

## Appendix G

# Positive Psychology Movies

## Films That Can Inspire and Build Virtues and Character Strengths

This appendix consists only of Positive Psychology Movies. These ratings take the quality of the film into consideration; however, we emphasize each film's pedagogical value and its ability to inspire viewers.

The positive psychology film meets one or more of the following criteria (Niemiec, 2007):

- 1) Balanced portrayal of a character strength
- 2) Realistic depiction of obstacles or setbacks for the character
- 3) Character uses his/her strength(s) to overcome or face the barriers and adversity
- 4) Uplifting or inspiring tone (including music, cinematography, or film mood)

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### ΨΨΨΨ

Excellent (Must-see film). Outstanding portrayal of a character strength; represents several strengths and virtues; and/or excellent film for teaching and/or clinical purposes; satisfies three or four of the above criteria.

### ΨΨΨ

Very Good (Definitely worth your time). Good portrayal of strength in leading or supporting character roles; satisfies two or three of the above criteria.

### ΨΨ

Good (Potentially worth your time). Decent portrayal of a strength; strength loosely represented, not fully balanced, or is of minor emphasis; a minor character portrays a strength; satisfies one or two of the above criteria.

We do not list or rate films that only qualify for one or two psi symbols; they are not good examples of positive psychology movies or a good investment of your time.

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## WISDOM: Creativity (originality, ingenuity)

*8 mile* (2002) ΨΨΨ  
*Absent-Minded Professor, The* (1961) ΨΨΨ  
*AKA* (2002, U.K.) ΨΨΨ  
*Amadeus* (1984) ΨΨΨΨ  
*Aviator* (2004) ΨΨΨΨΨ  
*Back to the Future* (1985) ΨΨΨ  
*Beautiful Mind, A* (2001) ΨΨΨΨΨ  
*Beyond the Sea* (2004) ΨΨΨ  
*Billy Elliot* (2000, U.K.) ΨΨΨΨΨ  
*Blue Car* (2003) ΨΨΨ  
*Bridge to Terabithia* (2007) ΨΨΨΨ  
*Chicago* (2002) ΨΨΨ  
*Chitty Chitty Bang Bang* (1968) ΨΨΨ  
*Conversation(s) with Other Women* (2005) ΨΨΨ  
*Dancer in the Dark* (2000, Denmark) ΨΨΨ  
*Danny Deckchair* (2004, Australia) ΨΨΨ  
*De-Lovely* (2004) ΨΨΨ  
*Dreamgirls* (2006) ΨΨΨ  
*Dreams* (1990, Japan) ΨΨΨ  
*Edison, the Man* (1940) ΨΨΨ  
*Edward Scissorhands* (1990) ΨΨΨΨ  
*Emperor's Club, The* (2002) ΨΨΨΨ  
*Freedom Writers* (2007) ΨΨΨΨΨ  
*Henry Fool* (1997) ΨΨΨ  
*Hobart Shakespearians, The* (2005) ΨΨΨ  
*Illusionist, The* (2006) ΨΨΨΨ  
*I'm Not There* (2007) ΨΨΨ  
*In Cold Blood* (1967) ΨΨΨ  
*I.Q.* (1994) ΨΨΨ  
*La Vie en Rose* (2007, France) ΨΨΨ  
*Life Is Beautiful* (1997, Italy) ΨΨΨΨΨ  
*Manic* (2001) ΨΨΨ  
*Mona Lisa Smile* (2004) ΨΨΨ  
*Mr. Holland's Opus* (1995) ΨΨΨΨ  
*Mrs. Henderson Presents* (2005) ΨΨΨ  
*My Left Foot* (1989, Ireland/U.K.) ΨΨΨΨ  
*Once* (2006, Ireland) ΨΨΨΨ  
*Overture, The* (2004, Thailand) ΨΨΨΨ  
*Pan's Labyrinth* (2006, Mexico) ΨΨΨΨΨ  
*Pollack* (2000) ΨΨΨ

*Ponette* (1999, France) ΨΨΨΨ  
*Proof* (2005) ΨΨΨ  
*Prozac Nation* (2005) ΨΨΨ  
*Ray* (2004) ΨΨΨΨ  
*Return to Oz* (1985) ΨΨΨ  
*Right Now* (2004, France) ΨΨΨ  
*Rivers and Tides* (2001, Germany/Finland) ΨΨΨΨ  
*Russian Ark* (2003, Russia) ΨΨΨ  
*Shakespeare Behind Bars* (2006) ΨΨΨΨ  
*Shine* (1996, Australia) ΨΨΨ  
*Sketches of Frank Gehry* (2006) ΨΨΨ  
*Surviving Picasso* (1996) ΨΨΨ  
*Sylvia* (2003, U.K.) ΨΨΨ  
*Terminal, The* (2004) ΨΨΨΨΨ  
*To Be and to Have* (2002, France) ΨΨΨΨΨ  
*Together* (2002, China) ΨΨΨΨ  
*Tucker: The Man and His Dream* (1988) ΨΨΨ  
*Vincent* (1987, Australia) ΨΨΨ  
*Vincent and Theo* (1990, Netherlands) ΨΨΨ  
*Walk the Line* (2005) ΨΨΨΨΨ  
*Yellow Brick Road* (2005) ΨΨΨ  
*Yes Men, The* (2003) ΨΨΨ

## WISDOM: Curiosity (interest, novelty-seeking, openness to experience)

*10 Items or Less* (2007) ΨΨΨΨ  
*Adventures of Robinson Crusoe, The* (1954) ΨΨΨ  
*Apt Pupil* (1998) ΨΨΨ  
*Belle de Jour* (1967, France/Italy) ΨΨΨ  
*Close Encounters of the Third Kind* (1977) ΨΨΨΨ  
*Everything Is Illuminated* (2005) ΨΨΨΨ  
*Faraway, So Close* (1993, Germany) ΨΨΨΨ  
*God Grew Tired of Us* (2006) ΨΨΨΨ  
*I Am Curious (Yellow)* (1967, Sweden) ΨΨΨ  
*Last Images of the Shipwreck* (1989, Argentina) ΨΨΨΨΨ

*Machinist, The* (2004, Spain) ΨΨΨ  
*Madame Curie* (1943) ΨΨΨΨ  
*Man Without a Past, The* (2002, Finland)  
 ΨΨΨ  
*Melvin Goes to Dinner* (2003) ΨΨΨ  
*Memento* (2000) ΨΨΨ  
*Mongolian Ping-Pong* (2005, China)  
 ΨΨΨΨΨ  
*My Dinner with Andre* (1981) ΨΨΨΨ  
*Rear Window* (1954) ΨΨΨΨΨ  
*Secret Garden, The* (1993) ΨΨΨΨ  
*Secrets of the Heart* (1997, Spain)  
 ΨΨΨΨΨ  
*Sideways* (2004) ΨΨΨ  
*Star Maker, The* (1995, Italy) ΨΨΨΨ  
*Swimming Pool* (2002, France/U.K.) ΨΨΨ  
*Wings of Desire* (1987, West Germany)  
 ΨΨΨΨΨ  
*Wondrous Oblivion* (2003, U.K.) ΨΨΨ

### WISDOM: Open-mindedness (judgment, critical thinking)

*25<sup>th</sup> Hour* (2002) ΨΨΨ  
*Before Sunrise* (1995) ΨΨΨΨ  
*Before Sunset* (2004) ΨΨΨΨ  
*Darwin Awards, The* (2006) ΨΨΨ  
*Eyes Wide Shut* (1999) ΨΨΨΨ  
*Fargo* (1996) ΨΨΨΨΨ  
*Hairspray* (2007) ΨΨΨ  
*Harold and Maude* (1971) ΨΨΨΨΨ  
*Into Me See* (2005) ΨΨΨΨ  
*Japanese Story* (2003, Australia) ΨΨΨΨ  
*Matrix, The* (1999; 2003; 2003) ΨΨΨΨΨ  
*Michael Clayton* (2007) ΨΨΨΨ  
*Monsieur Ibrahim* (2003, France)  
 ΨΨΨΨΨ  
*Mostly Martha* (2001, Italy) ΨΨΨ  
*Pi* (1998) ΨΨΨΨ  
*Pure Formality, A* (1994, France) ΨΨΨΨ  
*Rashômon* (1950, Japan) ΨΨΨΨΨ  
*Terminal, The* (2004) ΨΨΨΨΨ  
*Vanilla Sky* (2001) ΨΨΨ  
*Water* (2006, India) ΨΨΨΨΨ

### WISDOM: Love of Learning

*Akeelah and the Bee* (2006) ΨΨΨΨΨ  
*Beautiful Mind, A* (2001) ΨΨΨΨΨ  
*Bee Season* (2005) ΨΨΨ  
*Billy Elliot* (2000) ΨΨΨΨ  
*Chorus, The* (2004) ΨΨΨΨΨ  
*Dead Poets Society* (1989) ΨΨΨΨ  
*Freedom Writers* (2007) ΨΨΨ  
*Harvie Krumpet* (2003, Australia) ΨΨΨΨ  
*Mad Hot Ballroom* (2005) ΨΨΨΨΨ  
*Memoirs of a Geisha* (2005) ΨΨΨΨ  
*Mona Lisa Smile* (2003) ΨΨΨ  
*Spellbound* (1945) ΨΨΨΨ  
*Thumbsucker* (2005) ΨΨΨ  
*Unknown White Male* (2005) ΨΨΨΨ  
*Wild Parrots of Telegraph Hill, The*  
 (2003) ΨΨΨ  
*Yentl* (1983) ΨΨΨ

### WISDOM: Perspective (wisdom)

*Antonia's Line* (1995, Netherlands)  
 ΨΨΨΨΨ  
*Antwone Fisher* (2002) ΨΨΨ  
*Chorus, The* (2004, France) ΨΨΨΨΨ  
*Coach Carter* (2005) ΨΨΨ  
*Crash* (2004) ΨΨΨΨ  
*Feast of Love* (2007) ΨΨΨΨ  
*Fountain, The* (2006) ΨΨΨΨΨ  
*Karate Kid, The* (1984) ΨΨΨ  
*Life as a House* (2001) ΨΨΨΨΨ  
*Lord of the Rings, The* (2001; 2002; 2003)  
 ΨΨΨΨ  
*On Golden Pond* (2001) ΨΨΨΨΨ  
*Peaceful Warrior* (2006) ΨΨΨΨΨ  
*Star Wars* (1977; 1980; 1983; 1999; 2002;  
 2005) ΨΨΨΨΨ  
*Taste of Cherry* (1997, Iran) ΨΨΨΨ  
*To Be and to Have* (2002, France)  
 ΨΨΨΨΨ  
*Valentin* (2002, Argentina) ΨΨΨΨ

## **COURAGE: Bravery (valor)**

*12 Angry Men* (1957) **ΨΨΨΨΨ**  
*16 Blocks* (2006) ΨΨΨ  
*Aliens* (1986) ΨΨΨ  
*American History X* (1998) ΨΨΨΨ  
*Analyze That* (2001) ΨΨΨ  
*Analyze This* (1999) ΨΨΨ  
 *Antwone Fisher* (2002) **ΨΨΨΨΨ**  
*Apollo 13* (1995) **ΨΨΨΨΨ**  
*Australian Rules* (2002, Australia) ΨΨΨ  
*Babel* (2006) ΨΨΨΨ  
*Batman Begins* (2005) **ΨΨΨΨΨ**  
*Blood Diamond* (2006) ΨΨΨΨ  
*Broken English* (2007) ΨΨΨ  
*Braveheart* (1995) **ΨΨΨΨΨ**  
*Celebration, The* (1998, Denmark) ΨΨΨ  
*City of God* (2002, Brazil) ΨΨΨ  
*Constant Gardener, The* (2005, Germany/U.K.) ΨΨΨΨ  
*Cool Hand Luke* (1967) **ΨΨΨΨΨ**  
*Defending Your Life* (1991) ΨΨΨ  
*Diary of Anne Frank, The* (1959) **ΨΨΨΨΨ**  
*Don't Tell* (2005, Italy) ΨΨΨ  
*Duma* (2005) ΨΨΨ  
*Elling* (2001, Norway) **ΨΨΨΨΨ**  
*Emmanuel's Gift* (2005) ΨΨΨΨ  
*Europa, Europa* (1991, Germany) ΨΨΨ  
*Fugitive, The* (1993) ΨΨΨ  
*Good Night, and Good Luck* (2005) ΨΨΨΨ  
*Good Will Hunting* (1997) ΨΨΨΨ  
*Ground Truth, The* (2006) ΨΨΨ  
*Happy Feet* (2006) ΨΨΨ  
*Hollywoodland* (2006) ΨΨΨ  
*Hotel Rwanda* (2004) **ΨΨΨΨΨ**  
*Into the Arms of Strangers: Stories of the Kindertransport* (2000, U.K.) ΨΨΨ  
*Jailhouse Rock* (1957) ΨΨΨ  
*Kinsey* (2004) ΨΨΨ  
*Kite Runner, The* (2007) ΨΨΨΨ  
*Let There Be Light* (1946) ΨΨΨ  
*Man Escaped, A* (1956, France) **ΨΨΨΨΨ**  
*Manchurian Candidate, The* (1962; 2004) ΨΨΨΨ  
*Murderball* (2004) **ΨΨΨΨΨ**

*North Country* (2005) ΨΨΨΨ  
*Open Water* (2003) ΨΨΨ  
*Paths of Glory* (1957) **ΨΨΨΨΨ**  
*Personal Velocity* (2002) ΨΨΨΨ  
*Popeye* (1980) ΨΨΨΨ  
*Punch-Drunk Love* (2002) ΨΨΨΨ  
*Rebel Without a Cause* (1955) ΨΨΨΨ  
*Saving Private Ryan* (1998) **ΨΨΨΨΨ**  
*Schindler's List* (1993) **ΨΨΨΨΨ**  
*Seoul Train* (2004) ΨΨΨΨ  
*Silence of the Lambs* (1991) ΨΨΨ  
*Sound of Music, The* (1965) **ΨΨΨΨΨ**  
*South Central* (1992) ΨΨΨ  
*United 93* (2006) ΨΨΨΨ  
*World Trade Center* (2006) ΨΨΨΨ

## **COURAGE: Integrity (authenticity, honesty)**

*3:10 to Yuma* (2007) ΨΨΨ  
*40-Year-Old Virgin, The* (2005) ΨΨΨ  
*Adventures of Priscilla, Queen of the Desert, The* (1994, Australia) ΨΨΨ  
*All the President's Men* (1976) **ΨΨΨΨΨ**  
*Captain Courageous* (1937) ΨΨΨΨ  
*Chariots of Fire* (1981) **ΨΨΨΨΨ**  
*Charlie and the Chocolate Factory* (2005) ΨΨΨΨ  
*Civil Action, A* (1998) ΨΨΨ  
*Contender, The* (2000) ΨΨΨ  
*Corpse Bride* (2005) **ΨΨΨΨΨ**  
*Courage Under Fire* (1996) ΨΨΨ  
*Dark Victory* (1939) ΨΨΨΨ  
*Dead Poets Society* (1989) **ΨΨΨΨΨ**  
*Dirty, Filthy Love* (2004, U.K.) ΨΨΨ  
*Dogville* (2003) ΨΨΨ  
*Erin Brokovich* (2000) ΨΨΨΨ  
*Few Good Men, A* (1992) **ΨΨΨΨΨ**  
*Insomnia* (2002) ΨΨΨΨ  
*Intimate Strangers* (2004, France) **ΨΨΨΨΨ**  
*Kissing Jessica Stein* (2002) ΨΨΨ  
*Legend of Bagger Vance, The* (2000) **ΨΨΨΨΨ**  
*Lives of Others, The* (2006) ΨΨΨ  
*Man of the Year* (2006) ΨΨΨ  
*Matchstick Men* (2003) ΨΨΨ

*Meet John Doe* (1941) ΨΨΨΨ  
*Mr. Smith Goes to Washington* (1939)  
 ΨΨΨΨΨ  
*My Name Is Bill W.* (1989) ΨΨΨΨ  
*Normal* (2003) ΨΨΨ  
*On the Waterfront* (1954) ΨΨΨΨΨ  
*Papillion* (1973) ΨΨΨ  
*Patch Adams* (1998) ΨΨΨΨ  
*Piano, The* (1993, Australia) ΨΨΨΨ  
*Prime* (2005) ΨΨΨ  
*Right Stuff, The* (1983) ΨΨΨΨΨ  
*Schindler's List* (1993) ΨΨΨ  
*Shark Tale* (2004) ΨΨΨ  
*Side Effects* (2005) ΨΨΨΨ  
*Silkwood* (1983) ΨΨΨΨ  
*Strictly Ballroom* (1992, Australia) ΨΨΨ  
*To Kill a Mockingbird* (1962) ΨΨΨΨΨ  
*Verdict, The* (1982) ΨΨΨΨΨ  
*Willy Wonka and the Chocolate Factory*  
 (1971) ΨΨΨΨ

### **COURAGE: Vitality** **(zest, enthusiasm, vigor, energy)**

*400 Blows, The* (1959, France) ΨΨΨΨΨ  
*Aladdin* (1992) ΨΨΨ  
*Buena Vista Social Club* (1999,  
 Germany/Cuba) ΨΨΨΨ  
*Cabaret* (1972) ΨΨΨ  
*Cinema Paradiso* (1988, Italy) ΨΨΨΨΨ  
*Farther Than the Eye Can See* (2003)  
 ΨΨΨ  
*Finding Neverland* (2004) ΨΨΨΨ  
*Girl, Interrupted* (1999) ΨΨΨ  
*Hook* (1991) ΨΨΨ  
*In America* (2002) ΨΨΨ  
*Long Life, Happiness and Prosperity*  
 (2002, Canada) ΨΨΨ  
*Man Who Wasn't There, The* (2001) ΨΨΨ  
*Man Poppins* (1964) ΨΨΨΨ  
*Meet Me in St. Louis* (1944) ΨΨΨ  
*My Fair Lady* (1964) ΨΨΨ  
*My Flesh and Blood* (2004) ΨΨΨ  
*My Left Foot* (1989, Ireland/U.K.) ΨΨΨ  
*Oliver!* (1968, U.K.) ΨΨΨ  
*One Flew Over the Cuckoo's Nest* (1975)  
 ΨΨΨΨΨ

*Pelle the Conqueror* (1987, Denmark)  
 ΨΨΨΨΨ  
*Peter Pan* (1953; 2003) ΨΨΨ  
*Places in the Heart* (1984) ΨΨΨΨΨ  
*Singin' in the Rain* (1952) ΨΨΨΨΨ  
*Sound of Music, The* (1965) ΨΨΨΨΨ  
*West Side Story* (1961) ΨΨΨΨ  
*What's Love Got to Do with It?* (1993)  
 ΨΨΨ  
*White Oleander* (2002) ΨΨΨΨ  
*World's Fastest Indian, The* (2005, New  
 Zealand) ΨΨΨΨΨ

### **COURAGE: Persistence** **(perseverance, industriousness)**

*2001: A Space Odyssey* (1968) ΨΨΨΨΨ  
*Akeelah and the Bee* (2006) ΨΨΨΨΨ  
*Ali Zoua: Prince of the Streets* (2000,  
 Morocco) ΨΨΨ  
*Bicycle Thief, The* (1948, France)  
 ΨΨΨΨΨ  
*Born into Brothels* (2004, India) ΨΨΨΨ  
*Character* (1998, Netherlands) ΨΨΨ  
*Chariots of Fire* (1981) ΨΨΨΨΨ  
*Children of Heaven* (1997, Iran) ΨΨΨΨ  
*Cinderella Man* (2005) ΨΨΨΨ  
*City of Lost Children, The* (1995, France)  
 ΨΨΨΨ  
*Color Purple, The* (1985) ΨΨΨΨΨ  
*Cool Hand Luke* (1967) ΨΨΨΨΨ  
*Da Vinci Code, The* (2006) ΨΨΨΨ  
*Diving Bell and the Butterfly, The* (2007,  
 France/U.S.) ΨΨΨΨΨ  
*Door to Door* (2002) ΨΨΨΨ  
*Dreamgirls* (2006) ΨΨΨ  
*East-West* (1999, France) ΨΨΨ  
*Elling* (2002, Norway) ΨΨΨΨΨ  
*Endurance, The* (2000, Germany/U.S.)  
 ΨΨΨΨΨ  
*Equus* (1977) ΨΨΨ  
*Fame* (1980) ΨΨΨ  
*Farther Than the Eye Can See* (2003)  
 ΨΨΨ  
*Fitzcarraldo* (1982, Germany) ΨΨΨ  
*Flightplan* (2005) ΨΨΨ  
*Forrest Gump* (1994) ΨΨΨΨΨ

*Gerry* (2002) **ΨΨΨ**  
*Grapes of Wrath, The* (1940)  
**ΨΨΨΨ**  
*Great Debaters, The* (2007) **ΨΨΨΨ**  
*Harry Potter* (2001; 2002; 2004; 2005;  
 2007) **ΨΨΨΨ**  
*Hours, The* (2002) **ΨΨΨΨ**  
*Island on Bird Street, The* (2000) **ΨΨΨΨ**  
*Italian, The* (2005, Russia) **ΨΨΨΨ**  
*Jonathan Livingston Seagull* (1973) **ΨΨΨ**  
*Karate Kid, The* (1984) **ΨΨΨΨ**  
*Kill Bill: Vol. 1 and Vol. 2* (2003; 2004)  
**ΨΨΨΨΨ**  
*K-PAX* (2001) **ΨΨΨ**  
*Lilja 4-Ever* (2002, Sweden) **ΨΨΨ**  
*Maria, Full of Grace* (2004, Colum-  
 bia/U.S.) **ΨΨΨΨ**  
*Memento* (2000) **ΨΨΨΨΨ**  
*Mighty Heart, A* (2007) **ΨΨΨ**  
*Million Dollar Baby* (2004) **ΨΨΨΨ**  
*Mountain Patrol* (2004, China) **ΨΨΨ**  
*Mr. Smith Goes to Washington* (1939)  
**ΨΨΨΨΨ**  
*Mrs. Miniver* (1942) **ΨΨΨΨ**  
*Nobody Knows* (2004, Japan) **ΨΨΨ**  
*Not One Less* (1999, China) **ΨΨΨΨΨ**  
*October Sky* (1999) **ΨΨΨ**  
*Old Well* (1986, China) **ΨΨΨ**  
*Peace One Day* (2004, U.K.) **ΨΨΨΨ**  
*Peaceful Warrior* (2006) **ΨΨΨΨΨ**  
*Pianist, The* (2002,  
 France/Germany/U.K./Poland)  
**ΨΨΨΨΨ**  
*Pixote* (1981, Brazil) **ΨΨΨ**  
*Pride of the Yankees, The* (1942)  
**ΨΨΨΨΨ**  
*Pursuit of Happiness, The* (2006)  
**ΨΨΨΨΨ**  
*Rabbit-Proof Fence* (2002, Australia)  
**ΨΨΨΨ**  
*Rain* (2001, New Zealand) **ΨΨΨ**  
*Ratcatcher* (1999) **ΨΨΨ**  
*Return, The* (2003, Russia) **ΨΨΨ**  
*Rocky* (1976) **ΨΨΨΨ**  
*Rocky Balboa* (2006) **ΨΨΨ**  
*Rudy* (1993) **ΨΨΨΨ**  
*Salaam Bombay!* (1988, India/U.K.)  
**ΨΨΨΨ**  
*Secret of Dr. Kildare, The* (1939) **ΨΨΨ**

*Sergeant York* (1941) **ΨΨΨΨΨ**  
*Souder* (1972) **ΨΨΨΨ**  
*Spirit of St. Louis, The* (1957) **ΨΨΨΨ**  
*Star Wars* (1977; 1980; 1983; 1999; 2002;  
 2005) **ΨΨΨΨΨ**  
*Story of Qiu Ju, The* (1992, China/Hong  
 Kong) **ΨΨΨ**  
*To Live* (1994, China/Hong Kong)  
**ΨΨΨΨΨ**  
*Touching the Void* (2003) **ΨΨΨΨΨ**  
*Warm Springs* (2005) **ΨΨΨ**  
*Whale Rider* (2003, New Zealand)  
**ΨΨΨΨΨ**  
*White Oleander* (2002) **ΨΨΨΨ**

## HUMANITY: Love

*2046* (2004, China) **ΨΨΨ**  
*3-Iron* (2004, South Korea) **ΨΨΨΨ**  
*Across the Universe* (2007) **ΨΨΨ**  
*Affair to Remember, An* (1957) **ΨΨΨΨ**  
*Always* (1989) **ΨΨΨ**  
*Anna Karenina* (1948, U.K.) **ΨΨΨ**  
*Annie Hall* (1977) **ΨΨΨΨ**  
*Atonement* (2007) **ΨΨΨΨ**  
*Away from Her* (2006, Canada) **ΨΨΨΨΨ**  
*Beaches* (1988) **ΨΨΨ**  
*Beautiful Mind, A* (2001) **ΨΨΨ**  
*Before Sunrise* (1995) **ΨΨΨ**  
*Before Sunset* (2004) **ΨΨΨ**  
*Blood Diamond* (2006) **ΨΨΨ**  
*Brazil* (1985, U.K.) **ΨΨΨ**  
*Breakfast at Tiffany's* (1961) **ΨΨΨ**  
*Bridges of Madison County, The* (1995)  
**ΨΨΨ**  
*Carrington* (1995, U.K.) **ΨΨΨ**  
*Casablanca* (1942) **ΨΨΨΨΨ**  
*Central Station* (1998, Brazil) **ΨΨΨ**  
*Changing Hearts* (2002) **ΨΨΨ**  
*Cinderella* (1950) **ΨΨΨ**  
*Cinema Paradiso* (1988, Italy) **ΨΨΨΨΨ**  
*City Lights* (1931) **ΨΨΨΨΨ**  
*City of Angels* (1998) **ΨΨΨ**  
*Crash* (2004) **ΨΨΨ**  
*Déjà vu* (1997) **ΨΨΨ**  
*Don Juan DeMarco* (1995) **ΨΨΨ**  
*Dopamine* (2003) **ΨΨΨ**

- Dr. Zhivago* (1965) የሃሃሃሃሃ  
*Enchanted* (2007) ሃሃሃ  
*English Patient, The* (1996) ሃሃሃሃሃ  
*Eros* (2004, U.S./Italy/Hong Kong) ሃሃሃሃ  
*Feast of Love* (2007) ሃሃሃሃሃ  
*Finding Forrester* (2000) ሃሃሃሃ  
*Fisher King, The* (1991) ሃሃሃሃ  
*Fountain, The* (2006) ሃሃሃሃ  
*Garden State* (2004) ሃሃሃሃ  
*Ghost* (1990) ሃሃሃሃ  
*Gone with the Wind* (1939) ሃሃሃሃ  
*Green Mile, The* (1999) ሃሃሃሃ  
*Happy Endings* (2005) ሃሃሃሃ  
*Hired Heart, The* (1997) ሃሃሃሃ  
*Holiday, The* (2006) ሃሃሃሃ  
*Illusionist, The* (2006) ሃሃሃሃ  
*Immortal Beloved* (1994, U.K./U.S.) ሃሃሃሃ  
*Innocence* (2000) ሃሃሃሃ  
*Iris* (2001) ሃሃሃሃሃ  
*Italian for Beginners* (2000, Denmark) ሃሃሃሃ  
*Junebug* (2005) ሃሃሃሃ  
*Keeping Up with the Steins* (2006) ሃሃሃሃ  
*Kid, The* (1921) ሃሃሃሃሃሃ  
*Kolya* (1996, Czech Republic) ሃሃሃሃሃ  
*Lake House, The* (2006) ሃሃሃሃ  
*Lantana* (2001, Australia) ሃሃሃሃ  
*Last Kiss, The* (2006) ሃሃሃሃሃ  
*Life Is Beautiful* (1997, Italy) ሃሃሃሃሃሃ  
*Like Water for Chocolate* (1992, Mexico) ሃሃሃሃሃ  
*Lost in Translation* (2003) ሃሃሃሃሃ  
*Love Actually* (2003) ሃሃሃሃ  
*Map of the Human Heart* (1993) ሃሃሃሃ  
*Midnight Cowboy* (1969) ሃሃሃሃሃሃ  
*Monsieur Ibrahim* (2003, France) ሃሃሃሃሃሃ  
*Monsoon Wedding* (2001) ሃሃሃሃሃሃ  
*Monsters Ball* (2001) ሃሃሃሃ  
*Mother Teresa* (2003, Spain/U.K.) ሃሃሃሃሃሃ  
*Moulin Rouge* (2001) ሃሃሃሃ  
*My Big Fat Greek Wedding* (2002) ሃሃሃሃ  
*My First Mister* (2001) ሃሃሃሃ  
*Namesake, The* (2006, India/U.S.) ሃሃሃሃሃሃ  
*Never Again* (2001) ሃሃሃሃ  
*New World, The* (2005) ሃሃሃሃ  
*Notebook, The* (2004) ሃሃሃሃ  
*Oasis* (2002, South Korea) ሃሃሃሃ  
*From Niemiec/Wedding, Positive Psychology at the Movies* (ISBN 978-0-88937-352-5)  
 ©2008 Hogrefe & Huber Publishers. All rights reserved. [www.hogrefe.com](http://www.hogrefe.com)
- Officer and a Gentleman, An* (1982) ሃሃሃሃሃሃ  
*OH in Ohio, The* (2006) ሃሃሃሃ  
*On Golden Pond* (1981) ሃሃሃሃሃ  
*Paris, I Love You* (2006, France) ሃሃሃሃሃ  
*Passion Fish* (1992) ሃሃሃሃ  
*Pauline and Paulette* (2001, Belgium) ሃሃሃሃ  
*Perfect World, A* (1993) ሃሃሃሃ  
*Phantom of the Opera, The* (2004) ሃሃሃሃሃሃ  
*Postman, The (Il Postino)*, 1994, France) ሃሃሃሃሃ  
*Pretty Woman* (1990) ሃሃሃሃ  
*Princess Bride, The* (1987) ሃሃሃሃሃ  
*Reconstruction* (2003, Denmark) ሃሃሃሃሃ  
*Reign Over Me* (2007) ሃሃሃሃሃ  
*River Runs Through It, A* (1992) ሃሃሃሃሃ  
*Road Home, The* (1999, China) ሃሃሃሃሃ  
*Rocky Balboa* (2006) ሃሃሃሃ  
*Roman Holiday* (1953) ሃሃሃሃሃ  
*Romeo and Juliet* (1968, U.K./Italy) ሃሃሃሃሃ  
*Secondhand Lions* (2003) ሃሃሃሃሃ  
*Shakespeare in Love* (1998) ሃሃሃሃሃሃ  
*SherryBaby* (2006) ሃሃሃሃሃ  
*Shogirl* (2005) ሃሃሃሃሃ  
*Short Film About Love, A* (1988, Poland) ሃሃሃሃሃ  
*Sleeping Beauty* (1959) ሃሃሃሃሃ  
*Sleepless in Seattle* (1993) ሃሃሃሃሃ  
*Something's Gotta Give* (2003) ሃሃሃሃሃ  
*Somewhere in Time* (1980) ሃሃሃሃሃሃ  
*Son of the Bride* (2001, Argentina) ሃሃሃሃሃሃ  
*Sophie's Choice* (1982) ሃሃሃሃሃሃ  
*Spanglish* (2004) ሃሃሃሃሃ  
*Steel Magnolias* (1989) ሃሃሃሃሃ  
*Story of Us, The* (1999) ሃሃሃሃሃ  
*Strawberry and Chocolate* (1994, Cuba) ሃሃሃሃሃ  
*Taste of Others, The* (2000, France) ሃሃሃሃሃሃ  
*Tea with Mussolini* (1999, Italy) ሃሃሃሃሃ  
*Thelma and Louise* (1991) ሃሃሃሃሃሃ  
*Thirteen* (2003) ሃሃሃሃሃ  
*Three Colors: Red* (1994, Poland) ሃሃሃሃሃሃ  
*Tiger and the Snow, The* (2005, Italy) ሃሃሃሃሃሃ  
*Titanic* (1997) ሃሃሃሃሃ  
*Toy Story* (1995) ሃሃሃሃሃ  
*Truly Madly Deeply* (1990) ሃሃሃሃሃ

*Trust* (1990) ΨΨΨ  
*Tuck Everlasting* (2002) ΨΨΨ  
*Twin Sisters* (2002, Netherlands) ΨΨΨ  
*Under the Sun* (1998, Sweden) ΨΨΨ  
*Under the Tuscan Sun* (2003) ΨΨΨ  
*United 93* (2006) ΨΨΨ  
*Venus* (2006, U.K.) ΨΨΨΨ  
*West Side Story* (1961) ΨΨΨ  
*When Harry Met Sally* (1989) ΨΨΨ  
*What Dreams May Come* (1998) ΨΨΨ  
*Yesterday* (2004, South Africa)  
 ΨΨΨΨΨ

### **HUMANITY: Kindness (generosity, nurturance, care, compassion, altruistic love, niceness)**

*About a Boy* (2002) ΨΨΨ  
*Accidental Hero, The* (France) ΨΨΨ  
*All About My Mother* (1999, Spain) ΨΨΨ  
*Amelie* (2001, France) ΨΨΨΨΨ  
*As Good as It Gets* (1997) ΨΨΨ  
*Babe; Babe: Pig in the City* (1995; 1998)  
 ΨΨΨ  
*Babette's Feast* (1987, Denmark) ΨΨΨΨ  
*Bagdad Café* (1987, West Germany/U.S.)  
 ΨΨΨΨ  
*Bear, The* (1988, France) ΨΨΨ  
*Black Snake Moan* (2006) ΨΨΨΨ  
*Blood Diamond* (2006) ΨΨΨ  
*Charlie and the Chocolate Factory* (2005)  
 ΨΨΨ  
*Cherry Orchard, The* (1999,  
 Greece/Cyprus/France) ΨΨΨ  
*Chocolat* (2000) ΨΨΨ  
*Christmas Carol, A* (1984) ΨΨΨ  
*Cider House Rules* (1999) ΨΨΨΨ  
*Cup, The* (1999, Bhutan) ΨΨΨΨ  
*Equus* (1977) ΨΨΨ  
*Family Man, The* (2000) ΨΨΨ  
*Grand Canyon* (1991) ΨΨΨ  
*Half Nelson* (2006) ΨΨΨ  
*Harvey* (1950) ΨΨΨ  
*House of Sand & Fog* (2003) ΨΨΨ  
*How the Grinch Stole Christmas* (2000)  
 ΨΨΨ

*It Could Happen to You* (1994) ΨΨΨ  
*Manderlay* (2005) ΨΨΨ  
*Meet John Doe* (1941) ΨΨΨ  
*Miracle on 34<sup>th</sup> Street* (1947) ΨΨΨ  
*Monsters Ball* (2001) ΨΨΨ  
*Mostly Martha* (2007) ΨΨΨ  
*Pay It Forward* (2000) ΨΨΨΨ  
*Savages, The* (2007) ΨΨΨ  
*Schindler's List* (1993) ΨΨΨΨ  
*Secret of Dr. Kildare, The* (1939) ΨΨΨΨ  
*Sister Helen* (2002) ΨΨΨ  
*Something Like Happiness* (2005, Czech  
 Republic) ΨΨΨΨ  
*Touching Wild Horses* (2002, Canada)  
 ΨΨΨ  
*Tsotsi* (2005, South Africa/U.K.) ΨΨΨΨ  
*Vera Drake* (2004, U.K.) ΨΨΨ  
*Waitress* (2007) ΨΨΨΨΨ  
*Willy Wonka & the Chocolate Factory*  
 (1971) ΨΨΨ

### **HUMANITY: Social Intelligence (emotional, personal intelligence)**

*African Queen, The* (1951) ΨΨΨΨΨ  
*Away from Her* (2006, Canada) ΨΨΨΨΨ  
*Before Sunrise* (1995) ΨΨΨΨ  
*Before Sunset* (2004) ΨΨΨΨ  
*Breach* (2007) ΨΨΨΨΨ  
*Children of a Lesser God* (1986) ΨΨΨΨ  
*Coal Miner's Daughter* (1980) ΨΨΨΨΨ  
*Don't Come Knocking* (2005) ΨΨΨΨ  
*Driving Miss Daisy* (1989) ΨΨΨΨ  
*Equilibrium* (2002) ΨΨΨ  
*Erin Brockovich* (2000) ΨΨΨΨ  
*Five Senses, The* (1999) ΨΨΨΨ  
*Great New Wonderful, The* (2005) ΨΨΨ  
*History of Violence, A* (2005) ΨΨΨ  
*I, Robot* (2004) ΨΨΨΨ  
*Juno* (2007) ΨΨΨΨ  
*Killing Fields, The* (1984) ΨΨΨΨ  
*K-PAX* (2001) ΨΨΨΨ  
*Metallica: Some Kind of Monster* (2004)  
 ΨΨΨ  
*Nine Lives* (2005) ΨΨΨ  
*Once* (2006, Ireland) ΨΨΨΨ  
*Searching for Bobby Fischer* (1993) ΨΨΨ

## **JUSTICE: Citizenship (social responsibility, loyalty, teamwork)**

*Across the Universe* (2007) ሃሃሃ  
*Bad News Bears, The* (1976; 2005) ሃሃሃ  
*Batteries Not Included* (1987) ሃሃሃ  
*Believe in Me* (2006) ሃሃሃ  
*Best Years of Our Lives, The* (1946)  
 ሃሃሃሃሃ  
*Coach Carter* (2005) ሃሃሃ  
*Cool Runnings* (1993) ሃሃሃ  
*Divine Secrets of the Ya-ya Sisterhood,  
 The* (2002) ሃሃሃ  
*Eight Below* (2006) ሃሃሃ  
*Finding Nemo* (2003) ሃሃሃሃሃ  
*Friday Night Lights* (2004) ሃሃሃ  
*Game of Their Lives, The* (2005) ሃሃሃ  
*Glory Road* (2006) ሃሃሃ  
*Grapes of Wrath, The* (1940)  
 ሃሃሃሃሃ  
*Hoosiers* (1986) ሃሃሃሃሃ  
*Hotel Rwanda* (2004) ሃሃሃሃሃሃ  
*In Good Company* (2004) ሃሃሃ  
*Joyeux Noel (Merry Christmas)* (2005)  
 ሃሃሃሃሃ  
*L.A. Confidential* (1997) ሃሃሃ  
*Lars and the Real Girl* (2007) ሃሃሃሃሃሃ  
*League of Their Own, A* (1992) ሃሃሃ  
*Little Miss Sunshine* (2006) ሃሃሃሃሃሃ  
*Longest Yard, The* (2005) ሃሃሃ  
*Lost in Translation* (2003) ሃሃሃ  
*Manderlay* (2005, Denmark) ሃሃሃ  
*March of the Penguins* (2003, France)  
 ሃሃሃሃሃሃ  
*Mighty Ducks, The* (1992) ሃሃሃ  
*Mighty Wind, A* (2003) ሃሃሃ  
*Million Dollar Baby* (2004) ሃሃሃሃሃ  
*Miracle* (2004) ሃሃሃሃሃ  
*Mr. Deeds Goes to Town* (1936) ሃሃሃ  
*Opal Dream* (2005) ሃሃሃ  
*Paper Clips* (2004) ሃሃሃሃሃ  
*People Say I'm Crazy* (2003) ሃሃሃ  
*Places in the Heart* (1984) ሃሃሃሃሃ  
*Prairie Home Companion, A* (2006) ሃሃሃ  
*Radio* (2003) ሃሃሃ  
*Remember the Titans* (2000) ሃሃሃሃሃ  
*Rookie, The* (2002) ሃሃሃሃሃ

*Sea Inside, The* (2004, Spain) ሃሃሃሃሃ  
*Shipping News, The* (2001) ሃሃሃ  
*Shrek; Shrek 2; Shrek the Third* (2001;  
 2004; 2007) ሃሃሃሃሃ  
*Sisterhood of the Traveling Pants, The*  
 (2005) ሃሃሃ  
*Station Agent, The* (2003) ሃሃሃሃሃሃ  
*Superman* (1978) ሃሃሃ  
*Tell Me That You Love Me, Junie Moon*  
 (1970) ሃሃሃ  
*We Are Marshall* (2006) ሃሃሃሃሃ  
*Widow of Saint Pierre, The* (2000, France)  
 ሃሃሃ  
*Winged Migration* (2001, France)  
 ሃሃሃሃሃሃ  
*Without a Trace* (2002) ሃሃሃ  
*Yankee Doodle Dandy* (1942) ሃሃሃሃ  
*Z* (1969, Algeria/France) ሃሃሃሃሃ

## **JUSTICE: Fairness**

*12 Angry Men* (1957) ሃሃሃሃሃሃ  
*Adventures of Robin Hood, The* (1938)  
 ሃሃሃሃሃ  
*Capote* (2005) ሃሃሃሃሃ  
*Compulsion* (1959) ሃሃሃ  
*Crimson Gold* (2003, Iran) ሃሃሃ  
*Dead Man Walking* (1995) ሃሃሃ  
*Defiant Ones, The* (1958) ሃሃሃሃሃ  
*Do the Right Thing* (1989) ሃሃሃሃሃ  
*Focus* (2001) ሃሃሃሃሃ  
*Gandhi* (1982) ሃሃሃሃሃሃ  
*Gentleman's Agreement* (1947) ሃሃሃ  
*Girl in the Café, The* (2005, U.K./U.S.)  
 ሃሃሃሃሃ  
*Guess Who's Coming to Diner* (1967)  
 ሃሃሃሃሃሃ  
*In the Heat of the Night* (1967) ሃሃሃሃሃሃ  
*Last Wave, The* (1977, Australia) ሃሃሃ  
*Mighty Times: The Legacy of Rosa Parks*  
 (2002) ሃሃሃሃሃ  
*Motorcycle Diaries* (2004, Argentina)  
 ሃሃሃሃሃ  
*Music Within* (2007) ሃሃሃሃሃ  
*Norma Ray* (1979) ሃሃሃሃሃሃ  
*Philadelphia* (1993) ሃሃሃሃሃ  
*Robin Hood: Prince of Thieves* (1991)  
 ሃሃሃሃሃ  
*Serpico* (1973) ሃሃሃሃሃ

*Shane* (1953) ሃሃሃሃ  
*Sullivan's Travels* (1941) ሃሃሃሃሃሃ  
*To Kill a Mockingbird* (1962) ሃሃሃሃሃሃ  
*V for Vendetta* (2005) ሃሃሃሃ  
*Working Girl* (1988) ሃሃሃሃ  
*X-Men, X2, X-Men: The Last Stand* (2000;  
 2003; 2006) ሃሃሃሃ

## JUSTICE: Leadership

*Amazing Grace* (2006) ሃሃሃሃሃ  
*Apollo 13* (1995) ሃሃሃሃሃ  
*Ben-Hur* (1959) ሃሃሃሃሃ  
*Blood Diamond* (2006) ሃሃሃሃ  
*Braveheart* (1995) ሃሃሃሃሃ  
*City of God* (2002, Brazil) ሃሃሃሃሃ  
*Dances with Wolves* (1990) ሃሃሃሃሃ  
*Darfur Now* (2007) ሃሃሃሃሃ  
*Evita* (1997) ሃሃሃሃ  
*Gandhi* (1982) ሃሃሃሃሃሃ  
*Gladiator* (2000) ሃሃሃሃ  
*Glory* (1989) ሃሃሃሃሃሃ  
*Gunga Din* (1939) ሃሃሃሃሃ  
*Henry V* (1989) ሃሃሃሃሃሃ  
*High Noon* (1952) ሃሃሃሃሃሃ  
*Inconvenient Truth, An* (2006) ሃሃሃሃሃ  
*Jimmy Carter: Man From Plains* (2007)  
 ሃሃሃሃሃ  
*Jonestown: The Life and Death of Peoples  
 Temple* (2006) ሃሃሃሃሃ  
*Kundun* (1997) ሃሃሃሃሃሃ  
*Last King of Scotland, The* (2006) ሃሃሃሃ  
*Lawrence of Arabia* (1962) ሃሃሃሃሃሃ  
*Lion King, The* (1994) ሃሃሃሃሃሃ  
*Little Buddha* (1993, France) ሃሃሃሃ  
*Man for All Seasons, A* (1966) ሃሃሃሃ  
*Matrix, The* (1999) ሃሃሃሃሃ  
*Mr. Smith Goes to Washington* (1939)  
 ሃሃሃሃሃሃ  
*Norma Rae* (1979) ሃሃሃሃሃ  
*Paths of Glory* (1957) ሃሃሃሃሃሃ  
*Prize Winner of Defiance Ohio* (2005)  
 ሃሃሃሃ  
*Seven Samurai* (1954, Japan) ሃሃሃሃሃ  
*Sixth Sense, The* (1999) ሃሃሃሃሃ  
*Spartacus* (1960) ሃሃሃሃሃሃ  
*Twelve O'Clock High* (1949) ሃሃሃሃሃሃ

## TEMPERANCE: Forgiveness and Mercy

*Angela's Ashes* (1999) ሃሃሃሃ  
*Changing Lanes* (2002) ሃሃሃሃሃ  
*City of No Limits, The* (2002, Spain) ሃሃሃሃ  
*Crossing Guard, The* (1995) ሃሃሃሃሃ  
*Cry, the Beloved Country* (1995, South  
 Africa/U.S.) ሃሃሃሃ  
*Dead Man Walking* (1995) ሃሃሃሃሃሃ  
*Diary of a Mad Black Woman* (2005)  
 ሃሃሃሃ  
*Flatliners* (1990) ሃሃሃሃሃሃ  
*In My Country* (2005, South Africa/U.K.)  
 ሃሃሃሃሃሃ  
*Kite Runner, The* (2007) ሃሃሃሃሃሃ  
*Les Miserables* (1998, U.K.) ሃሃሃሃ  
*Levity* (2003) ሃሃሃሃሃሃ  
*Mind the Gap* (2004) ሃሃሃሃሃሃ  
*Mother Ghost* (2002) ሃሃሃሃሃ  
*No Man's Land* (2002, Bosnia-  
 Herzegovina) ሃሃሃሃሃሃ  
*Noel* (2004) ሃሃሃሃሃ  
*O Brother, Where Art Thou* (2000) ሃሃሃሃሃ  
*Ordinary People* (1980) ሃሃሃሃሃሃ  
*Queen Margot* (1994, France) ሃሃሃሃሃ  
*Regret to Inform* (1998) ሃሃሃሃሃ  
*Squid and the Whale, The* (2005) ሃሃሃሃሃ  
*Straight Story, The* (1999) ሃሃሃሃሃሃሃ  
*Tender Mercies* (1983) ሃሃሃሃሃሃ  
*Terms of Endearment* (1983) ሃሃሃሃሃሃ  
*Thousand Acres, A* (1997) ሃሃሃሃሃ  
*Unfinished Life, An* (2005) ሃሃሃሃሃ  
*Upside of Anger, The* (2005) ሃሃሃሃሃ  
*Volver* (2006) ሃሃሃሃሃሃ  
*World Traveler* (2001) ሃሃሃሃሃ

## TEMPERANCE: Humility and Modesty

*10 Questions for the Dalai Lama* (2006)  
 ሃሃሃሃሃሃ  
*Batman* (1989; 1992; 1995; 1997; 2005)  
 ሃሃሃሃሃሃ  
*Being There* (1979) ሃሃሃሃሃ  
*Charisma* (1999, Japan) ሃሃሃሃሃ  
*Dalai Lama Renaissance* (2007) ሃሃሃሃሃ

*For Your Consideration* (2006) የሆላዎዎ  
*Fourth Wise Man, The* (1985) የሆላዎዎ  
*Gandhi* (1982) የሆላዎዎዎ  
*Hero* (2002, Hong Kong) የሆላዎዎ  
*Keys of the Kingdom, The* (1944) የሆላዎዎ  
*Little Buddha* (1993, France) የሆላዎ  
*Memoirs of a Geisha* (2005) የሆላዎዎ  
*My Name Is Bill W.* (1989) የሆላዎዎ  
*My Super Ex-Girlfriend* (2006) የሆላዎ  
*Passion of the Christ, The* (2004) የሆላዎዎ  
*Peaceful Warrior* (2006) የሆላዎዎዎ  
*Rain Man* (1988) የሆላዎዎዎ  
*Ringer, The* (2005) የሆላዎ  
*Seven Years in Tibet* (1997) የሆላዎ  
*Son of the Bride* (2001, Argentina) የሆላዎዎ  
*Spider-Man* (2002; 2004; 2007) የሆላዎዎ  
*Superman* (1978; 1980; 1983; 1987; 2006)  
 የሆላዎዎ  
*Tiger and the Snow, The* (2005, Italy)  
 የሆላዎዎ  
*Truman Show, The* (1998) የሆላዎዎዎ  
*Unbreakable* (2000) የሆላዎዎ

## TEMPERANCE: Prudence

*As Good as It Gets* (1997) የሆላዎ  
*Danny Deckchair* (2003) የሆላዎ  
*Darwin Awards, The* (2006) የሆላዎ  
*Day the Earth Stood Still, The* (1951)  
 የሆላዎዎ  
*Driving Miss Daisy* (1989) የሆላዎዎዎ  
*Not One Less* (1999, China) የሆላዎዎ  
*Queen, The* (2006, U.K.) የሆላዎዎዎ  
*Road Home, The* (1999, China) የሆላዎዎ  
*Sense and Sensibility* (1995) የሆላዎዎ  
*Shawshank Redemption, The* (1994)  
 የሆላዎዎዎ  
*Story of the Weeping Camel, The* (2004,  
 Mongolia) የሆላዎዎዎ

## TEMPERANCE: Self-Regulation (self-control)

*Be Cool* (2005) የሆላዎ  
*Birdman of Alcatraz* (1962) የሆላዎዎ

*Bourne Identity; Bourne Supremacy; Bourne Ultimatum, The* (2002; 2004; 2007) የሆላዎዎ  
*Breaking Away* (1979) የሆላዎዎዎ  
*Bridge on the River Kwai, The* (1957)  
 የሆላዎዎዎ  
*Brothers, The* (2001) የሆላዎ  
*Chorus, The* (2004, France) የሆላዎዎዎ  
*Forrest Gump* (1994) የሆላዎዎዎ  
*Karate Kid, The* (1984) የሆላዎ  
*Klepto* (2003) የሆላዎ  
*Mad Hot Ballroom* (2005) የሆላዎዎዎ  
*Maltese Falcon, The* (1941) የሆላዎዎዎ  
*March of the Penguins* (2005, France)  
 የሆላዎዎዎ  
*Maria Full of Grace* (2004) የሆላዎዎዎ  
*National Velvet* (1944) የሆላዎዎ  
*Paper Chase, The* (1973) የሆላዎ  
*Queen, The* (2006, U.K.) የሆላዎዎ  
*Snow Walker, The* (2003, Canada) የሆላዎ  
*Spring, Summer, Fall, Winter...and Spring*  
 (2003, South Korea) የሆላዎዎ  
*Super Size Me* (2004) የሆላዎ  
*Syrian Bride, The* (2004, Israel/France)  
 የሆላዎዎ  
*Warm Water Under a Red Bridge* (2001,  
 Japan) የሆላዎዎ  
*Warrior, The* (2001) የሆላዎዎ  
*Woodsman, The* (2004) የሆላዎ

## TRANSCENDENCE: Appreciation of Beauty and Excellence (awe, wonder, elevation)

*Amelie* (2001, France) የሆላዎዎዎ  
*American Beauty* (1999) የሆላዎዎዎ  
*America's Heart and Soul* (2004) የሆላዎ  
*Baraka* (1992) የሆላዎዎ  
*Celestine Prophecy* (2006) የሆላዎ  
*Color of Paradise, The* (1999, Iran) የሆላዎ  
*Crouching Tiger, Hidden Dragon* (2000,  
 Taiwan) የሆላዎዎ  
*Eldra* (2002, U.K.) የሆላዎ  
*Faraway, So Close!* (1993, Germany)  
 የሆላዎዎ  
*Fearless* (1993) የሆላዎ

*Genesis* (2004, France/Italy) ΨΨΨ  
*Grizzly Man* (2005) ΨΨΨΨ  
*Hero* (2002, Hong Kong) ΨΨΨΨ  
*House of Flying Daggers* (2004, China/Hong Kong) ΨΨΨΨ  
*Into Great Silence* (2004, France/Germany) ΨΨΨΨ  
*It's a Wonderful Life* (1946) ΨΨΨΨΨΨ  
*King Kong* (2005) ΨΨΨ  
*Microcosmos* (1996, France) ΨΨΨΨ  
*Morvern Callar* (2002, U.K.) ΨΨΨΨ  
*My Life Without Me* (2003, Spain/Canada) ΨΨΨ  
*Noi the Albino* (2003, Iceland) ΨΨΨ  
*Out of Africa* (1985) ΨΨΨ  
*Pauline and Paulette* (2000, Belgium) ΨΨΨ  
*Pillow Book, The* (1997, France/U.K.) ΨΨΨ  
*Prestige, The* (2006) ΨΨΨ  
*Scent of Green Papaya, The* (1993, Vietnam) ΨΨΨ  
*Tea with Mussolini* (1999, Italy/U.K.) ΨΨΨ  
*Vertical Ray of the Sun, The* (2000, Vietnam) ΨΨΨ  
*Waking Life* (2001) ΨΨΨ  
*Wind Will Carry Us, The* (1999, Iran) ΨΨΨ  
*Winged Migration* (2002, France) ΨΨΨΨΨ  
*Wings of Desire* (1987, West Germany) ΨΨΨΨΨ

## TRANSCENDENCE: Gratitude

*After Life* (1998, Japan) ΨΨΨ  
*Amelie* (2001, France) ΨΨΨΨΨΨ  
*Big Night* (1996) ΨΨΨ  
*Click* (2006) ΨΨΨ  
*Color Purple, The* (1985) ΨΨΨΨΨΨ  
*Delivering Milo* (2001) ΨΨΨ  
*Doctor, The* (1991) ΨΨΨ  
*Eternal Sunshine of the Spotless Mind* (2004) ΨΨΨΨΨ  
*Fearless* (1993) ΨΨΨΨ  
*For One More Day* (2007) ΨΨΨ

*Fried Green Tomatoes* (1991) ΨΨΨΨ  
*God Grew Tired of Us* (2006) ΨΨΨΨ  
*Good Year, A* (2006) ΨΨΨ  
*Groundhog Day* (1993) ΨΨΨΨ  
*Harvey* (1950) ΨΨΨ  
*It's a Wonderful Life* (1946) ΨΨΨΨΨΨ  
*Last Samurai, The* (2003) ΨΨΨ  
*New World, The* (2005) ΨΨΨ  
*Rory O'Shea Was Here* (2004) ΨΨΨ  
*Secret, The* (2006) ΨΨΨ  
*Sherry Baby* (2006) ΨΨΨ  
*Ultimate Gift, The* (2006) ΨΨΨΨ  
*Willow Tree, The* (2005, Iran) ΨΨΨ

## TRANSCENDENCE: Hope (optimism, future mindedness, future orientation)

*16 Years of Alcohol* (2003) ΨΨΨ  
*Antonia's Line* (1995, Netherlands) ΨΨΨΨΨ  
*Awakenings* (1990) ΨΨΨΨ  
*Babe* (1995) ΨΨΨΨ  
*Black Stallion, The* (1979) ΨΨΨΨ  
*Blue Butterfly* (2004) ΨΨΨ  
*Boys Town* (1938) ΨΨΨΨ  
*Cape of Good Hope* (2004, South Africa) ΨΨΨΨ  
*Cast Away* (1999) ΨΨΨΨΨΨ  
*Cinderella Man* (2005) ΨΨΨΨ  
*Cooler, The* (2003) ΨΨΨ  
*E.T.: The Extra-Terrestrial* (1982) ΨΨΨΨΨ  
*Enchanted April* (1992) ΨΨΨ  
*Eternity and a Day* (1998, Greece/Germany) ΨΨΨΨΨΨ  
*Everything's Coming My Way* (2005) ΨΨΨ  
*Fiddler on the Roof* (1971) ΨΨΨ  
*Freedom Writers* (2007) ΨΨΨ  
*Hustle and Flow* (2005) ΨΨΨ  
*In America* (2003) ΨΨΨ  
*Joshua* (2002) ΨΨΨ  
*Legend of Bagger Vance, The* (2000) ΨΨΨΨΨ  
*Lighthouse Hill* (2004, U.K.) ΨΨΨ  
*Lilies of the Field* (1963) ΨΨΨΨΨΨ

*Lonesome Jim* (2005) ሃሃሃ  
*Maldonado Miracle, The* (2003) ሃሃሃ  
*Man Escaped, A* (1956, France) ሃሃሃሃሃ  
*Miracle on 34<sup>th</sup> Street* (1947) ሃሃሃሃሃ  
*Miracle Worker, The* (1962) ሃሃሃሃሃ  
*Nativity Story, The* (2006) ሃሃሃ  
*Pelle the Conqueror* (1987, Denmark)  
 ሃሃሃሃሃ  
*Perez Family, The* (1995) ሃሃሃ  
*Prize Winner of Defiance Ohio, The*  
 (2005) ሃሃሃሃሃ  
*Raisin in the Sun, A* (1961) ሃሃሃሃሃ  
*Ratcatcher* (1999, U.K., France) ሃሃሃ  
*Seabiscuit* (2003) ሃሃሃሃሃ  
*Shawshank Redemption, The* (1994)  
 ሃሃሃሃሃ  
*Stand and Deliver* (1988) ሃሃሃሃሃ  
*Tender Mercies* (1983) ሃሃሃሃሃ  
*Thelma and Louise* (1991) ሃሃሃሃሃ  
*Very Long Engagement, A* (2004, France)  
 ሃሃሃሃሃ  
*Vodka Lemon* (2003, France/Armenia)  
 ሃሃሃሃሃ  
*Wild Strawberries* (1957, Sweden)  
 ሃሃሃሃሃ  
*Wizard of Oz, The* (1939) ሃሃሃሃሃሃ  
*Yesterday* (2004, South Africa) ሃሃሃሃሃሃ

### TRANSCENDENCE: Humor (playfulness)

*Assisted Living* (2003) ሃሃሃሃ  
*Beautiful Mind, A* (2001) ሃሃሃሃ  
*Before Sunrise* (1995) ሃሃሃሃ  
*Before Sunset* (2004) ሃሃሃሃ  
*Best in Show* (2000) ሃሃሃሃሃ  
*Big Fish* (2003) ሃሃሃሃ  
*Corpse Bride* (2005) ሃሃሃሃሃ  
*Good Morning, Vietnam* (1987) ሃሃሃሃ  
*Half Nelson* (2006) ሃሃሃሃ  
*Laughing Club of India, The* (1999, India)  
 ሃሃሃሃሃሃ  
*Life Is Beautiful* (1997, Italy) ሃሃሃሃሃሃ  
*Looking for Comedy in the Muslim World*  
 (2005) ሃሃሃሃ  
*Marie Antoinette* (2006) ሃሃሃሃ  
*Mighty Wind, A* (2003) ሃሃሃሃ

*Murderball* (2005) ሃሃሃሃሃሃ  
*Nothing* (2003, Canada) ሃሃሃሃ  
*One Last Thing* (2005) ሃሃሃሃ  
*Patch Adams* (1998) ሃሃሃሃሃሃ  
*Ridicule* (1996, France) ሃሃሃሃ  
*Road to Welville, The* (1994) ሃሃሃሃ  
*Smile* (2005) ሃሃሃሃ  
*Waiting for Guffman* (1996) ሃሃሃሃ  
*Zorba the Greek* (1964) ሃሃሃሃሃሃ

### TRANSCENDENCE: Spirituality (religiousness, faith, purpose, meaning)

*10 Questions for the Dalai Lama* (2006)  
 ሃሃሃሃሃሃ  
*11'09"01 - September 11* (2002) ሃሃሃሃ  
*13 Conversations About One Thing* (2001)  
 ሃሃሃሃሃሃ  
*About Schmidt* (2002) ሃሃሃሃሃሃ  
*Alice in Wonderland* (1951) ሃሃሃሃሃሃ  
*America's Heart and Soul* (2004) ሃሃሃሃ  
*Apostle, The* (1987) ሃሃሃሃሃሃ  
*Around the World in 80 Days* (1956)  
 ሃሃሃሃሃሃ  
*Astronaut Farmer, The* (2006) ሃሃሃሃ  
*August Rush* (2007) ሃሃሃሃሃ  
*Beauty and the Beast* (1991) ሃሃሃሃሃሃ  
*Bee Season* (2005) ሃሃሃሃሃ  
*Believer, The* (2001) ሃሃሃሃሃሃ  
*Beloved* (1998) ሃሃሃሃሃሃ  
*Bible, The* (1966) ሃሃሃሃሃሃ  
*Big Kahuna, The* (1999) ሃሃሃሃሃሃ  
*Book of Life, The* (1998) ሃሃሃሃሃሃ  
*Box of Moonlight* (1996) ሃሃሃሃሃሃ  
*Breakfast on Pluto* (2005, Ireland) ሃሃሃሃ  
*Broken Flowers* (2005) ሃሃሃሃሃሃ  
*Bruce Almighty* (2002) ሃሃሃሃሃሃ  
*Bucket List, The* (2007) ሃሃሃሃሃሃ  
*Children of Men* (2006) ሃሃሃሃሃሃ  
*Contact* (1997) ሃሃሃሃሃሃ  
*Conversations with God* (2006) ሃሃሃሃሃ  
*Chronicles of Narnia: The Lion, the  
 Witch, and the Wardrobe, The* (2005)  
 ሃሃሃሃሃሃሃ  
*Crime of Father Amaro, The* (2002, Mex-  
 ico) ሃሃሃሃሃሃሃ  
*Da Vinci Code, The* (2006) ሃሃሃሃሃሃ

*Day Christ Died, The* (1980) **ሃሃሃሃ**  
*Dead Poets Society* (1989) **ሃሃሃሃ**  
*Don't Come Knocking* (2005) **ሃሃሃሃሃ**  
*E.T.: The Extra-Terrestrial* (1982)  
**ሃሃሃሃሃሃ**  
*Emmanuel's Gift* (2005) **ሃሃሃሃሃሃ**  
*Employee of the Month* (2006) **ሃሃሃሃ**  
*Enlightenment Guaranteed* (2000, Germany) **ሃሃሃሃ**  
*Field of Dreams* (1989) **ሃሃሃሃሃሃ**  
*Francesco* (1989, Italy) **ሃሃሃሃ**  
*Francis of Assisi* (1961) **ሃሃሃሃ**  
*From the Manger to the Cross* (1912)  
**ሃሃሃሃ**  
*Gandhi* (1982, U.K./India) **ሃሃሃሃሃሃ**  
*God Is Great and I Am Not* (2001, France)  
**ሃሃሃሃ**  
*Godspell* (1973) **ሃሃሃሃ**  
*Golden Compass, The* (2007) **ሃሃሃሃ**  
*Gospel According to Saint Matthew, The*  
(1964, Italy) **ሃሃሃሃሃሃ**  
*Gospel of John, The* (2003) **ሃሃሃሃ**  
*Greatest Story Ever Told, The* (1965)  
**ሃሃሃሃሃሃ**  
*Happenstance* (2000, France) **ሃሃሃሃ**  
*Healer, The* (2002) **ሃሃሃሃ**  
*Heaven* (1986) **ሃሃሃሃ**  
*Heaven's Bookstore* (2004, Japan) **ሃሃሃሃሃሃ**  
*Hitchhiker's Guide to the Galaxy, The*  
(2005) **ሃሃሃሃሃሃ**  
*Holes* (2003) **ሃሃሃሃ**  
*I Heart Huckabees* (2004) **ሃሃሃሃ**  
*Ikiru* (1952, Japan) **ሃሃሃሃሃሃ**  
*Illusion* (2004) **ሃሃሃሃ**  
*Incredibles, The* (2004) **ሃሃሃሃሃሃ**  
*Indiana Jones and the Last Crusade*  
(1989) **ሃሃሃሃሃሃ**  
*Indiana Jones and the Temple of Doom*  
(1984) **ሃሃሃሃሃሃ**  
*Indigo* (2003) **ሃሃሃሃ**  
*Into Great Silence* (2006,  
France/Germany) **ሃሃሃሃ**  
*Into the Wild* (2007) **ሃሃሃሃ**  
*James' Journey to Jerusalem* (2003, Israel)  
**ሃሃሃሃ**  
*Jarhead* (2005) **ሃሃሃሃ**  
*Jesus* (1979) **ሃሃሃሃ**  
*Jesus Camp* (2006) **ሃሃሃሃ**  
*Jesus Christ Superstar* (1973) **ሃሃሃሃ**  
*Jesus Devant Pilate* (1898, France) **ሃሃሃሃ**  
*Jesus of Montreal* (1989) **ሃሃሃሃ**

*Jesus of Nazareth* (1977) **ሃሃሃሃ**  
*Joe Versus the Volcano* (1990) **ሃሃሃሃ**  
*Johanna* (2005, Hungary) **ሃሃሃሃ**  
*Joshua* (2002) **ሃሃሃሃ**  
*Julie Walking Home* (2002, Germany)  
**ሃሃሃሃ**  
*King of Kings, The* (1961) **ሃሃሃሃ**  
*Kingdom of Heaven* (2005) **ሃሃሃሃ**  
*Kissing Jessica Stein* (2001) **ሃሃሃሃ**  
*Kumbh Mela: Songs of the River* (2004)  
**ሃሃሃሃሃሃ**  
*Kundun* (1997) **ሃሃሃሃ**  
*Lagaan: Once Upon a Time in India*  
(2001, India) **ሃሃሃሃ**  
*Last Temptation of Christ, The* (1988)  
**ሃሃሃሃሃሃ**  
*Little Buddha* (1993, France) **ሃሃሃሃ**  
*Mindwalk* (1990) **ሃሃሃሃ**  
*Miracle Maker, The* (2000) **ሃሃሃሃ**  
*Monsieur Ibrahim* (2003, France)  
**ሃሃሃሃሃሃ**  
*Monty Python and the Holy Grail* (1975,  
U.K.) **ሃሃሃሃ**  
*Monty Python's Life of Brian* (1979) **ሃሃሃሃ**  
*Monty Python's the Meaning of Life*  
(1983, U.K.) **ሃሃሃሃ**  
*Moonstruck* (1987) **ሃሃሃሃ**  
*Mother Teresa* (2003, Spain/U.K.)  
**ሃሃሃሃሃሃ**  
*Naked* (1993, U.K.) **ሃሃሃሃ**  
*Nativity Story, The* (2006) **ሃሃሃሃ**  
*Pact of Silence, The* (2002, France) **ሃሃሃሃ**  
*Paradise Now* (2005, Palestine/Israel)  
**ሃሃሃሃ**  
*Paris, Texas* (1984) **ሃሃሃሃሃሃ**  
*Passion of the Christ, The* (2004) **ሃሃሃሃሃሃ**  
*Pleasantville* (1998) **ሃሃሃሃሃሃ**  
*Priest* (1994, U.K.) **ሃሃሃሃ**  
*Princess and the Warrior, The* (2000,  
Germany) **ሃሃሃሃሃሃ**  
*Raiders of the Lost Ark* (1981) **ሃሃሃሃሃሃ**  
*Ram Dass, Fierce Grace* (2001) **ሃሃሃሃሃሃ**  
*Razor's Edge, The* (1984) **ሃሃሃሃ**  
*Rumi: Poet of the Heart* (1998) **ሃሃሃሃ**  
*Run Lola Run* (1998, Germany) **ሃሃሃሃሃሃ**  
*Secret of Roan Inish* (1994, U.S./Ireland)  
**ሃሃሃሃ**  
*Serpico* (1973) **ሃሃሃሃሃሃ**  
*Seventh Seal, The* (1957, Sweden) **ሃሃሃሃሃሃ**  
*Shane* (1953) **ሃሃሃሃሃሃ**  
*Signs* (2002) **ሃሃሃሃሃሃ**

*Sliding Doors* (1998) ΨΨΨ  
*Spring, Summer, Fall, Winter...and Spring*  
 (2003, South Korea) ΨΨΨΨ  
*St. Francis of Assisi* (1944, Mexico) ΨΨΨ  
*Stranger Than Fiction* (2006) ΨΨΨΨ  
*Tao of Steve, The* (2000) ΨΨΨ  
*Ten Commandments, The* (1956) ΨΨΨΨ  
*Therese: Story of St. Therese of Liseaux*  
 (2004) ΨΨΨΨ  
*Thumbsucker* (2005) ΨΨΨ  
*Transamerica* (2005) ΨΨΨΨ  
*Travelers and Magicians* (2003, Bhutan)  
 ΨΨΨΨ  
*Virgin* (2003) ΨΨΨ  
*Waiting for Happiness* (2002, Maurita-  
 nia/France) ΨΨΨ

*War Within, The* (2005) ΨΨΨ  
*Weather Man, The* (2005) ΨΨΨ  
*What the #\$\*! Do We (K)now!?* (2004)  
 ΨΨΨΨ  
*What the Bleep!?: Down the Rabbit Hole*  
 (2006) ΨΨΨ  
*Why Has Bodhi-Dharma Left for the East?*  
 (1989, South Korea) ΨΨΨΨ  
*Wide Awake* (1998) ΨΨΨΨ  
*Wizard of Oz* (1939) ΨΨΨΨΨ  
*Y Tu Mama Tambien* (2001, Mexico)  
 ΨΨΨ  
*Yogis of Tibet, The* (2002) ΨΨΨ  
*You Can Count on Me* (2000) ΨΨΨ  
*Zen Noir* (2004) ΨΨΨΨ