

The Movie "Sunset Boulevard" Through the Transactional Analysis Paradigm

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Abstract : The movie analysis offers a dynamic and multifaceted lens in order to explore and understand various aspects of human behavior and relationship, emotion, and cognition. Cinema therapy can be an important tool for counselor education and counselors/psychologists in therapy. Therefore, this paper aims to delve deeper into human relationships and individual behavior patterns and analyze some of their most vivid aspects in light of the transactional analysis and its main components. While describing certain human behaviors and emotional states in real life, sometimes it appears to be difficult even for a psychologist to become aware of the subtle social cues and hints that are being transmitted, often in a rushed and swift manner. Because of this, the current paper focuses on the relationship dynamics as conveyed through the plot of the movie "Sunset Boulevard" and examines slightly exaggerated yet true-to-life examples. The movie was directed by Billy Wilder and written by Charles Brackett, Billy Wilder and D.M. Marshman Jr. The scenes of interest were examined through Transactional Analysis concepts: the different ego states, the various transactions, the paradigm of games in transactional analysis, and lastly, with the help of the drama triangle. The addressed themes comprised mainly the way the main characters engaged in game playing, which eventually went wrong in the end, and the desired payoffs that they craved as a result. Furthermore, through the assistance of the discussed elements, one can become more aware of their own behavioral patterns and engage more profoundly in interpreting their own contra-productive and adverse experience in everyday life. This process can provide insights to both practitioners and clients. Also, counselor educators can use the result of this paper for educational purposes, such as for teaching theoretical knowledge about Transactional Analysis and for utilizing characters' interactions and behaviors as real-life situations that can serve as case studies and role-playing activities.

Keywords : transactional analysis, games, movie analysis, ego-states, drama triangle

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