

# Groundhog day

## 1. How and why was Phil trapped?

Phil was trapped in Groundhog Day so that he had to experience the day over and over again. He was trapped because he wasn't true to himself or others. Once he began thinking about others instead of himself he got the girl he wanted without even trying that hard and he confessed his feelings for her.

## 2. Is Groundhog Day a religious movie? Explain your answer.

In one way it is religious. Where people is trapped in this world where they are trying to live their lives as the way they think is right. In the end it is about being a good person and to be open to other people, as soon as you realise this you would be sent free. The same thing you can see in most of the religions. The change has to come within and is about being a good person.

## 3. How would you characterize the phases that Phil goes through? What does he learn as a result of his experience?

He goes through different phases. First is disbelief and doubt where he thinks that he is crazy and wants to prove the world that he is right. When he gives up and understands that he still can't get out – this is reality he starts to see his chances. If there is no consequence he can do whatever he wants. Phil takes advantage of this and starts enjoy everything that the city has to offer and also try to test his limits. He also tries to seduce Rita a lot of times but without any success. After this he realise that he can't just do everything he feels good about, life is also about benefact others. In this last stadium Phil spend all his time with helping and entertaining others.

## 4. How is Phil's journey related to Existentialism?

Existentialism is about that every person is trapped in their own individual world and that every person has to figure out their meaning of their existents. You are in this world where you have freedom to choice whatever you want but you have to take the consequences. Phil is trapped in this world trying to figure out he will get out of there. The whole movie is about his choices and the consequences of them. He tries to find the meaning of his existents that will make him to leave GroundHog Day.

## 5. What would you do if you were trapped in a "Groundhog Day"?

What does your answer to the previous question say about your beliefs about the meaning of life?

If I were trapped in Groundhog Day I would try to get help from others, by explaining my situation to others maybe I would be wiser about how I should do. I would also spend time getting to know people that aren't being seen and trying to see how everyone could help each other. My beliefs of the meaning of life is about being with people – happiness is best shared and with others you could fulfill yourself at the same time as you help them fulfill themselves.