

# Cinderella in therapy

[Psychology](#), [Behaviorism](#)



Cinderella in Therapy In the movie " Cinderella," Cinderella is a maid to an evil stepmother and two very heartless and obnoxious stepsisters. The only reason that Cinderella still puts up with their orders is an example of the Behavioral perspective. The Behavioral Perspective puts emphasis on learning by experience with rewards and punishments. She knows that if she does not do the chores, she will be punished or thrown out of the household. She does not have anywhere to go because her mother and father have passed away. Because Cinderella is a genuinely kind human being who wishes to please, she usually does not stick up for herself against the others in the household. She is used to taking on the brunt of the housework and doesn't complain of her unfair and lowly position as maid of her own house. Cinderella is a dreamer and dreams about being rescued from the unhappy confinement she is stuck in, and living happily ever after with her prince charming. She believes that the treatment she receives can only get better, so she is still hopeful day after day, through all the severe treatment the house members put her through. The movie does not give much information about her childhood or past memories, so there is not much that we can derive from those aspects of the cognitive perspective. The cognitive perspective puts emphasis on individual potential for growth and the role of unique perceptions in guiding behavior and mental processes. Cinderella is an overall good person. She is a much better person than most people. She is very kind to all creatures, whether it be animals or humans. Cinderella takes it upon herself to robe, feed, and befriend the animals of the house. She takes care of her evil stepmother and stepsisters because she is good at heart, and she will put up with their torture to help them. She could choose

not to help them, or just to leave, but she knows that she won't have anything left, and they need her. It is because of this pure, perfect attitude that the prince falls in love with her instantly, and not with the other girls that just want to be with the prince for superficial reasons. Her effervescent kind-heartedness that prevails through her hardships is an example of the humanistic perspective. The humanistic perspective views behavior as controlled by the decisions that people make about their lives based on their perceptions of the world. It's a view in which personality is seen as developing through an actualizing tendency which unfolds in accordance with each person's unique perceptions of the world. There are some small parts in the movie that infer what Cinderella wants through her dreams. This would be an example of psychoanalysis which is a method that seeks to help gain insight into one's mind by recognizing and understanding unconscious thoughts and emotions. She mentions that she dreams at night of finding someone who will take her away from the house she is spending her days in now. She says that she dreams of finding a man who will make her happy, and everything will be ok. She also tells her animal friends that if she believes in her dream hard enough, it is like a wish, and will eventually come true. In Cinderella, there are references to the concept of marriage in the movie. The king wants his son to marry soon so that he will settle down and start a family, which is in a way a socio-cultural perspective. The socio-cultural perspective is the emphasis on gender, ethnicity, social class, and culture to impact on how people learn from their experiences. Also, when the bachelor women come to the palace, they try to capture the prince's heart so that maybe he will choose them to marry and start a family. Many

cultures view the marriage ceremony as very religious and holy, and it is also presented this way in Cinderella.