

Existentialism- Groundhog Day

1. How and why was Phil trapped?

Phil was trapped on Groundhog Day by having to live the same day over and over again. The reason why he was trapped is that he never appreciated life.

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

No it is not. It is on Phil to figure out what to do with his life, there are no religious beliefs to lead him.

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

In the beginning Phil is condescending, sarcastic and narcissistic; he does his job because he has to but does not have any social fun. First Phil doubts that the day is actually repeating, thinking he has a déjà-vu. When he realize he is actually reliving the day he tries to tell people and relies on their help but no one believes him so he is trying to find medical attendance, the doctor sends him to a psychiatrist but no one knows an answer. He starts to question why of all days it had to be Groundhog Day seeing only the negative in his situation. After meeting two very desperate town people with no perspective he realizes nothing has consequences and he can do whatever he wants which turns him into an even bigger jerk. He does not worry about anything anymore, acts reckless, steals. He starts to collect knowledge to flirt but starts to realize that he cares for his coworker Rita so he is starting to get to know her day by day and over the time tries to develop into her dream man. Rita is too smart though to fall for his act which makes him so angry that he attempts to kill himself over and over again to escape the day. Since none of his attempts work he things

he is godlike, giving it up he is telling Rita again what he is living through over and over again by showing her how much he has learned about all the people of the town. Proving to Rita fails again but after spending an honest day with her and still waking up without her he realizes he has to change before she can be with him. The following day he starts to live his life being positive, generous and charitable, beginning to actually care for others. He dedicates to everything he is doing; Phil starts to use his knowledge for helping people instead of his own benefit. The last day of his endless loop he spends helping and enjoying the day with Rita who realizes that he has genuinely changed; this is what gets him out of Groundhog Day.

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

Existentialism represents the belief that life has no meaning and there cannot be any meaning accomplished by any science or religion. While reliving Groundhog Day Phil goes through all the main themes of existentialism, thinking his life is fine the start of reliving on day makes him question his life decisions. When it starts Phil feels like he does not belong there because what he experiences cannot be true. As he starts to realize he is the only one reliving the day and remembering it he feels the absurdity of his life which makes him doubt his existence since there is no point therefore choosing death in the end. Other than Nihilism which just believes life is pointless existentialism tries to find a way out by taking responsibility to make the choice to live an authentic life. An authentic life can be created by making decisions without relying on things like religion which is what Phil does, he takes it day by day and just explores life doing what he wants to do as an individual without being tied to others or trying to find any explanation for his life. Since his actions do not have any consequences Phil lives through all the choices presented in existentialism to escape the nihilistic phase. He kills himself, believes he is a higher power and in the end decides to live an authentic life.

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

It is really hard to imagine being in that kind of situation but I would probably act similar to Phil. First I would try to convince others what I am going through and then I would try to just make the best of everyday doing things I never have the time to do otherwise.

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

The meaning of live for me is just to make the best of everyday whatever it gives you and if I am given the chance to live life without consequences for a while I really hope I enjoy it using my time wise as well as reckless having fun.