

Review the Existentialism lecture notes, pages 11-14, and watch the movie, [Groundhog Day](#).

1. How and why was Phil trapped?

He was trapped in the same day always at six and he felt nervous about it. Moreover, at the beginning he cannot find the way out.

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

No, because it has nothing concern with the religious, no church, no priest, and no beliefs.

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

Authenticity because he did many things to satisfy his life but whatever he had done, he failed to answer his life. Until he accept the reality, he therefore succeed in passing through it and he perceived that his failed methods were illusion. It was not true.

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

He was being in the same cycle state, déjà vu.

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

I will try to improve my skills, any of them, such as physical and academic issues and manage my time beneficially. Moreover, I can interrupt any bad situation in order not to happen. Finally, I will accept the reality.

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

The meaning of being human is only survival but mine. It is how I increase my values to others.