

Finding New Paths in 'Elsa and Fred'



By [Courtney Omernick](#)

Elsa, a positive and upbeat woman, meets Fred, a depressed and crabby man, when he moves into her apartment complex after his wife passes away. What starts out as a friendship turns into something more when Fred starts to realize that Elsa's attitude toward life makes her a beautiful person.

Should you see it:

If you enjoy stories of change, relationships, and enlightenment, then this film is for you! The movie also features a great cast with members such as Shirley MacLaine,

Christopher Plummer, Marcia Gay Harden, and more.

Who to take:

This romantic comedy would be great to see with your family, friends, or your significant other.

How can you change your partner's sour attitude?

Cupid's Advice:

Everyone has their good and bad days, but sometimes, it can seem like a person is stuck in the negativity and letting their poor attitude weigh them down. It can be especially depressing when you're having the time of your life, and your significant other is on the other end of the "fun spectrum." Below are a few suggestions as to how you can help change your partner's sour attitude.

1. Be the example: Some psychologists say that we begin to act like the individuals we spend the most time with. So, if you're significant other is spending time with you (as they should be), make sure that you're setting the positive tone and being that "role model" that they look to for guidance on how to act.

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2. Stay Positive: Even when you're stuck in a sticky situation, stay positive. Make sure that your partner understands how you've managed to stay cheerful so that they know how to act once a similar scene takes place.

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3. Show them how much fun you're having: Showing someone how it's done is generally more effective than telling them. And, usually, if people see you're having fun, they'll want to know how they can join the party. Make having a positive attitude

seem as effortless and rewarding as possible.

How can you change your partner's sour attitude? Share your stories in the comments!