

**UNRAVELING TRAUMA AND ALIENATION IN
*THE GRINCH AND THE BFG***



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requirement for the degree of MASTER OF ARTS in
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An Abstract of the Project Entitled:
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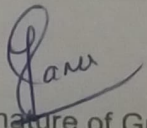
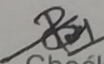
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Cinema is a powerful tool which helps us to perceive different lives in all aspects. Mental health conditions of a person can be depicted through cinema. Animated movies depicts various concerns of the modern world like mental health issues. This project depicts the lives of the central characters from the movies *The Grinch* and *The BFG*. Their characters are compared and contrasted using alienation and attachment theories. The Alienation theory by Karl Marx and Attachment theory by John Bowlby is used to portray the alienation and trauma experienced by these characters. The trauma of the characters, the space and friendship is explored through this project. *The Grinch* is an animated movie which tells the story of the grumpy, green-furred Grinch. His trauma made him hate Christmas. He lives in Mount Crumpit away from society. At the end of the movie, Grinch is accepted and finds a sense of belonging and comfort. *The BFG* is a fantasy-adventure movie which depicts the life of an eight-year-old girl Sophie, along with the BFG (Big friendly giant). He's been alienated and abused by other giants in his own community. The dream-catching giant (BFG) in the Giant Country kidnaps Sophie. They become friends and she helps BFG to find a new life. Here, a new life after trauma is depicted by the characters. Thus, this project depicts the trauma and alienation in the characters and how they overcome their mental turmoil.

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I hereby declare that this dissertation entitled “Unraveling Trauma and Alienation in the *Grinch* and the *BFG*” is a record of bona fide work done by me under the supervision of Dr. Tania Mary Vivera, Assistant Professor, Department of English, and that no part of the award of any degree, diploma or any other similar title of recognition.

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CERTIFICATE

I hereby certify that this project entitled “Unraveling Trauma and Alienation in *The Grinch* and *The BFG*,” is a record of bona fide work carried out by Joshna Yohannan under my supervision and guidance.

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Introduction

Cinema has stunned us by its seeming capacity to reproduce reality transparently, immediately and directly. Cinema is a powerful reflector of society. It mirrors the social transformations, cultural tensions and new trends that are surfacing in society in interesting ways. At the same time, we are also mindful of the fact that cinema is a shaper of those social transformations, cultural tensions and new trends that emerge. Movies depict certain ways of life and the mental turmoil each person goes through. Movies depict the core behaviour of a person at its best. Animated movies are a different type of movie which uses animation to make moving images. Animated movies tell stories in every aspect, it is not only made for children. Stories that have relevance in the modern world are also being told using animation.

Mental health is a common concern in the modern world. Mental health problems are common in our lives. It is an inevitable factor of our life. Psychology deals with the study of mind. A person's mental state is an important factor in shaping his outlook on life. Social psychology is a branch that comes under this particular subject. A person's personality is formed by many factors, including society, the environment which they live, etc. People react according to their surroundings and situations. When they're in a favourable environment they tend to express themselves. These behavioural patterns are formed from their childhood itself. Attachment towards certain things and situations are formed during childhood itself. When a person experiences hardships like trauma, it shapes their behaviour. This may have a long-term effect on the person. A trauma can change a person's life in many ways. It can influence the way he thinks, responds to situations, his interactions with others, etc. Alienation behaviour is one among them. A person can isolate themselves in order to build a safe space for them. Social anxiety and interactions with other people may be difficult for them. These changes or

disturbances in their lives are caused by the trauma that they experience. It can be a stressful event and can vary from person to person.

A traumatic event in a person's life can lead to Isolation. The way they perceive things will change. A trauma is a bitter part of life and is experienced by nearly everyone. It affects each person differently and can have a huge impact on them. A person chooses to be isolated to rescue themselves from the trauma. If a trauma is triggered that can make a person's life miserable, to avoid this torment they try to find a safe environment to live. They create a world of their own. It can be considered as their comfort zone where they wish to be their authentic selves. They limit their friendship to a lower level. The fear of judgment from the society, confines themselves to a smaller circle. Isolation from society makes them feel safe and sound. It is a coping mechanism against their trauma.

The Grinch is a 2018 animated movie which depicts a green-furred grumpy character who despises Christmas. The movie is an adaptation of the 1957 Dr. Seuss' book *How the Grinch stole Christmas*. He's accompanied by his dog Max, who's loyal and helps him in stealing decorations and present from the people of Whoville.

The movie is set in the animated yet beautiful town of Whoville, where the people Whos celebrate Christmas at its very best. Grinch lives in a cave in Mount Crumpit, overlooking the town, despising Christmas and its festivities. He's a lonely person who experienced childhood trauma and the narrator in the movie describes that his heart is "two sizes too small". He decides to put an end to Christmas festivities by stealing their presents.

The Grinch dresses up as Santa and steals the presents and decorations while the Whos are asleep. A girl named Cindy-Lou also plans to capture Santa Claus so that she can ask him to help her mother who's working. Despite her initial fear, she helps Grinch with his plan. Grinch

succeeds in his attempt. The next day he sees that even though he took all the materialistic decorations, the people of Whoville celebrate Christmas. He feels sorry and his mind has changed by seeing this. The Grinch realizes that Christmas is not about presents and decorations, it's about joy and togetherness. His heart grows bigger and learns to accept this fact. He returns all the stolen presents to Whoville. The movie ends when the Grinch joins the Christmas feast with the Whos.

The BFG is a 2016, fantasy adventure movie directed by Steven Spielberg based on Roald Dahl's novel. The movie depicts the life of an eight-year-old orphan girl named Sophie. She's the friend of BFG (Big friendly giant). BFG kidnaps Sophie to the Giant Country where they become friends and together, they stop the man-eating giants.

Sophie lives in an orphanage and she's awake during the "witching hour" due to her insomnia. She sees BFG outside the window and is kidnapped by him. The BFG says that he cannot return her to the human world because his existence will be in question. And if she tries to escape, she will be eaten by much larger giants in the Giant Country. Sophie and BFG form a bond and she learns that the BFG is a dream catching giant and he can give dreams to sleeping children. The other man-eating giants' bullies and abuses him.

Sophie devises a plan to help the BFG and others. The BFG and Sophie deliver a nightmare to the Queen of England. Even though it's unbelievable for the Queen, she decides to help them with her army power. They capture the man-eating giants and send them off to a car away with snozzcumbers (a vegetable in Giant Country).

The movies *The BFG* and *The Grinch* depict the concept of alienation and trauma in different ways. Both the characters in the movie portray the trauma and the miserable life they lead. These movies depict the true nature of the characters. The movie *The BFG* focuses on the

giant named Runt. He's been bullied and abused in his own community. This is the major trauma faced by him. He's isolated in his own society. He finds a safe space as his home and indulges in his hobbies. The only thing that helps him to move forward in his life is dream-catching. He framed his life according to the influence of his environment. The circumstances he faces and the environment that he lives in has a huge influence on him. This shapes his whole life. His friend Sophie helps him through the hardships and presents him with a new life. She transforms his life conditions better. The movie *The Grinch* portrays the aspect of childhood trauma experienced by him. The movie shows the long-lasting effects of trauma. He hates Christmas and everything associated with it because of his unfortunate childhood experience. He experiences different kinds of mental health problems due to this trauma. He chooses to stay far away from society. He lives in a cave on the top of Mount Crumpit. This space that he created is safe and comfortable for him. He chooses to stay away from the people. This can be seen as a result of his unresolved trauma from childhood. He overcomes his trauma when a girl named Cindy Lou helps him find the meaning of friendship and togetherness. He's transformed by the kindness and acceptance by the people of Whoville. These animated movies depict the mental turmoil of the characters. It has successfully succeeded in portraying the emotions of characters.

Social psychology is a study of how people's mind, behaviour and thoughts are influenced by society and other factors. Here, in the case of Grinch and BFG we can see that their behaviour is highly influenced by the society that they live in. The trauma that they experience has a huge impact on the behaviour and lifestyle. This social isolation and loneliness of these characters are the result of social marginalization and stressful events. Attachment theory explains how childhood experiences and trauma shapes adult behaviours. This is clearly

portrayed in the character of the Grinch. His childhood trauma makes him insecure and alienated.

Alienation is a state of being isolated from society, oneself and others. Karl Marx's theory of alienation describes that workers become isolated from their work, their human nature and other workers. This can be applied to the character's relationship with the society and their inner self. The Grinch and the BFG are outcasts in their own civilizations. The Grinch despises Whoville's commercial Christmas traditions, while the BFG is shunned by his fellow giants for being vegetarian. Their solitude derives from childhood experiences: the Grinch feels alienated by Whoville's Christmas joy, while the BFG is bullied for his ideals. They initially seek solace in solitude, but eventually overcome their alienation through connection. The Grinch attends Whoville's Christmas event, and the BFG meets a young girl named Sophie.

The environment that the people reside in can also influence them to a greater extent. The Grinch resides in a cave in Mount Crumpit far away from Whoville. His grumpy nature is reflected in the design of his home. His companionship is limited to a dog named Max. Max helps him in his daily life activities. These depictions in the movie show the grumpy nature of the Grinch vividly. On the other hand, in the movie *The BFG*, Runt lives in a secluded cave in the Giant Country. It is situated far away from the eye of humans. His cave is the only place he finds solace. He finds it hard to be outside, among the other giants. This environment becomes an escape and a comfort zone for their existence.

The project analyses the character of Grinch and the BFG. It focuses on the trauma that they experience, which ultimately leads them to alienation. This analysis is based on attachment theory and alienation theory by Karl Marx. Attachment theory states that the quality of early relationships can have a huge impact in adulthood. The trauma experienced by Grinch and BFG

disturbed their ability to form healthy or secure attachments which led them to alienation. This project explores how these traumatic experiences confined them and led them to isolation.

Chapter 1

Alienation, Attachment: Theoretical Framework

Psychology is the study of mind and behaviour. However, this behaviour formation is not innate. This takes place due to the interaction between the individual, environment and society.

Social Psychology is the study of this interaction. The APA (American Psychological Association) defines social psychology as the study of how an individual's and actions are affected by other people, whether "actual, imagined, or symbolically represented. "Our personality is formed by the influence of many factors. These factors include our innate behaviours, how we think and how we handle our challenges in life.

Kurt Tsadek Lewin is often considered the father of Social Psychology. Lewin in his book *Field Theory in Social Science* focuses on understanding the individuals within the social environment that they live in. He also adds the idea that an individual's behaviour is the result of the interaction between the society and the person. Lewin states that an individual's behaviour depends on the basis of life space. This life space includes the person, his drives, tensions, thoughts and the environment. The person is often represented as a point moving about in his life-space. When an attractive or repulsive force acts upon the person, shapes their behavioural patterns and decisions that they make in life. When a repulsive force or a negative experience happens in an individual's life that affects their mental wellbeing. They try to cope up with the situation in various ways. Some of them try to defend the situation or isolate themselves. When a person is affected negatively by social situations in their childhood and precarious conditions, they try to isolate themselves. This isolation leads to alienation of these individuals from society.

Social Isolation is the state in which an individual lacks the connection between individual and the society. It is associated with risks such as health conditions and other factors.

It can also be considered as the absence of relationships, connection with family, friends and neighbours. Loneliness is a similar but yet different concept from social isolation. It deals in the emotional connection of an individual. Loneliness is a sense of emotional estrangement, disconnected from others. It can be considered as the feeling that one doesn't have a meaningful emotional relationship or a sense of belonging. Loneliness and isolation can be a result of many factors which include culture, the places where people live, work, learn, and play. Some of the factors that affect individuals which lead to isolation and loneliness are low income, having a mental or depressive disorder, being marginalized or discriminated against within their community, stress owing to a scarcity of resources, living with a long-term impairment, being single, or residing alone, becoming a victim of violence or abuse, divorce, job loss, or the death of a loved one are all significant life transitions.

Attachment theory helps us to perceive how childhood experiences with others influence social behaviour in adulthood. Attachment is defined as a strong and long-lasting emotional bond between two people in which one desires intimacy and feels safer in the presence of the attachment figure. John Bowlby, a renowned British psychiatrist and psychoanalyst, is the pioneer of the Attachment Theory. He was a psychoanalyst and believed that mental health and behavioral problems could be attributed to early childhood. His attachment theory was a groundbreaking concept that has reshaped our understanding of early childhood development. Bowlby's Attachment theory highlights the meaning of a protected and reliable connection to the essential parental figure. Bowlby proposed that disturbances or irregularities in these early connections might actually prompt a range of emotional well-being and social issues in later life. Bowlby described attachment as a "lasting psychological connectedness between human beings."

(Bowlby 194). Bowlby described that there are four types of attachment styles: secure, anxious-ambivalent, disorganized and avoidant.

Secure attachment

A secure attachment is formed when a child's caregiver is responsive to their needs. This person who cares for the child provides a safe haven for the child. Here, the caregiver provides a secure space for the child to explore the world around. This in turn helps the child to develop trust. These types of attachment give a sense of security and self-esteem to the child. People with secure connections feel comfortable and sure in their connections. They accept their caregivers as trustworthy and accessible. This allows them to develop healthy social and emotional skills as an adult.

Anxious attachment

Bowlby states that Anxious Attachment occurs from the early childhood experiences with caregivers who were emotionally unavailable. Individuals with anxious attachment tend to be engrossed with their connections and frequently stress around their partner's sentiments and commitment. They may look for constant reassurance in their relationship and end up anxious and worried. Anxious attachment (or preoccupied) can often be identified in people who essentially have an extra-sensitive nervous system. These individuals may struggle with hyper activation of emotions, as well as hypervigilance for something going wrong. The scariest thing they can imagine is being abandoned by their loved ones. Most likely, their attachment anxiety stems from an inconsistent parent who would be attentive at times yet mistuned at other times.

Avoidant attachment

Parents who are strict and emotionally distant, do not tolerate the expression of feelings, and expect their child to be independent and tough might raise children with an avoidant

attachment style. As adults, these children appear confident and self-sufficient. They do not tolerate emotional or physical intimacy and might not be able to build healthy relationships. What's more, in the workplace, they are often seen as the independent, 'lone wolf'. It is, however, possible for these individuals to change and develop a secure attachment style. They often repress their need to connect and may push others away to maintain distance. This can make them feel helpless or subordinate.

Disorganized attachment

The most difficult type of insecure attachment is the disorganized attachment style. It is often seen in people who have been physically, verbally, or sexually abused in their childhood. A disorganized / fearful-avoidant attachment style develops when the child's caregivers – the only source of safety – become a source of fear. This attachment style is characterized by contradictory and erratic behaviour. People with disorganized attachment may show a mixture of clingy and withdrawing behaviour, regularly due to disregard or mistreatment from their caregiver. In adulthood, people with this attachment style are extremely inconsistent in their behavior and have a hard time trusting others. Such individuals could also suffer from other mental health issues, such as substance abuse, depression, or borderline personality disorder. This attachment style can be changed with proper treatment, although the process might be challenging.

Friendships and Social connections

Connection styles can moreover impact how people frame and keep up friendships. Securely attached individuals tend to have more grounded social associations, whereas Anxious attachment can lead to Trouble trusting companions, looking for constant reassurance, and fear

of losing. Avoidant connection is when an individual fears of forming intimate relationships and friendships. They prefer their own company and freedom.

Disorganized connection can be described as having a conflicting or disturbing friendships due to trouble trusting and maintaining emotional connection. Attachment styles can also influence emotional connection, self-esteem and coping mechanisms. Secure attachment is associated with better mental health outcomes, while insecure attachment styles can be connected with anxiety, depression and difficulty managing emotions.

Alienation is a state in which a person feels alone, estranged, worthless and meaningless. This may be the result of socio-political setup or due to the surroundings that the person lives in. It is a fact that a person who suffers this has to bear psychological agony.

In Marx's words, "objectification becomes the loss of the object". The object is a loss, in the very mundane and human sense, that the act of producing it is the same act in which it becomes the property of another. Alienation here, takes on the very specific historical form of the separation of worker and owner. The four types of alienation according to Marx.

Alienation from one's product.

The workers are often not even aware of what they are producing, since the production process is highly segmented. Here, an alienation between the worker and the product takes place.

Alienation from the act of production.

Workers in factories reportedly work long hours, in poor conditions and for low wages. They perform repetitive tasks. The more the workers produce, the more productive power there is for someone else to own and control.

Alienation from one's human nature.

Self-Alienation, in this form, Man alienates from his own-self and his own activity. In this form, a man begins to deny his own self and doesn't affirm himself this causes self-annihilation, Man becomes unsatisfied, discontented and unhappy. He is not able to nourish or develop his mental energy or physical abilities. Moreover, he mortifies his body and ruins his mind, drops himself in a feeling of humiliation.

Alienation from other workers and society

Species Alienation (means Man's estrangement from his species being or essential nature). To explain this type of alienation, we have to consider the theory about human beings presented by Karl Marx. In this, he considered Man, not as an isolated entity or individual without any social life. What an individual calls his own private and inner life, it is in fact, shaped by previous history.

In Karl Marx's *Economic and Philosophic Manuscripts of 1844*, alienation is separation from the products of one's labor, and separation from one's very essence as a human being. He states the four different kinds of alienation in his Manuscripts.

Marx's Theory of Alienation is a book written by István Mészáros in 1970, it argues that alienation is the central idea in all of Karl Marx's work. In this book, alienation is explored beyond its political aspect. It has been used in economics, ontology, moral philosophy and aesthetics. The contemporary usefulness of the term alienation is covered in the last section of the book, which concludes that current debates about the individual in society and the role of education can be fruitfully discussed in terms of alienation.

We can address the issues that contribute to their suffering by understanding the root causes of their trauma. Mészáros interpretation of Marx's theory of alienation highlights the psychological and social factors that cause the trauma experienced by the BFG and the Grinch.

According to Mészáros, "alienation is not simply a psychological state of mind, but a social relationship of power, in which the person is dominated and manipulated by external forces beyond their control." (Mészáros 28)

Alienation theory can be considered as the effect of psychological trauma that is being experienced by the people. Their troubled past, traumatic incidents can also be the reason for this alienation. Mészáros theory highlights the fact that psychological, social and economic factors can be considered as the effect of this trauma and alienation.

Karl Marx's theory of alienation discusses the concept of alienation and the different ways workers experience it in capitalist society. The causes of alienation and its impact on people should be discussed. The private ownership of the means of production creates a feeling of alienation among the workers with regard to the products that they produce. Marx also argued that capitalism stunts the ability to fully develop our capacities and potentialities as human beings.

While "Karl Marx alienation" serves as a critical lens to view capitalist societies, it has also faced numerous criticisms. Some critics assert that Marx's theory is too deterministic and does not account for individual agency, while others argue it's overly pessimistic, denying any potential benefits of capitalism. One of the main criticisms is that Marx's theory seems deterministic, suggesting that workers have no agency. Critics argue that Marx underestimates the capacity of workers to challenge, resist, or change their conditions. Critics have pointed out that his concept of human nature is ambiguous and that it's debatable whether there exists a universal human essence from which one can be alienated. This theory conceived of man only in terms of his relationships not in terms of his nature that it presumed does not exist prior to productive activity and, more specifically, a certain form of productive activity. This inspires

two questions: what are we before we become producers, and, do those people who never engage in the production of objects have a nature? If man cannot be identified as having a nature, then man cannot be distinguished from other entities and, therefore, Marx should not have used the word "man" when discussing this entity. Man is that entity distinguished from other entities by a unique capacity of reasoning. This does not negate other characteristics of man rather it emphasizes the fundamental characteristic by which we differentiate man from other entities.

An accurate definition of man is important because if one does not exist then theories about man cannot be constructed nor can we know the conditions under which man should be allowed to live. Marx's definition of man affects his theory significantly and the practical application of his theory affected man often adversely. If man wants to survive certainly, he must secure the means to do so, but animals do the same and thus Marx did not give a relevant distinguishing characteristic. Animals also perform labor and have social relationships often hierarchically and strictly structured. If he wanted to theorize about the conditions which man should labor under and exist, he should have established the nature of man. Instead, he started with social relations that are human constructs and not an inevitable or natural fulfillment of economic laws or productive activity. These constructs are made and changed by man. If he had said it is in man's nature to reason, and thus should live under those conditions that allow him to reason freely; this would be a basis for understanding human nature and formulating theories about man.

Mészáros' trinity of fundamental terms of the theory of alienation that he claims are vital for understanding human essence: man, nature and industry. He says industry, or productive activity are the cause of the "growing complexity of human society" through the creation of needs and the "means of asserting the supremacy of man" (Mészáros 103-104). Here, supremacy

acts as an agent of partialization and this conception of the industrial man as supreme overlooks the value of non-industrial activities and cultures.

Mészáros claimed that self-consciousness is not an individual matter and is not chosen freely and he must believe this because according to Marxist analysis it is a result only of productive activity. Self-consciousness cannot oppose the "world of objects" (Mészáros 171) because then it would be opposing its progenitor which is productive activity. For Mészáros, there are only two options: relinquish objectivity of the natural being, or insist on objectification as the only mode of existence for a "natural being" (Mészáros 172). Naturally, Mészáros adheres to the second principle, but the cost is to deny relevance, value and a right to be included in human history of all peoples who do not fit into Marx's conception of human. Indeed, Marx claimed that an "objectless subject" cannot properly be called human (Mészáros 177).

In conclusion, while Marx's theory of alienation offers profound insights into the effects of capitalism on human relations and labor, it is not without its flaws and should be approached with a critical mindset. Understanding and engaging with both the theory and its criticisms is vital for forming a balanced and nuanced perspectives.

Chapter 2

Exploring Trauma

Trauma is a disturbing or distressing event that occurs in a person's life. It can change a person's life. Trauma can change a person's behaviour. There are many types of trauma that people experience. Each has a psychological impact on them. This event can change their response to many things. When these traumas come back, they are triggered. These things can upset a person's well-being. The traumas experienced by individuals are different and personal. It is an emotional response to an unfortunate event. These terrible incidents vary from person to person, death of a loved one, rape, divorce, natural disaster etc. are some of them. After the incidents many people experience the after effects of this trauma. Traumatic incidents can be stressful and this can cause a variety of mental health conditions which includes Post traumatic stress disorder (PTSD), anxiety, depression, substance abuse etc. These effects can have an impact on an individual for long periods of time.

These conditions can have a huge impact on an individual's everyday life. Post traumatic stress disorder (PTSD) is a mental health condition which can be developed after experiencing a traumatic event. Some of the symptoms of PTSD may include severe anxiety, panic attacks, nightmares, flashbacks about the event, difficulty in concentrating, difficulty in sleeping, suicidal thoughts etc. Proper treatment can help people to improve their quality of life.

Anxiety disorders are an important one among these conditions. It can be experienced by anyone. Anxiety is a normal emotion. It helps us to cope up with life situations which are stressful. When anxiety interferes with our daily life activities, it can be considered as a disorder.

It causes increased fear and nervousness. There are many types of anxiety disorders some of them are Generalized anxiety disorder, social anxiety disorder, Panic disorders and Specific

phobias. Generalized anxiety disorder (GAD) is an anxiety disorder which occurs by excessive anxiety over a number of things. People with this condition may find it hard to sleep and do daily activities. Social anxiety disorder (SAD) is the fear of social situations and interactions. People with these conditions avoid social gatherings and interactions. The people fear that they'll be judged and scrutinized by others. Panic disorder is another condition which comes under anxiety. People with this disorder can experience panic attacks. The symptoms of panic attacks include increased heart palpitations, nausea, shortness in breath etc. The last one in the anxiety disorder is Specific phobias. This is an intense fear of specific situations and objects.

Depression is a serious mental condition experienced by many people. The symptoms of depression vary from one person to another. Feeling low, difficulty in concentrating, feeling of worthlessness, difficulty in sleeping or sleeping too much, change in appetite, fatigue, loss of interest etc. are some of the symptoms of depression. With proper care and treatment people can return to their normal life.

Substance abuse is another mental health condition and it can be a coping mechanism to the trauma they've experienced. The uncontrollable use of drugs or substances knowing the negative effects on them. These people experience cravings and compulsive use. These people should seek medical care and conscious efforts to control the urge.

The character in the movie *The BFG* experiences trauma throughout his lifetime. He's been seen as an outcast among his own community. This makes him alienated from society. The Giant isolates himself from his own society and the real world. He kidnaps Sophie, an eight-year-old because of this reason. He fears that if Sophie sees him, he'll get caught by the humans. He thinks that the humans will get wildly excited to see a giant and then he'd be locked in a cage for their visual pleasure. These words from the giant Runt can be seen as his fear or anxiety. He

fears that his life would be destroyed by the humans. He takes action against his fear by kidnapping Sophie. He hides from every human in the city even though he's physically strong and large he fears that he would be defeated by them. He may have witnessed traumatic incidents that happened to other giants. This may be the trauma that makes him behave this way. He lives alone in a cave-like structure in the Giant Country. When he kidnaps Sophie, he finds a true companion. Sophie is stressed and anxious when the giant kidnaps her. She asks too many questions. She hears the sound of other giants and asks about it. The BFG looks out to the window and sees the other giants namely, Fleshlumpeater, Bonecruncher, Manhugger, Childchewer, Meatdripper, Gizzardgulper, Maidsmasher, Bloodbottler and Butcher boy. He looks at them and closes the curtain. He's not one among them. He's seen as an alienated individual with his own interests. Sophie pleads not to eat her. He says that he doesn't eat human beans. This distinct feature of him isolates him from other giants. He's shorter than the other ones so this can also be a reason for isolation. His language is a bit squiggly as he says which is another distinctive feature. He introduces her to his drink frobscottle, its bubble goes downwards. Sophie finds that interesting.

The next day, another giant named Fleshlumpeater calls him. He's terrified of his visit yet he decides to face him. The other giant calls him Runt and he says that he's disturbing them. The Fleshlumpeater wants to know who he is talking to in the morning. He bullies Runt and threatens him. These incidents make him alienated. He wants to live alone peacefully so he chooses to live in a cave. Fleshlumpeater comes to him with a wound and he says he'll look after it later but he's been forced and threatened to look after it. The Fleshlumpeater smells Sophie but the BFG advises him to eat the snozzcumber (a vegetable in Giant Country). Runt says that he eats this wonderveg happily every day. Fleshlumpeater says that that's what's wrong with him. Here, we

can see that the BFG is discriminated against on the basis of the food that he eats. The giant, Fleshlumpeater says that he eats only human beings and hates vegetables, fruits and water. At last, when Fleshlumpeater leaves he says to Runt that he's an insult to the giant people. These words hurt him. He's not welcomed in his own community and is isolated. These types of words wound him. He experiences these types of incidents almost every day. He tries to live happily without the other giants yet they're making his life more miserable. This trauma has a leading effect on him and that's why he's not in his own community.

He hides Sophie safely from the Fleshlumpeater. He cares for her, giving her clothes and a place to stay in his Dream Room. When she wears a red jacket, the BFG's memories take him back to the trauma he experienced. It is the jacket of a boy who once lived with him and taught him to read. When she wears the jacket all of the past memories come back to him. Sophie saw the place where the boy used to sleep. There are many paintings done by the boy on the wall describing the friendship between him and the giant. Sophie seems fascinated and sad at the same time. The memories of the boy are traumatic to him. The BFG says that he can hear the little boy's lonely heart. The boy was also kidnapped by the BFG and they became friends. The boy was eaten by the other giants. This death of his beloved friend traumatized him. The inability to save him is the reason for his sadness. This is a trauma which haunts BFG. When the giants found out about Sophie, he tried to protect her and left her at the orphanage. The boy's memories come rushing back to him. This can be considered as an event of Post traumatic stress. He wants to save Sophie and doesn't want her to be eaten by Giants. A lost friendship and death of a loved one is highlighted here. This can be the cause of his underlying trauma.

The other giants bully him in many ways. When he goes to catch dreams (his job) he's been bullied by them. The BFG carefully goes to his work without waking up the other giants.

They catch him with his legs upside down and bullies him. He becomes a laughing stock to all of them. There's no acceptance for him in his own society. Other giants are taller and more muscular than him. They consider him as a toy and throw him in the air and play catch with other giants. He becomes an entertainment to them. They place him on top of a car and ride it down a hill. These types of physical abuses are also endured by him. The Fleshlumpeater holds him by his ears and picks him up. There's no consideration given to him. He lives a life of utter misery and abuse. Some of the giants mock him by asking why he doesn't hunt with them. These incidents create trauma and alienation inside his mind. He chooses to stay inside his comfort zone. We can see that he also experiences social anxiety disorder, he never communicates with any of them and lives in isolation. The giant's attitude towards him is the reason for his loneliness. Sophie says to him that he shouldn't let other giants treat him like this. He says that he lives with nine giants who eat humans. The only good thing that he does is dream catching. The other giants in search of Sophie destroys his work room and shatters all the hard work of BFG. This is the only time he steps up and fights for himself. He throws water and pokes them with a fiery stick and commands to get out of his home. He says to Fleshlumpeater that he is an insult to giants. These are the same words that he told to him in the beginning. He gives it back to him. A sense of inner joy can be seen here. All the years he's been insulted by them and he never fought back but with the influence of Sophie now he fights for himself.

The BFG is a character who experiences severe trauma and insults in his day-to-day life. When Sophie tries to get him out of his comfort zone, he denies it first. She later convinces him that it is for their safety. He doesn't know how to speak properly. His belief is that humans will attack him and that his appearance in front of humans can be a danger. Sophie plans that they'll seek help from the Queen of England. She says that the BFG should give her a nightmare

describing the human-eating giants. The Queen sees in her dream that children are kidnapped and eaten by the giants and she remembers the names of the giants correctly. When Sophie shows up at her window, she calls BFG to appear in front of her. After Sophie pleads, he appears in front of the Queen. He doesn't know how to behave and he's anxious and nervous. This shows that his life made him that way. His miseries end when the queen tries to help him and fight the giants. In the end of the movie, he's content with his isolated being. He finds comfort and peace in it. He made a friend for life that is Sophie.

The BFG experiences trauma and its after effects. His life in the Giant Country with the giants made his life miserable and destroyed his mental health. The trauma experienced by him paved the way for the alienated existence. Social psychology states that the environment that we live in has a great influence on our behaviour. Our personality is formed by the influence of many factors and some of them include the environment, innate behaviours, how we think etc. The attachment style of a person is determined by his previous experiences. Here, BFG communicates with other giants in extreme caution. He's scared of them and abused by them. He cannot find a peaceful friendship in his community.

The movie *The Grinch* portrays the grumpy nature of a green-furred fellow named Grinch. The only companion he has in his home is his dog Max. He lives far away from the beautiful town named Whoville. He's isolated from everyone and lives according to his will. The movie begins with the festivities of the Christmas season enjoyed by the people of Whoville. Grinch is a character who hates Christmas. The reason for this isn't revealed until it's necessary. He lives in a cave in the north of Whoville. He made a safe space for his survival by placing his home on a mountain. This shows that he hates social interactions and societal roles. We can see a

type of social anxiety in him. At the end of the introductory scenes of the film *The Grinch*, we become familiar with the characteristics of the Grinch.

The Grinch's character is vividly portrayed in the movie. The audience gets a general idea about his grumpy nature. The movie also portrays his trauma vividly. In the opening scenes, we see that he has stocked up on food until January. This shows how much he hates interaction with the people of Whoville during the Christmas season. Then, he mentions the emotional eating he did. Emotional eating can be regarded as a mental condition. It is a coping mechanism against stress. The Grinch uses food for comfort and to relieve stress. It's a way of dealing with negative emotions, but it can lead to unhealthy eating habits. There are scenes in the movie which depicts emotional eating done by Grinch. This depicts the emotional turmoil that he goes through. He hates to say the word Christmas. He hates the whole Christmas season. He despises every second that he spends on Whoville. The narrator in the movie says that no one knows the reason why he hates Christmas. Then the narrator reveals that: "The most likely reason of all may have been his heart was two sizes too small." (*The Grinch* 00:07:00)

He comes to Whoville for grocery shopping and finds out that the celebration and harmony of the people annoys him a lot. The Grinch has an encounter with a Bricklebaum. Grinch smiles sarcastically and says to his dog that Bricklebaum thinks that they're friends. Grinch describes him as "The happiest Who alive." (*The Grinch* 00:14: 22) Grinch tries his best to avoid conversation with him. He finds it difficult to have a conversation. He despises every conversation with the people of Whoville. He lives up in the Mount Crumpit to have a lonely life. The movie depicts a scene that shows the true nature of the Grinch. The narrator says that:

From the edge of his ledge way up in the sky the Grinch felt upset though he wasn't sure why. It could've been Christmas, all that joy and such, or some thoughts from his past

that he just couldn't quite touch. But whatever it was it made his heart moan. Though he was used to it now, this being alone. And now safe in his cave, and apart from the fray, he reminded himself... It is better this way (*The Grinch* 00:16:56).

These sentences by the narrator describe the plight of the Grinch. He experiences sadness and he's isolated. The joy of the people of Whoville upsets him very much.

They celebrate Christmas in togetherness and he's all alone in his cave. The reason for his sadness is the underlying sadness and trauma from his past. His trauma comes back to him when he once tries to destroy the tree and decorations.

As he walked through the crowd, the sound and the lights and his ears heard the thump of their joy and delights. And it took him back to his earliest years, to that lost, lonely boy who cried all of those tears. That lost, lonely boy, isolated and sad with no home of his own, no mom and no dad. And as the Grinch looked around, he felt downright scared...as he remembered that Christmas where nobody cared. Where nobody showed, not even a flea. And there were no cards, no gifts and no tree. And as he watched other kids...one thing became clear that this was the single worst day of the year.... Every Who down in Whoville, the tall and the small, would stand close together with Christmas bells ringing. They'd stand hand in hand, and the Whos would start singing... Yes, he couldn't recall without feeling the sting. So, the Grinch finally declared - "I must stop this whole thing (*The Grinch* 00:26:46).

These lines show the clear picture of the trauma experienced by Grinch. His trauma stems from his childhood. The joy and delightful nature of the Whos takes him back to his childhood days, when he was alone. He sees himself as the lonely, lost boy who cried himself to sleep. Here we can see that his trauma is acting up and he's experiencing a post-traumatic stress disorder or a

panic attack. When the Grinch looked around the people of Whoville he felt scared like the small boy who was scared once. He felt all those lonely feelings coming back to him at that moment. In the scene we can see that Grinch is scared and he's struggling to breathe. This shows that his childhood trauma is deeply rooted in him and it is the sole reason for his alienation. As a kid the Grinch watched other kids enjoying themselves with their parents, he grew up in an orphanage. There were no letters, presents or celebrations for him. He felt lonely and isolated as a kid. No one from Whoville cared for him. These feelings were deeply rooted in him and this is the reason for the grumpy behaviour of Grinch.

The narrator explains that the one thing Grinch hates the most is the harmony and togetherness of the people of Whoville. He says that the people would stand hand in hand and sing Christmas songs. They did everything together. These scenes show that the Grinch lacks a family and a sense of belonging. Grinch is portrayed at a distance from the happy people. He's outside the window watching them. He's not accepted in their community. These incidents made him think that Christmas is the worst day of the year. Everything he lacked - a family, a sense of belonging, togetherness, love was filled in the air during the time of Christmas. When these cruel memories came back and triggered his trauma. The movie depicts the events that happened in childhood. These flashbacks give us a greater picture in understanding his trauma. This in turn caused a panic attack in him. He decides to stop Christmas as a revenge for his traumatic experience.

The characters of the movies *The BFG* and *The Grinch* depicts two characters who are isolated due to their underlying traumas. The BFG or Runt is isolated due to many reasons. He's been bullied in his own society. His daily life of misery made him isolated. He deals with his trauma every day. Each day he lives in fear of the other giants. He's anxious in the presence of

other giants. He could not relate to them or their ways. In the movie *The Grinch* we can see similar instances. Grinch is not a part of the community and lives far away. The Christmas celebrations and the harmony of the people of Whoville makes him sad as he is an orphan and is isolated. His childhood trauma confines him in his own space. He struggles not to make conversation with the people of Whoville. We can see elements of social anxiety in this character. He tries his best to avoid conversation with others.

The Grinch and *The BFG* undergoes changes in the end of the movie. The dining scenes in the movies holds a special space in the spectator's mind. Both the movies have a similar scene in which they connect with different people and the beats their trauma. Here, the characters enjoy a sense of togetherness and belonging.

The Grinch portrays the Christmas dinner that is conducted by the Whos. The Grinch receives invitation from the girl Cindy Lou. At first, he's surprised that he's invited to the dinner. He enjoys the dinner with the Whos. At the beginning of the movie the Grinch hated the feast enjoyed by them. This shows the lasting impact of trauma in him. Cindy Lou's words helped him to be a better human being. She opens his eyes and shows the real value of kindness. As the narrator in the movie says his heart which was smaller in size became large. This shows that Grinch's heart which shrunk due his trauma is now filled with the kindness of a little girl. This happened because he took a conscious effort to change himself and to be more receiving and kinder like the people of Whoville. Cindy Lou invites him for Christmas dinner and she says that they invite him for Christmas anyway because he's been lonely for a long time.

Grinch shows up at the Christmas dinner with his dog Max. He wears a tie, here we can see the formal attitude he shows to his first official Christmas dinner. He's nervous about this social gathering. He hated Christmas dinner because it evokes a sense of belonging which he

never had. This time he's invited and he feels a sense of togetherness here. He thinks that the Whos will hate him for stealing Christmas from them. At first, he's anxious to make contact with others. Cindy Lou introduces him to others as her friend. He helps Cindy Lou's mother with the Christmas dinner. Cindy Lou is a compassionate and caring girl. She wants Grinch to be her friend. Grinch experiences his first Christmas dinner with the Whos only because of Cindy Lou. Grinch gives a speech during the Christmas dinner; he says that he spent his entire life hating Christmas and everything about it. He realizes that it was not Christmas that he hated it was being alone. He says that he's not alone anymore. He says that Cindy Lou's kindness changed his life. He happily raises the wine glass and says that kindness and love are the important things that a person needs.

Chapter 3

Exploring Space and Friendship

The Grinch movie depicts the picture of a capitalist society. Grinch is the one and only person who doesn't participate in the capitalist celebrations. He resides in Mount Crumpit and he's hating Christmas and everything that month has to offer. The people who live in Whoville are the perfect example of a capitalist society. They have social and economic relationships. Grinch contemplates that true happiness can be found in isolation. He creates his home as a space of alienation. The Grinch is unable to connect with other people. He finds it hard to have a normal conversation with others. Grinch tries his best to stay away from capitalist society.

The people of the Whoville do not have a normal connection with the Grinch. He's up in Mount Crumpit. He chooses this space for himself. This capitalist society of Whoville tries to have a grand Christmas. This annoys Mr. Grinch; he tries to stop this grand celebration and happiness. He thinks that the commodities and products of the celebration like gifts, stars, Christmas trees are the reason for their happiness. Later, he realizes that their happiness is not based on these material possessions but their love and affection for each other. When Grinch steals all their material possessions, he realizes the reason behind their happiness. He gives back everything that he stole from them. Grinch is invited to their Christmas celebrations, he joins them. This is the first act of Grinch towards socializing and to overcome alienation. This transformation of the Grinch is really crucial in the movie.

The movie, *The Grinch* has depictions of capitalism and the alienation within the society. Grinch's alienation is also from his rejection of this capitalist society. He's seen as an outcast and he rejects the capitalist society and alienates himself. He cannot connect with the

people of the Whoville on a personal level. Later when the Grinch connects with them it shows that an individual has the potential to connect with the society if he/she wishes to do so.

The BFG (Big Friendly Giant) living in the giant country also suffers from the predicament of alienation. He stays away from all forms of consumerism and materialism of the human world. He's an isolated individual from his own community. He rejects the system in which humans live and creates a space of his own. He creates his own work or hobby without power structures. By having a friendship with an eight-year-old Sophie, he overcomes his alienation. Before Sophie he befriended a boy in a red jacket who taught him to read and write. When other giants found him, they ate him. This is a traumatic incident for BFG. He's a witness of the consumerist society. He's an individual who believes that happiness can be found in isolation. The BFG'S friendship with Sophie destroys his inherent alienation.

Both BFG and Grinch are considered as outcasts who challenge the established norms of the society. The BFG is a kind and friendly giant in contrast with the typical man-eating giants of his community. The Grinch's inherent grumpiness and isolation makes him a distinct creature of the Whoville. The characters and Marx's theory depicts the tension between individual aspects and societal norms. These characters experience trauma due to their interaction with society. Grinch's trauma can be related to his underlying childhood traumatic experience. He resents the materialistic Christmas celebrations of the people of Whoville. He experiences a sense of isolation and bitterness during the Holiday season. This in turn makes him steal Christmas from the people.

On the other hand, BFG who's a kind hearted giant is being side-lined by the other Giants. He experiences isolation from his own community. The flesh-eating giants sidelines him because he's a vegetarian. They bully him and this in turn makes him alienated. The BFG is not

connected to the human world. He's facing double isolation and a sense of rootlessness. The BFG and the Grinch are two characters who show alienation from their own species. An individual's inner life is shaped by their past history, and in the case of the BFG and the Grinch, it's their trauma that can be seen as the past history that paved the way for their alienation.

Marx's theory of alienation has four types of alienation, of which we can focus on the two types of alienation closely associated with the characters of the BFG and the Grinch. These two types are alienation from the self and alienation from the species. Firstly, alienation from one's own human nature, self-alienation, in this form man becomes alienated from his own self and his own activity, this causes self-destruction, man becomes unsatisfied, dissatisfied and unhappy. He is unable to nourish or develop his mental energy or physical faculties. Here we can see that this kind of alienation is experienced by the BFG and the Grinch. They are alienated from their own selves and don't function like other people in their community. The trauma prevents them from being normal and socializing. They're dissatisfied with their daily lives. They live in an isolated space that acts as a source of comfort in their daily lives.

In order to explain this type of alienation, we have to look at the theory of man presented by Karl Marx. He did not see man as an isolated entity or individual without a social life. What an individual calls his own private and inner life is in fact shaped by previous history. We can see that an individual is very much connected to society and its social structures.

The environment that people reside in has a great influence on them. The place that we live in builds our character. Our personal space is an important aspect in our life. The mental condition, character, mannerisms of a person can be identified by reviewing their space. It can also have a great influence on the mood and mental state of a person. We all know that the space in which we feel most comfortable is the space we consider to be our home. Home is a safe

environment for us. It's the only place where we are accepted for who we really are. This comfortable space created by us provides shelter and security. The true versions of ourselves are confined to these comfortable spaces. It is because many of those traits are inhibited by society.

Home or the place that a person grew up influences them in many ways. This comfort zone provides an internal secure feeling in the mind. People choose to be in their comfort zones at the end of the day. Their most intimate relationships are found here. Growth, creativity, mistakes and learning of a person begins here. The nature of our surroundings has an impact on us. The light, colours, geographical area, altitude etc. are some of the factors that impact us. Here, we can see how Social Psychology is linked with our surroundings.

The characters, Grinch and Big Friendly Giant, also called as Runt have their own space. They've created a comfort space for themselves. Here, they're being themselves. Both these characters live away from society. It can be the effect of surroundings. How these two characters are treated by society is the sole reason for their alienated spaces. Kurt Lewin states that an individual's behaviour depends on the life space. When a repulsive force or a negative experience happens in an individual's life that affects their mental wellbeing. They try to cope up with the situation in various ways. Some of them try to defend the situation or isolate themselves. This isolation is seen in the characters Grinch and BFG. It is vividly portrayed in the movie. The true colours of these characters are depicted excellently in their spaces. Their hobbies, routines, and character are visible in their space. These spaces influence the characters in many ways. It can be considered as an escape from society, to be themselves and to find shelter. Their world revolves in their own space. Their interactions with society are limited. It is because of the trauma that they faced. Their own spaces create an illusion of security in their mind. They chose to be alienated in order to stay away from their trauma. When they socialize with society the

trauma is triggered and this creates a rupture in their minds. In order to be in the comfort zones, they have been the creators of these spaces. The most common thing that we can see in these characters is their relationship within these spaces. Firstly, Grinch is seen with a dog named Max. The dog is his only companion. Here, we can see that he's attached to his dog more than anyone. Attachment is defined as the long-lasting emotional bond between two people.

According to Bowlby, a secure attachment style provides a sense of security and self-esteem. His dog Max and Grinch have a secure attachment style. Even though he experienced childhood trauma he finds Max trustworthy and different from humans. Grinch finds a sense of comfort in him. Grinch is a green, furry character, the dog has no resemblance with him and yet he chooses to be in its company.

The BFG's companion is an eight-year-old orphan girl named Sophie. He abducts her from an orphanage because she saw him. Later, they became friends and he finds solace in her company. At first BFG has no secure attachment with Sophie. He shows an anxious and avoidant attachment towards her. Both of them are different in physical appearances but they find an instant connection between them. These two friendships are portrayed in these movies. The Grinch and The BFG allows these characters to be in their alienated spaces. The element of trust is seen here. He eventually learns to trust her and enjoys the company.

The animated movie The Grinch depicts the place he lives in the beginning scenes of the movie. He lives in a cave on the north of the Whoville village on Mount Crumpit. The narrator explains these special features in the movie. He's living in a cave with his dog which is far away from Whoville. The Grinch's home is at a higher altitude, which explains why he likes to keep to himself and why he likes to be on his own. There are many signs made by Mr. Grinch, including 'Danger', 'Keep Away', 'Wrong Way', 'Get Lost', 'Dead End', 'Leave Now', 'Do Not

Enter', 'Beat It' etc. This shows that the Grinch really wants his space to be his own. Here, we can see that he forcefully chooses to be isolated from society. A person who accidentally reaches his place will not enter his private space because of these signs. He also has a red door which can signify the danger element to keep people away. He hates small talk and people being joyful. We can see that he's unable to have conversations with the people of Whoville, and despises every second of it. There are sign boards inside his cave bearing signs 'Get lost', 'Danger Etc. We can see that he's unable to have conversations with the people of Whoville, and despises every second of it.

His house is practically a cave and it has many steps. There's an alarm clock that sings a lot of Christmas songs. The Grinch tries to turn off the alarm clock, but his efforts are in vain. Finally, he throws various objects at the clock. But the alarm clock never goes off. This is the first scene in which it is explained that the Grinch hates Christmas, and the reason for this is not yet revealed. He calls his only companion, the dog, Max, as a sign to make him a cup of coffee and breakfast. He calls him by ringing a bell. There are many bells on the wall where Max sleeps. Each one has the name of the room. The Grinch now rings the bell from the bedroom, and the bell that rings have a slab called Bedroom. Max has his own small bed and a bowl named Max. Max also has a picture on his wall of the Grinch and Max together. The Grinch's face is grumpy in the picture. Max is happy with him. Max has a red collar around his neck, he wakes up and prepares coffee for Grinch. It is an unconventional coffee maker; Max uses his paws to step on the Coffee maker to make coffee. He is the only companion that cares about Grinch. The coffee maker in the cave shows that the Grinch made it himself. He stays away from the fancy coffee makers on the market. He made his own coffee maker. This shows that he doesn't support the people in society and isn't willing to buy them, which saves him from having to talk to

people. Max draws a Grumpy, sad face on the coffee cup for Grinch. These elements show Max's and Grinch's connection with each other. There's a small tunnel-like lift made by Grinch that leads to his bedroom. Max carries coffee on a small table in his head and gives it to Grinch. Max gives him coffee in bed and helps him with his daily routine. The dog helps him to find his slippers, hands him the towel during his bath, chooses the dress for him after the bath. His house is designed in such a way that his dog could help him with everything.

Much of Grinch's creativity is seen inside the house. He made many things to help him in his daily life. The full body hairdryer, Max's lift and his chair as a lift are some of his inventions. His house is muddy, representing the cave, with elements of greenish things, including Grinch's fur. There are many crystal clusters grown inside Grinch's cave. This shows that its location is an ancient one. Crystals are rare and take time to grow. This means that the Grinch has chosen a rare place to live. When Grinch arrives to eat breakfast made by Max there's only a bean in the plate. This leaves him in confusion and he asks Max. The only thing Max does is bark and yet Grinch is able to understand what he's trying to convey. He says there's no more food, we've run out. The Grinch says he has bought enough food to last until January. This is because he doesn't want to visit Whoville for Christmas. It will provoke loneliness in him and trigger his trauma. He doesn't want to leave this comfort zone he has created to protect himself from the trauma. But now food is becoming a necessity for him to survive. So, he decides to go to Whoville for Christmas.

When Grinch visits Whoville he sees that everyone is happy and they're having three times bigger Christmas this year. The people in the Village live in harmony. Grinch hates this unity. He wants to be in his peaceful space. The narrator in the movie says that from the edge of his ledge way up in the sky the Grinch felt upset and he wasn't sure why it could've been

Christmas, all that joy and such or some thoughts from his past. This scene has a great significance in the movie because this shows his alienated existence up above and away from the people of Whoville. The narrator also says that the Grinch is used to the being alone state and now he's safe in his cave. Grinch reminded himself he's better this way. This shows that he is comfortable and better off in his cave and doesn't want to interact with people. He wants to be in the comfort he has created in the cave. The Grinch dines with his dog and plays with him to beat the loneliness. He plays piano and chess with the dog. These activities show that he's used to being on his own and he's safe and sound in his cave with the dog. Grinch creates a safe environment for his survival against society.

The BFG (Big Friendly Giant), also known as Runt, is the main character of the film. He's a twenty-four-foot-tall giant who lives in the Giant Country. The Giant Country is an isolated space. It is far away from the real world. The film portrays the distant world in its most glamorous form. The eight-year-old girl Sophie lives in an orphanage. Even though she's surrounded by many friends she lacks a family and companionship. She spends most of her time on books even at night time. Here, we can see that she's also alienated in her space. When the BFG abducts her, they find similar traits in them. At first, they've anxious and avoidant attachment styles. The space where BFG lives is clearly portrayed by the director Steven Spielberg. He travels far away from the real world to reach his home, the distance according to him is comparatively small but enough for him to hide from humans. He leaps over highways, crosses oceans, jumps on top of the cliffs and disappears into a lighting cloud. At last, he reaches the Giant Country. There are many discarded items lying in the place including cars, Ferris wheels etc. A mysterious and terrifying feeling aroused during this scene. BFG's house had a stone door and a crooked window, he had a cape and a trumpet to catch dreams. He uses the cape

to hide away from humans, he thinks that if humans see him, they'll try to capture him. There was a crow's nest and his sailor boat bed in his cave like home. These things were made by him or obtained by him. These possessions represent his comfort and the bit of creativity he held in. He had a table, fireplace and a rocking chair inside his house. The cave had a muddy colour. There was no element of colour in them.

He chose to live so far away from the real world because he was afraid that humans would lock him in a cage and use him as a form of entertainment. He speaks differently to humans. Many of his pronunciations are incorrect. He lives comfortably in his room. There are many other giants in the land of giants. He's considered an outcast by his own community. He shows an anxious attachment style with the other giants because he's bullied and abused in his own community. This is because he eats vegetables and because he's smaller than the other giants. The element of alienation is really visible here. He spends most of his time in his muddy cave and his only job is collecting and distributing dreams. He's passionate about it. His cave turns out to be a place of comfort for him. It is an escape from the outside world and from his own community. There's a secret place in the cave, he keeps the collected dreams in the secret place, which is hidden behind two waterfalls. He likes to protect things that are precious to him. It is only possible through his room. He works in his room and it's more colourful than the room he lives in. This indicates his inner spirit, which is happy and colourful. There are many creative elements in his cave. He has a washbasin with a carved face. These things show his creativity in the cave. The cave is an old one with rocks. The other giants never consider him as one of their own. They bully him and make his life miserable, and the abuse he suffers keeps him confined to his cave. The giants see him as an insult to them. He finds comfort in his only companion, Sophie. He creates a space for Sophie to feel comfortable in.

The Dream Country where he goes to work is also a place, he considers his home. It is where he finds solace and does what he likes. He can even hear the chatter of tiny insects. He can hear all the wonderful and terrible things on the planet. The Dream Country has a tree full of dreams and a pond. You have to get to the other side of the pond, where you'll find the dreams. The giant and Sophie jump into the water and reach the place filled with colourful dreams. The BFG is close to nature and it's like a home to him. His dream-catching work is colourful. This shows his colourful, creative mind. When he's seen as an insult and an outcast in his own community, he finds a purpose in life by catching dreams. He finds meaning and peace in his work. He ignores all the negativity in the world. He gives people good dreams. Even though his house and surroundings are muddy and colourless, he finds a way to be happy and joyful in life.

The other giants in the giant land live in the outside world of that land. They occupy vast spaces and enjoy every freedom. The BFG lives in a cave, separated from his own community. He's not accepted in their world. He doesn't fit into this society. He's considered an outcast in his own place. This loneliness alienates him and he creates a space where he can be alone, away from all the insults and bullying. Here, in his space, he finds peace and acceptance. He does the things he loves most. It's a quiet room, and it's made to his specifications so that other giants can't invade it for long. He has created a drink called 'frobscottle', a green fizzy drink. The bubbles of the drink go down. He makes it from 'snozzcumpers', a giant vegetable similar to a cucumber. He has created this drink and enjoys drinking it. This clearly shows that his alienation from loneliness has brought out his creative side.

The environment he has chosen to live in is an alienated space. He wants to be alone. He doesn't want to be insulted or bullied. He is trying to get on with his life by finding a purpose in life. He chooses an alienated space for his mental well-being. This space gives him comfort

and protection. Even though he could be attacked by the giants at any time, he lives his life in a positive way. The giants invade his space and his workplace. These incidents cause him great anxiety. The company of Sophie helps him to find hope in his life. Like all alienated beings, he tries to find comfort in the space he has created for himself. He doesn't want anyone to invade it because he considers it precious. The BFG's cave is so close to him. He keeps his collection of dreams as a shrine, and it is well protected. He has no other possessions. He keeps this place as a shrine. His environment and the trauma he has experienced, is the reason for this way of life. He's alone and has no companion like himself. He finds comfort in Sophie. She's different from him. But there is a connection between them. The alienation they face is the reason for their connection. She likes being with the giant and says that he should fight the giants and build his own space where he can live without fear

The Grinch and *The BFG* are two similar characters who live in an alienated space. Both of their spaces are created far from society. They live in muddy and colourless cave-like spaces. Their companionship is limited to one person, and they're not even related or of the same species. Interaction with the outside world is only when it's needed. They crave acceptance, but their trauma and other negative experiences prevent them from socializing. Their homes become places of comfort and creativity.

Another aspect we can explore is the relationship they have between their companionship. First, we can focus on *The Grinch* and the companionship. The friendship with his dog Max and the conversation with the girl named Cindy Lou from Whoville are the two important friendships he has. The first meeting of Mr. Grinch with Cindy Lou was not that appealing. He ridicules her for posting a letter to Santa Claus. The next meeting with her is when he disguises himself as Santa to steal all the presents. She creates a trap for Santa Claus to ask

him to help her mom. She mistakes Mr. Grinch for Santa Claus and asks him for help. She says that she doesn't want any presents and her mother works so hard and is always doing stuff for other people. She wants her to be happy. She says that Santa makes people happy and everyone should be happy. He says to Cindy Lou that "I guess they should " (*The Grinch* 01:03:52) this shows that he never thought about others or the feelings that he had because of his trauma. Cindy Lou asks him if he's okay when he slips into the cloud of thoughts. He sends her back to bed and she invites him for the Christmas celebration. She says that if he would come to the Christmas celebration and the group singing, he would be happy. In her words "It's so beautiful that if you close your eyes and listen, all of your sadness just goes away." (*The Grinch* 01:04:13) to which he replies "that sounds nice." (*The Grinch* 01:04:26) At last she hugs her. This hug can be seen as the first human connection he ever had. These words create a change in Grinch. This is the human consciousness in him. This thought leads him to reformation. Human beings are able to use reason and resist his situations, here we see a change in the Grinch when he uses his consciousness. The narrator says that "He tried to forget it, but the words filled his head, and he found himself thinking about what the young girl had said. It was hard to imagine. Could it really be true? But if they could all be happy, maybe he could be too." (*The Grinch* 01:15:13)

The next day when he tries to destroy all the presents that he stole from Whoville he heard the Whos singing Christmas songs. He was surprised by this action by the people. He decides to look upon the Whoville through his lens he sees them and the little girl. As the narrator says "As he watched the small girl, he thought he might melt. If he did what she did, would he feel what he felt? and the luscious sound swelled, reaching up to the skies. And the Grinch heard with his heart, and it tripled in size." (*The Grinch* 01:08:42)

Here, we can see that the theory of alienation which is proposed by Karl Marx is not accurate. Human beings are subjected to change and is not always affected by the alienation of the capitalist society there's a chance of growth and change in individuals who are capable of reason.

In the movie *The BFG* we can see the transformation of the giant Runt in a similar way. In the movie he experiences reformation in a really slow pace. He kidnaps Sophie and they gradually become friends. Sophie comes to know about the abuse that he's suffering under the rule of other giants in the giant country. She asks him why he always takes the abuse and doesn't do anything about it. He's self-conscious about his appearance and his diet. He doesn't have a friendship in his own community. Sophie tries to help him but he denies at first and leaves her at the orphanage due to the traumatic incidents faced by him. She tries hard to convince him and helps him. She makes a plan to help him. She says to Runt that he should make a nightmare, as his job is dream catching and giving dreams to people. She says that the nightmare should include the bad deeds of other giants, about Sophie and himself. This dream is given to the

Queen of England and she pleads for help. At first, Runt is not ready to be in the presence of the Queen but she convinces him and helps him overcome the trauma. He helps him with the manners and etiquettes that he should follow. This helping hand helps in changing himself. This changes him and his standard of living. He's protected from other giants and lives in a peaceful space after the intervention of Sophie. Here we can see that this friendship reformed him. He decided to change himself with his reason and a helping hand. Here, we can see the ability of human beings to change according to the situations that they're given. Runt used his opportunity to change himself. Runt's ability to create dreams represents a form of agency which he owns.

This can be seen as a critique of Marx's alienation theory. The BFG depicts that there's more to human than material production and capitalist society.

Both the movies show that there's more to human beings than capitalist society and its effects. These characters show human characteristics and how human beings can change for good. *The Grinch* and *The BFG* are true representation of this.

The BFG also has a dining scene in the movie. He dines with the Queen of England and seeks her help with the man-eating giants. This scene depicts that BFG is nervous to face the Queen and have a conversation. Sophie helps him with the conversation and etiquette. Here, we can see that BFG is not a social well-being. He struggles to have interactions with others. This fear is erased by the girl, Sophie. This unexpected friendship helps him in many ways. It changes his standard of living and life conditions.

The dining scene made BFG close to the society. They make a special space for BFG to eat with them. The people create huge chairs and a table for him to dine with the Queen. Here, we can see that he's been accepted by the society as he is. They feast him with delicious meals and talks about his concerns. He introduces Froboscottle to the Queen. They tasted frobscottle and had fun enjoying the drink. This act done by the Queen and the servants shows that his habits and traditions are accepted by them. The soldiers are ordered to help him with the giants. The BFG is given a delicious meal by the Royal palace and he's entertained with music and served well. This dining experience of BFG made him closer to humans and their society. This scene creates a new life for him. The BFG is happy that they helping him to overcome his trauma that he experiences every day in the presence of the man-eating giants. The soldiers help him in fighting the giants and giving them a special space to stay. BFG shows the way to the giant country and seeks their help. BFG gives the giants a nightmare which will make them regret the

kind of things they did. The soldiers trap the giants in a net and carries them with the helicopter to a faraway land. This gives a new life to BFG. He can finally be happy in his own space and continue with his job. Sophie, is the greatest supporter of BFG. She's the only reason that he's able to have a normal life. With the help of Sophie, he leads a peaceful life in the Giant Country. He plants snozzcumbers, other veggies, fruits and makes that place similar to Paradise. He lives within an earshot distance with Sophie because he can always hear her. The giants live in a faraway island where they're given snozzcumbers and its seeds to eat. Sophie is happy and lives with the Queen. We can see elements of alienation in Sophie also. In the end she overcomes it with the help of BFG. Both of them helped each other to get a better life and to overcome their alienation. They remained as good friends in the end. Sophie always talks to BFG as he can hear all the secret whisperings of the world. The movie shows the connection between BFG and Sophie. The trauma which he had is erased by the little girl who he decided to kidnap one day.

The movies *The BFG* and *The Grinch*'s dinning scenes have a special importance because this scene changes their whole life. It helps him to overcome their trauma and alienation. This scene shows us that they used their reason to fight against the trauma. This can be considered as a form of resistance in their life. It's a deviation from their normal behaviour or routine. This deviation creates a better life for them. Here, this scene can be seen as an example of how a person can confront their trauma by small conscious acts like this. Alienation is a result of the underlying trauma that they experience. These movies show us that these traumas can be erased using small efforts. These efforts in a long run can help and individual in overcoming the trauma. *The BFG* and *The Grinch* shows us that a person's trauma is not a long lasting one, with proper care and intervention this can be healed.

Experience trauma in different ways. Life experiences molds them and shatters them in many ways. Here, the two characters can be seen as an example of how we can overcome our own traumas. The BFG and Grinch are different from humans but what they experience is same as h Humans. They feel and think just like humans. The directors of this movie made it in such a way that, this movie can be related to many people. Alienation, trauma, friendships are some factors that can affect an individual in his life's journey. These are the major themes that is depicted through the movie.

Conclusion

Cinema is a powerful tool which helps us perceive different lives in all aspects. Mental health conditions of a person can be depicted through the lens of cinema. Animated movies are not just for children it also depicts various concerns of the modern world like mental health issues. Social Psychology shows how a person's behaviour, interacts with the society and its environment. If a person has a negative experience from society, it can affect the mental condition of the person. This negative experience can be termed as trauma. This trauma can make them an isolated being.

Traumatic incidents can greatly influence a person's well-being. It can influence a person's behaviour, thinking and interactions with others. Alienation helps as a coping mechanism against their trauma. This helps them in creating a safe environment in their lives. These people who're deeply hurt by society fear judgment from others. This can be a reason for the isolation made by them. Stressful events and social marginalization are another reason for this isolation.

In this project we can see the lives of two characters namely Grinch and BFG. Their characters are compared and contrasted using alienation and attachment theories. *The Grinch* is an animated movie which tells the story of the grumpy, green-furred Grinch. His trauma made him to hate Christmas. He lives away from the society in Mount Crumpit. This place shows that how he's isolated from others in the society. In the end of the movie the Grinch is accepted by the Whos and he finds a sense of belonging and comfort. He sees the value of kindness in the people.

The BFG is a fantasy, adventure movie which depicts the life of an eight-year-old girl Sophie along with the BFG (Big friendly giant). The dream-catching giant (BFG) in the Giant

Country kidnaps Sophie when she sees him in the witching hour. They become friends and together they stop the man-eating giants. Sophie helps the BFG to find a new life from his old one. He's been abused and bullied by other giants. Sophie helps him to acquire a better life from this abuse.

Both the characters the BFG and the Grinch experience trauma which results in their alienation and confines them to a comfort zone. The Grinch resides in a cave on Mount Crumpit while BFG stays in a cave-like structure in the Giant Country. The environment in which they choose to live is related to the trauma they experienced. They find peace in isolation but in the end, they overcome their trauma.

Social Psychology, Social isolation, alienation and attachment theories help us to understand the characters in a better way. Social Psychology is the study of how people's behaviour, thoughts and feelings are influenced by society and others. Social isolation is the result of the trauma or negative experiences faced by the person. Attachment theory states that our early childhood experiences can influence the adult behaviour of a person. Alienation theory of Karl Marx states the different types of estrangement that people experience in a capitalist society.

The Grinch and BFG are portrayed as outcasts from their own society. They create spaces for their comfort and solace. The cave in which Grinch resides is his safe haven. There are sign boards outside his cave on the Mount Crumpit to keep people away. He chooses to be in the Alienation. He creates his peace in his isolated environment. His home is designed in such a way that his only companion, his dog Max can help him with the daily tasks. This shows the nature of his limited social interaction. The BFG is also seen as an outcast and he resides in a cave in the Giant Country. He's a lonely person and lives alone in his own community. He's alienated and

abused by other giants because of his small physique and his diet. Others are many eating giants. He's the only giant in the community who eats vegetables and fruits. His cave becomes a safe environment where he can express himself and does his dream catching job. The Grinch enjoys his time inside the cave with his dog Max. His creativity is seen inside the cave. On the other hand, BFG finds comfort in his dream catching job and its beauty. The isolated space that they live in becomes a protective abode for them. The negativity and trauma that they experience in the society is removed when they're in this environment.

Trauma and isolation are the two major aspects discussed in this project in the lens of BFG and the Grinch. Both the characters experience trauma and that leads to alienation. The character BFG suffers from exclusion, bullying, social anxiety, loss and fear. The exclusion is faced by BFG from his own community because of his appearance and diet. He resides in the cave seeking solace. Before meeting Sophie, he befriended a human boy. They were good friends, and in the end, he was eaten by other giants. This distressing event caused trauma in him. This causes fear and lack of trust in him. The BFG is a victim of bullying and abuse; these factors cause social anxiety in him. The Grinch also experiences similar instances. His childhood trauma is the sole reason for his alienation. Orphan hood, neglect and isolation, social withdrawal are major problems faced by him. The absence of a family which made him an orphan led to the feelings of neglect and isolation. He was lonely during the Christmas holidays as a child which made him hate Christmas celebrations.

Coping mechanisms are seen in both characters. To deal with their trauma they tend to find ways to cope with it. We can see three major coping mechanisms like isolation, emotional eating, anger and resentment. Grinch uses the three types of coping mechanisms in order to help with childhood trauma. His anger and resentment towards the Whos because they have a sense of

belonging which he lacks. Both these characters find unexpected connections. The Grinch and Max, his dog, have a wonderful connection and understanding between them. In this human world he finds his dog as a loyal friend. The BFG and Sophie have a budding friendship in the beginning and later they become inseparable. This companionship offers him security and comfort. Both these characters break free from their trauma by using different ways. The BFG with Sophie's help and support breaks free from his old life. She's a smart girl and she presents him with a new life by helping him overcome his fears. On the other side the Grinch changes his mind after realizing the real meaning of Christmas. He embraces the spirit of Whos and joins the Christmas dinner. The Whos accepts him as he is and makes him as one of them.

The BFG and *The Grinch* depicts the lasting effects of trauma on an individual's social behaviour. Trauma can lead to isolation, anxiety and depression. These movies show that we can overcome them with the ray of hope and kindness.

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