the way that she views herself to be and insists that Mirabel is as special to her just like everyone else in the family and she is perfect**, while curing Mirabel's cut in her hand with a cheesecake.

However, Mirabel insists she knows what she has seen. Her mother becomes worried and tells Mirabel that her brother Bruno has lost his place in the family and she wishes that the same should not happen with Mirabel.

She also tells her to go and sleep and that she will feel better tomorrow.

4. Meeting with the Mentor: However, when Mirabel is lying on her bed, she remembers of the cracks in the room of the magic candle.

Thus she quietly sneaks out of her room and climbs over the roof to Abuela's room where the magic candle is. Then she steps back aside as she hears Abuela's footsteps. As she listens to Abuela speaking to her husband Pedro (who has passed away) by having his picture on her locket, saying that she needs him. She also adds that there are cracks in the casita and that their magic is slowly fading away.

A sad Abuela also adds that they cannot lose their house once again and wonders about the reason behind this. She also requests him to show her a way to solve this problem and to help her find a solution if it is present. She also requests Pedro to help her to protect their family and also to save their magic and leaves.

5. Crossing the Threshold: After she hears Abuela speaking to Pedro, a determined Mirabel looks at the magic candle and declares that she will save the magic. Then she comes to her room and changes her dress to go and save the magic of her family. However, as she prepares to leave, Mirabel realizes that how would she save the magic and adds that she needs to find out what has happened to the magic.

She also does not have any idea about this but adds that there is a person (Dolores) who knows everything about what is happening in the family and what is wrong with the magic (indirectly referring to her exceptional hearing abilities).

However, the next morning she mistakenly talks to Camilo (who has changed his appearance to Dolores due to his special ability of shapeshifting) about the problem with the magic. Dolores who has heard her talking, tells her that she was not only the only one worrying about the problem with the magic. She also mentions that she had heard the rats talking in the walls about it and Dolores also heard Luisa who was saying that her eye was twitching throughout the night.



6. Tests, Allies and Enemies: However, during the breakfast with the family that morning, when Mirabel sits besides Luisa and tries to talk to her about it by telling her that Dolores told her that Luisa was scared. She also asks Luisa about if she knows what has happened to the magic of her family last night.

When she sees Luisa's eye twitching, Mirabel exclaims loudly that she knows about it. However this catches Abuela's attention and she tells Mirabel that if she can't focus upon what she was telling, then she would help her to do it. Then Abuela tells the casita to move Mirabel's chair towards her. Then Abuela tells about the forthcoming engagement and wedding between Isabela and Mariano, a man from their village who loves Isabel a lot, thus making her unable to talk with Luisa during the breakfast.

Later, she goes and talks with Luisa while the latter is doing her work. When Mirabel tells that Luisa must tell her about what has happened to the magic of her family and what was she hiding from her.

Lusia retorts that it was nothing and as she has a lot of work to do, so she asks Mirabel to go home. When Mirabel tells Luisa that Dolores had told her that Luisa's eye was twitching which it never does, so something has made her nervous.

Mirabel asks Luisa to tell her about if she knows what was weakening the magic of her family, she doesn't tell her about it and if it gets worse. However, Luisa becomes angry and tells her that nothing is wrong.

She also adds that she and her magic are fine. However, when Mirabel notices that her eye is twitching, she questions her about the same. Then Luisa breaks into a song about the weight of the expectations on her.

After the song, Mirabel and Luisa hug each other and finally Luisa tells Mirabel that when she saw the cracks in the house yesterday night, she felt very weak.

However, she refuses to explain further and when Mirabel asks her about what does she think is weakening the magic, Luisa tells her that she does not know. However, she tells Mirabel that she had heard the elders of their family telling that their uncle Bruno had a terrible vision before he left.

When Mirabel asks her about the vision, Luisa replies that she does not know but adds that if Mirabel wants to find out what has gone wrong with the magic, then she should start from Bruno's tower and find out his vision. When Mirabel asks her about how can she find out the vision, Luisa replies that she will know when she finds it.

She also cautions her to be careful as there must be a reason why no one is allowed to go to his tower. Later Mirabel sneaks into Bruno's tower and finds some green pieces inside the sand of a sand filled room and she thinks if these are the ones which are weakening the magic. Then, she starts assembling them.

However, after she starts assembling some of them, she is shocked to find her picture in it. However, as the room and Bruno's remaining room starts breaking, Mirabel quickly collects all of the pieces and runs out of Bruno's room.

When she is returning back to her room, Mirabel accidentally bumps into Abuela who questions her about this. Before she could ask Mirabel further, Luisa comes to her crying, saying after her conversation with Mirabel, she had decided not to carry too much of weight. However, she realizes that that was weakening her and that she felt weak as the donkeys which she was carrying felt heavy. Then Luisa runs off crying.

Abuela rebukes Mirabel asking what has she done by talking to Luisa and tells her to stay away from Luisa until she talks to Luisa and also to stop what she is doing. Abuela also says strongly that as tonight is Isabela's engagement, there should not be any problem and leaves to bring the groom's family for the engagement.

After Mirabel comes to her room, she takes the pieces from her bag and asks her uncle Bruno about why was she in her vision. Then as Pepa, Mirabel's aunt comes into the room to pick up Antonio's (her son) belongings, she becomes angry when she heard Mirabel mentioning Bruno's name and she tells that she became angry as she heard a name which they should not be discussing (Bruno).



When Mirabel asks her about Bruno's visions and whether it meant positive or negative things for the persons related with the visions, Felix (Pepa's husband) explains that it would mean very negative things for the persons involved.

When Mirabel asks them if they did not understand his visions properly, Felix says that she had figure it for herself as his visions also involved her. Dolores also tells Mirabel with such a special quality, he always left the family fumbling as they could not understand his prophecies.

Meanwhile, Mirabel begins to assemble all of the green pieces together and is shocked to find out that she is standing outside their house being broken and she begins to wonder about why did she even take his name.

7. Approach: After the song, Mirabel's father is shocked to see the green pieces in her room when he comes to her room to ask her to change into her favourite dress for the engagement. Then a shocked Mirabel explains that she broke into Bruno's room and also that she featured in his vision.

She also added that their family is in trouble and also that the magic and Luisa's power is fading. She also expressed doubt if all of these occurred due to her. However, her father pushes her aside and sees the complete green pieces featuring her.

He tells Mirabel as Abuela wants the engagement to be perfect, they must not tell anyone about it and also tells her to act normal as no one will know about this.

However, Dolores has heard this, she tells them she knows and leaves. Mirabel tells her father that Dolores is going to tell everyone about it.

However, in the ensuring engagement, as Dolores tells everyone about Bruno's vision of Mirabel secretly and there are also cracks in the house and floor, chaos breaks out in the engagement which leads to Abuela seeing the green pieces featuring Mirabel. This leads to the groom and his mother eventually going out of the house in disappointment.

With Isabela and her aunt Pepa scolding Mirabel, Mirabel says that it was Bruno's vision and she is not doing anything.

As she sees some rats carrying the green pieces somewhere, she goes behind them through a hole in a painting besides a room and enters into it. She meets Bruno and asks him about the vision.

However, he replies that she or no one should have seen the vision. It has also been revealed that he has been staying in the house besides the dining table and covering up the cracks and he has not left the house, as everyone has been saying about him.

Bruno also tells Mirabel that although his gift was not helping his family, he still loves his family and he tells Mirabel to go. However, Mirabel pleads him to tell about why was she in his vision and that she always wanted to make her family proud of her.

However, Bruno reveals that he himself does not know as it was the vision that he had seen on the night when Mirabel didn't receive a special ability. On that night, Abuela had also requested him to look into the future as she was worried about the magic of the family.

However, Bruno saw that the magic was in danger, their house was breaking and then he also saw Mirabel. However, Bruno also tells Mirabel that the vision was different and that it could change.

However, as he said that Mirabel's future was undecided and he knew how was it going to turn out as everyone was telling that Bruno always predicted bad things. Thus, he had left the house.

Bruno also tells Mirabel that he does not what would happen and he also guesses that the family, their house and the fate of the family's magic depends upon Mirabel. However, he tells that his vision could be wrong and tries to send her away.

However, Mirabel urges Bruno to look into the future once again and perceive the vision concerning her. However, Bruno denies this and says since she wrecked his vision cave, he needs a large space for him to perceive a vision. Then Antonio enters into the room with his animals and says that Bruno and Mirabel could use his room.



Mirabel also says that their family needs Bruno's help and also that Bruno needs to come out from his current place. Bruno then agrees. In Antonio's room, Bruno perceives the complete vision and he and Mirabel sees it together in which they see a butterfly flying and she and Isabela hugging each other in order to save the magic of the family.

However, Mirabel gets angry as Isabela hates her. Then, Bruno tells her that the fate of the family depends on her and not Isabela and she needs to realize that the family needs her now.

He also encourages her to go and save the magic of the family and to visit him after she has saved the magic. Then, he leaves. Mirabel replies to him that she will bring him home after she has saved it.

8. The Ordeal: After that, Mirabel says that she can do it (enter into Isabela's room and hug her to save the magic of the family) and enters into Isabela's room. She tries to reconcile with Isabela and hug her but Isabela gets angry and asks if Mirabel has lost her mind for suggesting that they should hug each other.

However, Isabela blames Mirabel for spoiling her engagement and things for her in general and Mirabel retorts that other people have problems bigger than her problems and that she could marry Mariano. She also calls Isabela "a selfish princess".

Isabela gets angry after hearing Mirabel calling her that and tells that she is always was stuck trying to perfect for her life and also that she never wanted to marry Mariano. She also added that she agreed to marry him for their family.

Then they both reconcile with each other, hug each other and land on their house full with flowers. However Abuela catches them red-handedly and asks angrily about what was happening there.

This leads to an argument between Abuela and Mirabel. Mirabel tries to explain to her that they are going to save the magic of the family and tells Abuela that the magic candle was burning brighter than before and she was in Bruno's vision as she was going to save the magic of the family.

However, Abuela admonishes her and blames her that the cracks in the house started to come because of her. Although she does not know why Mirabel did not get a gift, but that was not a reason for her to hurt her family.

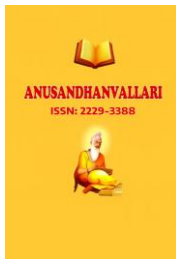
Mirabel is stunned and becomes sad. Their argument escalates and becomes bigger when Mirabel replies that Abuela would never be satisfied with her and all of the members in the family who possess special abilities. She also declares that Bruno left because Abuela saw only the bad things in him and everyone including him love this family and also that Abuela was the reason for the weakening of the family's magic.

Abuela and the family becomes shocked and stunned. Then, cracks start to develop and become bigger in the house. Mirabel tries to go and take the magic candle while their house starts collapsing and the members of the family start losing their special abilities. All of them including Bruno escape from the house and Mirabel manages to take the magic candle, despite her parents telling her to come out of the house and leave it.

Although Mirabel falls down after taking the candle, she is saved by the doors of the house. The candle has extinguished and Mirabel becomes very sad. Mirabel's mother runs to her, asking if she is fine and asks her to remain here until she comes.

All the members of the family are worried that their house has collapsed and their special abilities are also gone. Mirabel has also left from the house.

9. Reward: Mirabel's family searches for her while she is sitting besides a river and crying. Then she hears Abuela coming towards her and she apologizes to Abuela. She also says that she never wanted to hurt anyone and she only wanted to be helpful to everyone. Abuela comes and sits beside her and says that she was never able to come back to this river. She also adds that this river was where they were first provided with the miracle.



She narrates her story of how Pedro and she got married and fled from their hometown when it was attacked and fled to another place in search of a new life where Pedro was killed by the bandits. However, Abuela and the rest of the people who came with them, from their hometown were saved by the candle which turned into a magic candle which gave them their magical house and a new community.

She calls the magic which was given to her, as a second chance and she also explained that due to her fear of not to lose it, she also could not realize whom it was meant for. Abuela apologizes to Mirabel and also admits that she never has hurt her family. She also added that their family was broken because of her.

Then, Mirabel sees the butterfly which she has seen in Bruno's vision .

10. The Road Back: After she has seen the butterfly, she says to Abuela that she has now understood everything and also holds her hands. She also adds that Abuela lost everything and her home and also that she has suffered a lot, all by herself as a single person. She also assures Abuela that such a thing will never happen again. Mirabel also adds that Abuela had saved them and was also the reason behind why they were provided with the magic. She also says that Abuela was the one who had created the Madrigal family and also adds that if they are united, then no one would be able to separate them.

Abuela also becomes happy and tells Mirabel that she had asked Pedro for assistance for this problem and it was him who had sent Mirabel to her. Then Abuela and Mirabel hug each other. **This marks the key moment in Mirabel's life as she has finally reconciled with Abuela who was harsh to her earlier. However, Abuela has now admitted to her that Mirabel always did not want to hurt her family and Mirabel has also understood about Abuela properly and why was she so strict.**

Thus, through talking with Abuela whole heartedly, they both resolve their issues and Mirabel also overcomes her emotional problem of Abuela always being harsh towards her.

11. The Resurrection: While they are hugging, lots of butterflies fly towards their direction and both of them are pleasantly surprised after seeing this. Then Bruno comes riding along in a horse and declares that Mirabel did not do this and it was him who had given her the vision. He also adds that Mirabel only wanted to help and he does not care about what Abuela thinks of him. However, as he is speaking, Abuela comes and hugs him, leaving him surprised and wondering if this was real.

Then Abuela reconciles with Bruno and takes him along with her and Mirabel to their home.

However Mirabel becomes shocked after seeing their home in such a collapsed state. Mirabel's mother comes and hugs her; asking her where had she gone and that they could not find her.

Then Mirabel encourages her family to rebuild their home despite its current state through a song in which they also rebuild their home together with the help of the people from their town gradually. Bruno also reconciles with the rest of his family. Abuela also admits that she has been too harsh on her family due to the reason of not to lose them.

12. Return with the Elixir: Then after some time, their house has been successfully rebuilt and both Abuela and Mirabel stand in front of their house happily. When Abuela tells that it isn't as before, Mirabel also tells that they have also changed and are not as before. Abuela agrees with her and also adds that if before they move into the house, they have one thing to do. When Mirabel asks her about that, Bruno tells that they need a doorknob for the house.

Antonio then comes and hands her a doorknob for her with her initial on it; saying that they made it for her.

Then Antonio holds her hands and leads her to open the door by placing it on the door while her family praise her as a talented and brave girl while Bruno tells her that she is the real gift to the family and tells her to go ahead. Mirabel's mother also tells her as they have realized about her capability, she should also realize about who she is



really is. When Abuela ask her about what does she see on the doorknob, Mirabel replies that she sees herself in it.

When she places the doorknob on the door, the house suddenly becomes the old magical Encanto and their hometown also becomes its old self. The door now consists of a picture of Mirabel in front of her family; thus implying her gift is that keeping the Madrigal family together. This both makes Mirabel and her family very happy.

This marks the pivotal moment in Mirabel's life as she has realized that she has got some unique traits and qualities which make her a special and unique person which helps her to save and restore the magic of the family, although she might not have special qualities like the rest of her family members.

This was possible through the encouragement from her parents and her family members and their kind and encouraging words to her, as opposed to some of them always pinpointing to her earlier in the film that she does not have a gift like the rest of them.

Then all of them enter into the house and all of the family members too regain their special qualities. Then they all pose for a family photograph together.

Conclusion

This study analyses the characterization of the protagonists, the evolution of their character arcs and also how do they tackle their emotional or psychological problems throughout the course of the films *The Good Dinosaur* and *Encanto*.

The findings of the study reveal that the films portray that the films portrayed the emotional and psychological issues of the protagonists and also how the protagonists of the films struggle with these problems in a realistic manner. It also depicts how they overcome their emotional and psychological problems through the course of the film, in a realistic manner through a long journey in the films.

The findings of the study also revealed that the character arcs of the protagonists focused a lot upon the protagonists addressing and overcoming their emotional and psychological issues successfully and this also closely connected to the main plot (saving the family's magic in *Encanto*) while it was the main plot of the film *The Good Dinosaur*.

Thus, films suitable for cinema therapy sessions for school students always focused on protagonists solving their emotional or psychological issues as the core of the film or closely connected with the plot of the films. This would be useful in helping cinema therapists, psychologists and other mental health professionals in identifying films suitable for cinema therapy sessions for children and school students.

Encanto, especially is realistic in portraying the protagonist who is actually seems happy outside but has emotional and psychological issues within her mind which is not visible or known to everyone. Her issues also are not solved for a long time till the ending of the film, which is often the case in some people in real life.

Interestingly, while Mirabel from *Encanto* was able to solve her problems with her grandmother and also the fact that she did not have a special ability like the other members of her family through by having heartfelt conversations with her family members about them, Arlo also overcame his problem of fear through the help of some mentors (his father and the T-Rex dinosaurs in *The Good Dinosaur*) who provide valuable advice to him about how to overcome his fear.

Thus, these films emphasize the importance of the advice and support from family members and having conversations with them and also the advice and support from other types of mentors in helping to overcome emotional or psychological problems and also how they could be guided gradually and successfully by the latter to overcome these issues.



This is also very crucial for children and school students in their everyday lives where they need to interact with and disclose their emotional and psychological issues with their families, teachers and other mentors in order for them to address and solve their emotional and psychological issues successfully.

Interestingly, it has also been found out that the inspiration to solve their emotional or psychological issues of the protagonists came from external sources: Mirabel who was inspired to solve the issue related to her family and which would also eventually lead her to solve her own emotional or psychological issues, when she heard Abuela talking to Pedro, the urge to overcome Arlo's fear and continue with his journey also came from his surroundings (his anger while his friend Spot was kidnapped by the Pterodactyls).

This also illustrates that change in the minds of the children and school students and also people in general to help them solve their emotional or psychological issues can also come from their surroundings or their family, mentors or friends sometimes.

This also mirrors the reality of some children suffering from emotional or psychological problems that they could be inspired to solve their emotional or psychological problems successfully through external sources such as through support or assistance from their families, friends and surroundings. The films have portrayed this aspect very realistically.

Thus, they could be very useful for cinema therapy sessions to help children and school students who have been facing similar issues like the protagonists from these films to help them to solve their emotional and psychological issues and enhance their emotional and psychological wellbeing.

However, this study also has its limitations. Its limitations include the very small sample size of the films selected and also more importantly, they were animated films. Thus the findings from this study cannot be generalized. In addition to this, another limitation of this study is that only the character arcs of the protagonists from the films were analysed. Future research could involve analysing supporting characters from films facing and overcoming various emotional and psychological issues in films, from a variety of films including drama films etc which can be or have already be used in cinema therapy for different sections of the population such as women and elderly people.

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