



## EXERCISE #3: MOVIE ZOOM INSIGHT

This exercise is specifically for zooming into any scene or element, which became highlighted for you while watching a movie or TV show. Do one of these for each highlighted element.

*Note:* You can do this exercise as many times as you want. You'll get new and deeper insights each time. I suggest you do this in your new Movie-Based Counseling Journal and then have a lot of space for the answers.

MOVIE/TV SHOW: \_\_\_\_\_

HIGHLIGHTED ELEMENT (create a short name/label): \_\_\_\_\_

\_\_\_\_\_

TIME STAMP: \_\_\_\_\_ (e.g., approx. at the 25-min mark)

**PART I:** Answer these questions:

1. *Did you experience any physical reactions? (e.g., goosebumps, tearing up, electricity ran through the body, etc)?*

2. *How did it make you feel? Remember to go for the raw emotional truth.*



3. *Write a longer description of what happened in the scene/element.  
What stood out?*

4. *What do you believe this scene/element is showing you? Why did it  
stand out and what messages does it contain for you?*



## PART II: COMMITMENT

*What did you learn from this highlighted scene/element and what new attitudes and action steps can you take to implement what you have learned?*