

The Fault in Our Stars

Have you ever imagined what it would be like if you suffer from a killing disease? What would you do if you are diagnosed with cancer at a young age?

I am impressed by a movie I watched recently named *The Fault in Our Stars*. The story revolves around two teenagers, Hazel and Augustus, both aged 16, suffering from cancer in their prime youth. Not only does the film explore the ways in which cancer affects the patients, but it also shows the ways their family and friends react to their disease.

One of the themes of this movie is the importance of staying hopeful and living our best life every day. Hazel is required to carry an oxygen tank no matter what she is doing so as to support her breathing. Augustus has to wear a prosthetic leg in his daily life. They have to confront difficulties that most of us have never imagined facing, such as becoming acquainted with powerful painkillers at an early age. The existential dilemma is they are in the face of their impending mortality. Although they are under such perplexing circumstances, they still attempt to fight with cancer by staying positive and hopeful. As the characters say, "You have realized something bad is going to happen; but you also believe that something good will be happening as well." We should trust that where there is hope, there is life.

Aside from staying hopeful, the film also tells us that all types of aches and pains are simply a part of living. It does not mean they are desirable but inevitable. In the movie, Hazel is also facing different pains, such as the death of her friends. She notices that it is a must for everyone to suffer. We spend a great deal of time on trying to stay away from pains. However, it is gratuitous. No matter how tough we try, we are unable to avoid it. As the character says, "pain demands to be felt" and "without pain, we would not know joy". It is a certainty that we will experience pain, which allows us to value life.

Besides, there is a lot for us to learn, which contributes to our building up a more positive character. The fact we should realize is that things may not work out the way we anticipate. "Society is not a wish-granting factory." You will not always get what you want. But we can look at the unjust ways from a positive perspective, turning the negative to a beautiful joke that can be cast aside. Acceptance of the inconsistency grants us the ability to focus on the items which we have been given.

Another way to build a positive character is to release our anger and frustration. It is understandable that we always try to bottle up our emotions, hiding our struggles to protect those

around us. We bite the bullet and attempt to deal with problems on our own. In fact, we do not have to put up a facade and it is okay to be frustrated. Take a character in the film as an example. The boy expresses his depression by hitting the doll and playing video games. It is fine to release our negative feelings in different ways. Venting our emotions properly will reduce the pessimistic feelings. Therefore, it assists us to build up a more positive character.

Depicting the lives of seemingly an unfortunate group of people, the youth suffering from fatal diseases, the movie brings out a positive message. It reminds us to try to recapture the happiness by ourselves and think of the beauty around us. The character tells the truth of life, "If you want the rainbow, you have to deal with the rain."