

Reading

Fictional Struggles, Real Lessons

Read the text and match 1-6 to (A-H). There are 2 extra options you don't need to use.

Stories from books and movies often reflect real-life struggles. Many characters deal with challenges that can be connected to real psychological conditions.



1. _____ Belle – Stockholm Syndrome

Belle's experience in *Beauty and the Beast* highlights the complexity of Stockholm Syndrome, where someone develops emotional bonds with their captor. Trapped in the Beast's castle, she begins to see his good side, but it's important to remember that this dynamic can be unhealthy in real life. Belle's story reflects the difficulty of balancing empathy with personal safety. It reminds us that while kindness and understanding are powerful, no one should stay in a harmful situation. If you ever feel trapped or controlled, seeking help is the most important step you can take.

2. _____ Elsa – Major Depressive Disorder

Elsa from *Frozen* portrays key characteristics of Major Depressive Disorder. Her journey of isolation, the overwhelming burden of concealing her powers, and the profound sense of being misunderstood resonate deeply with those facing MDD. Elsa's initial choice to distance herself, her internal struggle with her identity, and the fear of her own emotions strikingly parallel the experiences of those coping with depression. Her story illustrates that vulnerability and seeking support are essential components of recovery, emphasizing the importance of connection and demonstrating that asking for help is a crucial step in managing mental health challenges.

3. _____ Peter Pan – Peter Pan Syndrome

Peter Pan, the boy who refuses to grow up, exemplifies the concept of "Peter Pan Syndrome," a term describing adults who avoid the responsibilities of adulthood. Although not a recognized medical diagnosis, it reflects the challenges of social immaturity and a reluctance to embrace adult life. Peter's love for adventure, escapism, and avoidance of long-term commitments mirrors the struggles some face in accepting the realities of growing up. His story highlights the importance of balancing the joy of youthful wonder with the need for personal growth and responsibility. Through Peter's journey, audiences are reminded that while holding onto childhood joy is valuable, embracing maturity is an essential part of life's progression.

4. _____ The Evil Queen – Narcissistic Personality Disorder (NPD)

The Evil Queen from Disney's *Snow White and the Seven Dwarfs* demonstrates traits consistent with Narcissistic Personality Disorder (NPD). Her fixation on being the "fairest of them all" and her inability to accept competition reveal the underlying insecurity often associated with NPD. Her envy of Snow White and her extreme actions to eliminate any perceived threat showcase a lack of empathy and a relentless drive for validation. The Evil Queen's story highlights the destructive consequences of unchecked narcissism, offering insight into the struggles behind such behaviors. By examining her motivations, audiences can gain a deeper understanding of NPD and reflect on the importance of compassion and balance in relationships.

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5. _____ Tinker Bell – Histrionic Personality Disorder

Tinker Bell, the spirited fairy from Disney's *Peter Pan*, demonstrates behaviors commonly associated with Histrionic Personality Disorder (HPD). Her dramatic reactions, strong need for attention, and emotional outbursts highlight the challenges faced by individuals with this condition. Tinker Bell's hatred toward Wendy and her attempts to sabotage her relationships showcase her desire to remain in the spotlight, even at the expense of others. Through her character, audiences gain insight into the emotional struggles and interpersonal difficulties of those exhibiting these traits. Her eventual effort to acknowledge her actions and seek redemption underscores the potential for self-awareness and growth. Tinker Bell's journey invites viewers to approach such behaviors with empathy and stresses the importance of understanding and supporting those who face similar challenges.

6. _____ Ariel – OCD and Disposophobia (Hoarding Disorder)

Ariel, the adventurous mermaid from Disney's *The Little Mermaid*, exhibits behaviors that align with Obsessive-Compulsive Disorder (OCD) and hoarding disorder, also known as Disposophobia. Her intense compulsion to collect human artifacts and her emotional attachment to these items reflect the struggles faced by individuals with these conditions. Ariel's fascination with a world beyond her own drives her to hoard objects as a way to feel closer to her dreams, showcasing how emotional reliance can fuel such behaviors. Her story provides a gentle introduction to the complexities of OCD and hoarding disorder, encouraging empathy for those navigating similar challenges. Ariel's journey highlights the importance of understanding mental health struggles while inspiring conversations about balancing passion with self-awareness and growth.

Which character:

- A *collects human artifacts, believing they will grant magical powers?*
- B *is obsessed with being the best and envies those she perceives as rivals?*
- C *struggles with suppressing her abilities, fearing judgment and detachment?*
- D *reflects a readiness to sacrifice connections to ensure all focus remains on them?*
- E *attempts to eliminate anyone they perceive as a threat to their throne?*
- F *shows how relationships can develop even in challenging and unlikely situations?*
- G *demonstrates an intense fascination with another world and the items it holds?*
- H *cannot accept maturity, focusing on the pleasures of a carefree lifestyle?*

