

Title: Checkmate the Psyche While You Are Jung
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In the films “The Silence of the Lambs,” “Black Swan,” and “Striking Vipers,” the writers and directors aim to create scenarios that demonstrate how the psyche can potentially lead to one’s defeat. I attempt to show how Carl Jung’s theory of the path of individuation is displayed and expressed through Clarice Starling, Nina Sayers, and Danny Parker as they bear the pressure of internal conflicts stemming from the inability or refusal to understand their own innate desires and traumas. First, Clarice Starling encounters many adversaries during her time as an FBI agent in training, but the most dangerous one of them all turns out to be her traumatic childhood experiences tucked away in the unconscious part of her mind. Similarly, Nina Sayers’ struggle to accept who she is exacerbates to the point where she feels trapped inside her libido, causing her to create delusions to help her cope with the tension she puts on herself. Lastly, Danny Parker’s sexual boredom with his wife and dissatisfaction with the mediocrity of his everyday experiences sparks an internal conflict with himself about determining what he truly wants out of his life. Having considered various films that exemplify Jung’s approach to the human psyche, it is in these three that the protagonists are exhibited in a concise, yet captivating way, alluring me to want to journey alongside them in their path of individuation.

Works Cited

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