



Framing Analysis: A Depiction of Identity Crisis in Charlotte Wells' *Aftersun* Film

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Abstract. This study aims to analyze the identity crisis of the main character in the *Aftersun* Film. The research method used is a qualitative descriptive approach using Robert Entman's framing analysis. The study results indicate that *Aftersun* depicts an identity crisis that reflects alienation and emotion. The main causes of the identity crisis are social pressure that demands the main character to be an ideal parent, unmanaged emotional burdens, and alienation and inability to build a deep relationship between the main character and her child. This study concludes that through framing analysis, *Aftersun* successfully represents the complexity of the identity crisis experienced by the main character. In addition, this study can add insight into the importance of emotional support and deep reflection in building healthy family relationships. These findings contribute to film studies and identity crisis studies in a cinematic context.

Keywords: Identity Crisis, *Aftersun* Film, Framing Analysis, Robert Entman.

1 Introduction

Film has long been used as an art medium to depict various aspects of human life, including complex psychological and emotional conditions. The film functions as a reflection and shaper of culture, influencing social perceptions and cultural norms by presenting various perspectives and social issues [1]. Film is considered a powerful form of communication because of its ability to express complex emotions and ideas through visuals and audio.

Film can convey profound moral, ethical, and philosophical messages to its audience [2]. By combining narrative, visuals, and sound, film can create a deep and emotional experience, often more effectively conveying a message than other media. Moral messages in films can be found in how characters face challenges, their choices, and the consequences of their actions. For example, films such as "Schindler's List" and "12 Years a Slave" explore moral issues related to humanity and social justice, inviting viewers to reflect on human and ethical values.

Ethical messages in films are often reflected in the conflict between good and evil, right and wrong, and in the ethical dilemmas faced by the characters. Films such as "A

Beautiful Mind" or "The Social Network" show how ethical decisions can affect a person's personal and professional life. Philosophical messages in films can explore the meaning of life, existence, and identity. Films such as "Inception" or "The Matrix" challenge the audience to question their reality and perception of the world, providing space for deep philosophical reflection.

Films can have a significant psychological impact on their viewers [3]. Films can have a significant psychological impact on their viewers, influencing their emotions, thoughts, and behaviors. The experience of watching a film is often more than just entertainment; it can be a powerful tool for understanding ourselves and the world around us. Films can trigger various emotions, from joy, sadness, fear, to anger. For example, a horror film can evoke fear, while a comedy can evoke laughter and joy. Watching an emotionally evocative film can provide a cathartic experience where the viewer feels relieved after releasing pent-up emotions.

The cognitive impact of film can also be found in biographical films that can provide new insights and knowledge about a particular topic, increasing the audience's understanding and awareness of social, political, and historical issues. Some films challenge the audience to think critically and reflectively about their values and beliefs. Films like "The Truman Show" or "Black Mirror" often challenge our perceptions of reality and technology. By depicting the life experiences of others, films can increase the audience's empathy and sympathy, helping them understand and feel what others are going through.

Some films have a strong social message that can influence the attitudes and behaviors of viewers. For example, films that address environmental or human rights issues can encourage viewers to take positive action in real life. In some cases, films are used as a therapeutic tool in clinical settings to help individuals cope with trauma, stress, or other emotional issues. Films can facilitate discussion and reflection about personal experiences in a safe and structured context.

The film *Aftersun*, released in 2022, offers an in-depth look at the identity crisis and alienation experienced by its main character, Calum. Through a strong visual narrative and rich symbolism, the film invites viewers to feel and understand the emotional struggles faced by Calum. An identity crisis refers to a period of confusion and uncertainty about oneself and one's role in society. Through the process of identifying with the character and narrative, viewers can experience a range of emotions and self-reflection. One film that successfully touches on this theme is Charlotte Wells' *Aftersun*.

The theory of development emphasizes that identity crises are an essential part of an individual's psychological development, especially during adolescence and young adulthood [4]. Identity crises are often triggered by significant life changes, such as job changes or changes in personal relationships [5]. A framing analysis approach analyzes how *Aftersun* depicts an identity crisis. Film framing analysis involves identifying and analyzing visual and narrative elements used to frame specific issues. Framing in film can shape audiences' perceptions of social and political issues [6]. Framing techniques such as the use of symbols, metaphors, and visual narratives can convey moral messages and strong emotions.

Identity crisis is a recurring theme in psychology and sociology studies. The two concepts are interrelated and often occur together in the context of social and emotional

stress. According to development theory Erikson (1968), an identity crisis occurs when individuals experience internal conflict about who they are and their life purpose. [5] confirm that identity crises often occur in adolescence and young adulthood, when individuals face challenges in establishing personal and social identities. Identity crises can be triggered by significant life changes, such as job changes, relationship changes, or emotional trauma [7].

In the context of *Aftersun*, framing analysis can help identify how the film depicts an identity crisis through cinematic elements. Framing in films can influence the audience's moral and emotional judgments of the characters and situations depicted [8]. Through this framing analysis, this study can reveal how the visual narrative in *Aftersun* frames the problem of identity crisis, identifies its causes, provides moral judgments, and recommends appropriate handling. Research conducted [6] shows that framing in film and television can shape audience perceptions of social and political issues.

Films are used as a tool to communicate complex narratives and influence the audience's understanding of the real world. Furthermore, research conducted by [8] shows that framing in films can affect the audience's moral and emotional judgments of the characters and situations depicted. [9] in his research on framing in digital media stated that the framing technique used in films can create deep emotional resonance with the audience. This study aims to analyze the identity crisis in Charlotte Wells' film *Aftersun* using Robert Entman's framing analysis approach to represent its main character's psychological and emotional conditions.

2 Research Method

Qualitative research is an approach used to explore and understand the meanings produced by individuals or groups related to social or humanitarian issues. This method involves collecting textual or visual data through observation, in-depth interviews, or document analysis to develop a deep understanding of the phenomenon being studied [10].

This study uses a qualitative method with Robert Entman's framing analysis approach to analyze the representation of identity crisis and alienation in Charlotte Wells' film *Aftersun*. Framing analysis was chosen because it can identify and evaluate how some aspects of the film's narrative highlight and shape perceptions of complex social and psychological issues. This study uses a descriptive-analytical approach.

Framing analysis is a method used to understand how the media frames specific issues to influence audience interpretation. Framing involves selecting and emphasizing certain aspects of reality presented in the media. Research on framing has grown rapidly in recent years, focusing on various media and contexts. The data collection technique used is observation. These observations are recorded in detail based on the scenes contained in the film. The data was then analyzed using four main elements in Robert Entman's framing analysis framework: Define Problem, Diagnose Causes, Make Moral Judgment, and Treatment Recommendation.

3 Result and Discussion

Charlotte Wells' *Aftersun* offers an in-depth exploration of identity crisis and alienation through the relationship between Calum (father) and Sophie (daughter) during their holiday together in Turkey. Robert Entman's framing analysis is used to identify how the film depicts and addresses these themes through four main elements: Define the Problem, Diagnose Causes, Make Moral Judgments, and Make Treatment Recommendations.

Table 1. Scene 1

Scene Description: Calum documents Sophie's swimming activities. During the holidays, both often record their vacations with a video camera, whether it is a video recorded by Sophie or Calum.	
<i>Define Problem</i>	The problem that arises is the inability of a young father, Calum, to be emotionally present for his daughter, Sophie. Although the two of them are enjoying a holiday together, there is a distance between him and Sophie's direct experience. This creates a duality where their moments together are documented visually but not fully felt emotionally by Calum.
<i>Diagnose Causes</i>	The root cause of this issue is the internal and external pressure Calum feels to create perfect memories and maintain an idealized self-image. As a young father struggling with mental health issues and his responsibilities as a parent, Calum feels burdened by the expectation of being the perfect father. This pressure creates feelings of awkwardness and discomfort, which Calum then overcomes by focusing his attention on visual documentation rather than genuine emotional engagement. The desire to present happy images and memories through video makes it difficult for Calum to present and enjoy moments with Sophie genuinely.
<i>Make Moral Judgment</i>	Moral judgment in this context critiques Calum's insincerity and false imagery. The film explores how Calum's attempts to document every precious moment can appear to be an attempt to cover up his lack of genuine emotional presence. The discrepancy between the image captured through the camera and the actual emotional experience creates moral tension. Calum's actions can be seen as an attempt to deceive himself and others about his actual emotional state. This highlights the inauthenticity in their interactions and critiques how individuals sometimes create an exterior that does not reflect their emotional truth.
<i>Treatment Recommendation</i>	The proposed treatment recommendation focuses on authentic emotional presence rather than creating visually

	<p>perfect memories. The film suggests that instead of documenting every moment to make it look perfect, Calum should try to be emotionally engaged and fully present with Sophie. The authenticity of their relationship will provide more meaningful and profound memories than any video footage. Prioritizing genuine emotional presence will help reduce feelings of alienation and improve the quality of the father-daughter relationship, allowing them to truly enjoy the holiday together without the pressure of creating a perfect image.</p>
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Table 2. Scene 2

<p>Scene Description: Calum and Sophie go to the beach to dive but have little interaction while on the boat.</p>	
<i>Define Problem</i>	<p>The problem defined in Aftersun is the awkward interactions and lack of emotional connection between Calum and his daughter Sophie. Throughout the film, it is clear that despite their time together on holiday, they have a significant emotional distance. Calum often seems distracted and not fully present, while Sophie seeks attention and connection from her father. Calum’s inability to engage emotionally reflects the identity crisis he is experiencing, where he feels unable to fulfill his role as a supportive and present father to his daughter. Awkward moments in their interactions, such as when Calum avoids deep conversations or when he prefers to record moments on camera rather than experience them firsthand, highlight the problems in their relationship.</p>
<i>Diagnose Causes</i>	<p>The cause of this lack of emotional connection can be traced to Calum’s inability to deal with the internal conflict he is experiencing. As a father struggling with an identity crisis and mental stress, Calum tends to shut himself off and prefers to be quiet or alone. This internal conflict may arise from insecurity in his father’s role, uncertainty about how he should behave or respond to Sophie’s emotions, or even the psychological burden of being a single parent.</p>
<i>Make Moral Judgment</i>	<p>The critique of this situation involves Calum’s inability to be a caring and emotionally involved parent figure with Sophie. The film raises questions about how a father should respond and be involved in his child’s emotional life. The rigidity of their interactions suggests that Calum may not be fully able to face and overcome the challenges that come with his role as a father. This raises questions about how individuals can improve their relationships</p>

	with their children and how genuine caring and emotional presence can help overcome difficulties in father-daughter relationships.
<i>Treatment Recommendation</i>	The proposed treatment recommendation is that Calum needs to find ways to build more open and in-depth communication with Sophie. This involves recognizing and expressing their emotions honestly and fostering mutual understanding and support. By being open to the expression of emotions and respecting each other's emotional needs, Calum can help strengthen their emotional bond. Additionally, considering professional help such as family counseling or social support may also help Calum understand and work through his internal conflicts better to support Sophie in her emotional and psychological development.

Table 3. Scene 3

Scene Description: Although Calum and Sophie are together in the pool, Calum looks depressed and detached from reality, so he is quite a lot.	
<i>Define Problem</i>	Calum faces challenges in dealing with his depression and anxiety, which affects his daily life and his relationships with those around him.
<i>Diagnose Causes</i>	The underlying cause of Calum's depression and anxiety is unmanaged emotional and psychological stress. As a young father experiencing an identity crisis, Calum may be facing significant stress from feelings of uncertainty about his role as a father and how he should cope with the challenges of everyday life. This stress may include guilt, fear of the future, or feelings of isolation that further exacerbate his condition.
<i>Make Moral Judgment</i>	Criticism of this situation points to the lack of adequate emotional and mental support that Calum receives. Research shows the importance of social and emotional support in helping individuals cope with mental challenges such as depression and anxiety. This lack of support may be worsening Calum's mental health and hindering his ability to function optimally in his daily life and his fatherhood.
<i>Treatment Recommendation</i>	The recommended treatment is for Calum to seek professional help to address his mental health issues. This could include psychological or psychiatric counseling, where Calum can work with a mental health professional to identify the factors that are causing his depression and anxiety and develop strategies to manage them. It is also

	<p>important to consider the available social support, including from family and friends, and build a strong support network to help Calum recover. With the proper support and effective treatment, Calum can experience improvements in his mental health and improve his quality of life and relationships with those closest to him, including Sophie.</p>
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Table 4. Scene 4

<p>Scene Description: Calum stays away from Sophie and listens to music with his headphones instead of chatting with his daughter.</p>	
<p><i>Define Problem</i></p>	<p>Calum experiences challenges in being fully present in moments with his daughter.</p>
<p><i>Diagnose Causes</i></p>	<p>The root cause of Calum’s inability to be fully present in moments is the emotional and mental isolation he experiences as a father. This isolation may stem from a variety of factors, including the stress of his ongoing identity crisis, feelings of insecurity in his fatherhood, or even emotional baggage related to personal or work issues. When someone experiences emotional and mental isolation, they tend to withdraw from intimate social interactions and have difficulty being fully present emotionally in important moments such as with their child.</p>
<p><i>Make Moral Judgment</i></p>	<p>Criticizing this situation involves Calum’s inability to engage in his relationship with his child fully. This analysis emphasizes the importance of emotional presence and active involvement in building a healthy parent-child bond. This lack of involvement affects Calum’s relationship with his child and the child’s overall emotional and psychological development.</p>
<p><i>Treatment Recommendation</i></p>	<p>The recommended treatment is that Calum focuses on active and emotional involvement in his relationship with his child. This can include identifying and addressing the causes of emotional alienation, such as by seeking professional help such as counseling or therapy. Calum also needs to develop an awareness of his child’s emotional needs and build more open and responsive communication. Through these steps, Calum can strengthen his emotional bond with his child, improve the quality of their relationship, and provide better support in his child’s development.</p>

Table 5. Scene 5

Calum alone on the balcony at night Scene Description: Calum ponders alone on the balcony at night.	
<i>Define Problem</i>	Calum experiences deep loneliness and emotional alienation.
<i>Diagnose Causes</i>	The cause of Calum's loneliness and emotional isolation is a feeling of isolation and an inability to share feelings with others. As a young father facing an identity crisis, Calum may find it difficult to express and share his emotional experiences with others. This can lead to feelings of separation or disconnection from those around him, increasing loneliness and isolation.
<i>Make Moral Judgment</i>	Criticism of this situation involves self-isolation, worsening Calum's identity crisis. In psychological and social contexts, self-isolation can worsen a person's mental condition, including increasing levels of depression and anxiety. Isolated life can also hinder a person's ability to seek solutions or support from others, which is vital in overcoming emotional challenges such as identity crises.
<i>Treatment Recommendation</i>	The proposed treatment recommendation is that Calum needs to open up more and seek social support. This involves engaging more actively in social interactions with family, friends, or the community. By opening up to share experiences and feelings with others, Calum can reduce loneliness and increase his sense of connection to the outside world. In addition, considering professional support such as counseling or therapy can also help Calum overcome self-isolation and improve his overall mental health. In this way, Calum can improve his quality of life and reduce the negative impact of his identity crisis.

Table 6. Scene 6

Scene Description: Calum and Sophie have dinner together but lack communication.	
<i>Define Problem</i>	In the film <i>Aftersun</i> , there is a lack of meaningful communication between Calum, a young father, and Sophie, his daughter.
<i>Diagnose Causes</i>	The main cause of this lack of meaningful communication is Calum's inability to bridge the emotional gap between himself and Sophie. As a father struggling with an identity crisis and mental health, Calum may find it difficult to express and communicate honestly about his feelings and emotions to Sophie. This could be due to uncertainty or confusion in dealing with challenges in the father-daughter relationship and external factors such as work pressures or other responsibilities that limit their time together.

<i>Make Moral Judgment</i>	The critique of this situation involves Calum and Sophie's inability to build a deeper and more meaningful relationship. The film highlights the importance of open communication and empathy in strengthening the emotional bond between parent and child. The lack of meaningful communication can hinder the development and depth of their relationship and make it difficult to develop mutual understanding and trust between them.
<i>Treatment Recommendation</i>	The proposed treatment recommendation is that Calum needs to make a more significant effort to improve communication and mutual understanding with Sophie. This involves listening attentively and asking questions that can deepen their understanding of each other. In addition, it is crucial for Calum to stimulate discussion about their feelings and expectations of each other and to help Sophie feel more comfortable sharing experiences and thoughts with her father.

Table 7. Scene 7

Scene Description: Calum is alone in the carpet storage room.	
<i>Define Problem</i>	The scene above shows the main character, Calum, sitting alone in a room full of carpets. This visualization highlights Calum's feelings of loneliness and alienation. He seems to be separated from the outside world, both physically and emotionally. The problem defined here is Calum's inability to connect with himself and the people around him, which is at the core of his identity crisis and alienation.
<i>Diagnose Causes</i>	The cause of this crisis can be traced through various factors shown in the film. Calum's loneliness in this scene can be seen as a result of his emotional and mental stress. A life full of unfulfilled expectations and failures in personal relationships may be the primary triggers. The film uses a cramped physical space and crowded carpets to reflect Calum's mental and emotional state, which is full of chaos and burden.
<i>Make Moral Judgment</i>	Penilaian moral terhadap karakter dan tindakannya dapat dilihat dari cara film menggambarkan isolasi Calum. Ada kritik implisit terhadap kurangnya dukungan sosial dan emosional yang dia terima, baik dari keluarganya maupun dari masyarakat. Dalam adegan ini, penonton diajak untuk merasakan empati terhadap Calum dan memahami bahwa krisis yang dia alami bukan semata-mata karena kesalahannya sendiri, melainkan juga akibat dari lingkungan dan tekanan yang dia hadapi.

<i>Treatment Recommendation</i>	Though not explicitly stated, the solution suggested by the film is the importance of emotional support and social connection. The scenes showing Calum alone hint at the need for more significant intervention, such as professional help in therapy, and the importance of more vital, supportive interpersonal relationships. The film suggests that individuals and communities must create more inclusive and supportive environments to overcome identity crises and alienation.
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Table 8. Scene 8

Scene Description: Calum stands on the balcony, stretching his arms.	
<i>Define Problem</i>	This scene shows the main character, Calum, standing on the edge of a fence with his arms outstretched, looking like he is about to jump or dive. This visualization is compelling in depicting Calum's identity crisis and alienation. The problem defined here is a deep sense of hopelessness and isolation that drives Calum to consider extreme measures. In the context of the film, this is symbolic of Calum's feelings of helplessness and loss of direction.
<i>Diagnose Causes</i>	The cause of this crisis can be analyzed through various elements in the film that show the emotional and psychological pressures experienced by Calum. The pressure to be a perfect father figure, coupled with the unmanageable mental burden, contributes to the feeling of hopelessness shown in this scene. The desire to jump can be seen as a manifestation of the desire to escape from overwhelming pressure.
<i>Make Moral Judgment</i>	The film provides a moral assessment of Calum's situation by showing the depth of his crisis. This scene depicts Calum as a victim of internal and external pressures, critiques a society that often neglects individual mental health, and leads to empathy for Calum and recognition of the urgent need for better emotional and mental support.
<i>Treatment Recommendation</i>	The solution suggested by the film is the importance of professional intervention and social support to overcome identity crises and alienation. This scene implies that individuals experiencing crises like Calum may feel compelled to take extreme measures without the proper support. The film suggests that to prevent such tragedies, there needs to be a more significant effort to provide mental health assistance and build supportive interpersonal relationships.

Table 9. Scene 9

Scene Description: Calum goes to the beach alone at night.	
Define Problem	This scene shows the main character, Calum, standing alone on a dark beach. This visualization highlights his deep loneliness and isolation. The problem defined here is a loss of direction and identity that causes Calum to feel isolated from the world around him. The beach's darkness and the surrounding silence reflect Calum's emotional state of darkness and loneliness.
Diagnose Causes	Several factors in the film can be analyzed to explain this crisis. Calum's solitude on the beach shows his emotional burden, which may stem from his inability to meet expectations as a father and an individual. Social pressure, personal failure, and lack of emotional support can be the main causes of Calum's isolation and identity crisis.
Make Moral Judgment	The film makes a moral judgment on Calum's situation by showing the depth of his crisis. The audience is invited to empathize with Calum, understanding that his isolation and despair are not entirely his fault. This moral judgment also criticizes the lack of social and emotional support systems that should help individuals like Calum cope with their crises.
Treatment Recommendation	Though not explicitly stated, the film suggests the importance of emotional and professional support. This scene implies that Calum needs help to deal with his feelings and rediscover his identity. The film suggests that the solution to identity crises and alienation is to create a strong support network, whether from family, friends, or mental health professionals.

Through Robert Entman's framing analysis, this study identifies and evaluates the representation of identity crisis and alienation in the film *Aftersun*. The film effectively depicts the complexity of the main character's emotional experiences using four framing elements: *Define Problem*, *Diagnose Causes*, *Make Moral Judgment*, and *Treatment Recommendation*. The results of this study indicate that the main character, Calum, experiences an identity crisis, causing Calum to prefer spending time alone even though Calum and his child are on vacation. Calum himself is a young father who is struggling with his mental health and sense of responsibility as a parent, also experiencing an identity crisis related to his role in Sophie's life and his existence.

This study's results align with previous findings that show that film can be a powerful medium to explore and convey complex psychological and emotional conditions (Reese, 2010; Van Gorp, 2007). In addition, this study adds to the existing literature by providing insight into how framing in film influences audience perceptions of social issues and can deepen understanding of characters' personal and emotional experiences. Thus, the film *Aftersun* successfully utilizes the framing technique to create deep emotional resonance and convey a powerful message about identity crisis and alienation.

Charlotte Wells' *Aftersun* successfully depicts identity crisis and alienation through a powerful, immersive visual narrative. Using Robert Entman's framing analysis, this study shows how

visual elements are used to identify problems, diagnose causes, make moral judgments, and recommend treatments for the main character's crisis. The findings highlight the importance of emotional and mental support in helping individuals overcome identity crises and alienation and show how film can effectively convey these messages to a broader audience.

In addition, this study strengthens the existing literature by demonstrating that film can be a powerful medium to explore and convey complex psychological and emotional conditions. *Aftersun* uses framing techniques to create deep emotional resonance and convey a strong message about the importance of emotional support in dealing with identity crises. This study also highlights the vital role that visual narratives play in shaping audience perceptions of complex social and psychological issues.

The results of this study also show that the main character, Calum, faces a significant identity crisis, which affects his relationship with his daughter, Sophie, and his perception of his role as a father. Through in-depth analysis, the film successfully highlights how identity crises can lead to feelings of alienation and isolation. It demonstrates the importance of understanding and support from the social environment in the recovery process.

Thus, *Aftersun* presents an emotional and profound story and reflects the challenges many individuals face in real life. The film invites audiences to understand better and appreciate the complexity of the human experience and the importance of social and emotional support in overcoming identity crises and alienation.

Representations of identity crisis in teen films show that film narratives often reflect the main character's internal struggle to find their identity [11]. Representations of alienation in science fiction films show how characters who feel alienated from their world often reflect broader societal fears and anxieties [12]. Analysis of emotion in the film shows that visual techniques can create a strong emotional resonance with the audience, deepening their understanding of the character's psychological state [13].

Framing in film can influence the audience's attitudes and perceptions towards specific issues [14]. Framing techniques used in films can strengthen the moral and emotional messages the filmmaker wants to convey. Framing in digital media influences audience interpretation [15]. The study results showed that effective framing can create a deep emotional resonance with the audience, strengthening the message the media conveys. This literature review shows that Robert Entman's framing analysis is a practical approach to understanding the representation of identity crisis and alienation in the film *Aftersun*. Research on framing in media, identity crisis and alienation, and representation of psychological conditions in film provides a solid theoretical basis for this analysis. Using Entman's framework, this study can reveal how the visual narrative in *Aftersun* frames the problem of identity crisis and alienation, identifies its causes, provides moral judgment, and recommends appropriate handling.

4 Conclusion

This study's results describe the main character's emotional state and how the visual narrative conveys these themes. The film depicts the main character's emotional state and conveys an important message about the need for emotional and mental support. The identity crisis of the main character is described as follows:

1. Define Problem

The film *Aftersun* consistently depicts an identity crisis and alienation through the character of Calum. The main problem defined in the film is Calum's helplessness and loss of direction, reflecting his identity crisis.

2. Diagnose Causes

The causes of this crisis are revealed through various elements in the film that show the emotional and psychological pressures that Calum is experiencing. The pressure to be an ideal father figure, personal failures, and lack of emotional support all contribute to the alienation he feels.

3. Make Moral Judgement

The critique of the lack of social and emotional support is straightforward. The film depicts Calum as a victim of internal and external pressures, emphasizing the importance of a strong support system to help individuals overcome such a crisis.

4. Treatment Recommendation

The treatment recommendation suggested by the film is the importance of emotional support and professional intervention. The scenes that show Calum's loneliness and despair indicate that without the right help, individuals experiencing a crisis like this may feel compelled to take extreme measures. The film suggests that the solution to overcoming an identity crisis is to provide a strong support network and professional intervention in the form of therapy and counseling.

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