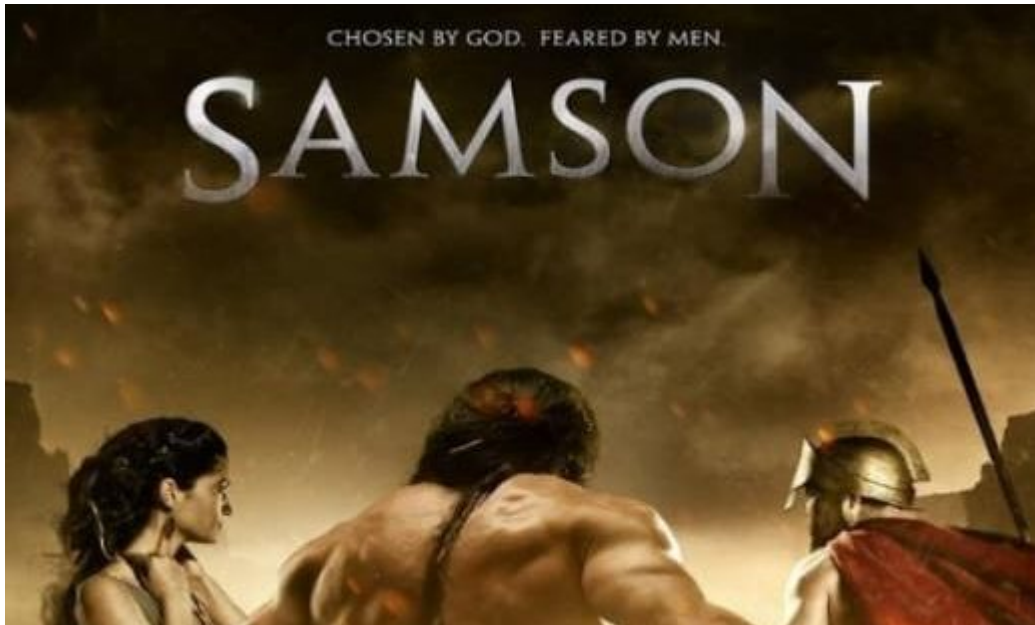


# Movie Review: Samson



By [Jessica](#)

[Gomez](#)

Samson is a Hebrew chosen by God to deliver Israel. Because of his supernatural strength and impulsive nature, King Baleck of the Philistine empire desires him dead. Samson, as godlike and powerful as he is, is captured and blinded by his enemies due to the betrayal of an evil prince and the gorgeous temptress he confided in. He then, in his time of need, calls out to his God for the power he once possessed to deliver the wrath of God, resulting in his victory.

***Samson* is a story portraying the sting of deception and betrayal after confiding in someone,**

**exposing his weaknesses. Some of us know that sting a little too well – read on for our movie review and some tips on dealing with being double-crossed.**

### **Should you see it:**

Yes! This thrilling action movie will keep you in suspense. With a great storyline taking place in a richly historical period portraying power, battle, and betrayal, Samson will leave you at the edge of your seat.

### **Who to Take:**

You can definitely take a guy. This action filled movie will keep them interested, for sure! It's the type of movie you can watch together for some intensity.

### **Cupid's Advice:**

Sometimes we're lucky and find someone who is trustworthy, and other times we trusted the wrong person. It's a very intense experience. Cupid has some advice on how to deal with betrayal and deception:

**1. Face your feelings:** Analyze the situation and dig deep to know what you're feeling. It's okay to feel emotions like anger and sadness. The faster you face your emotions, the faster you will begin the healing process. Try writing down what you feel or even doing a video diary (talking to yourself and recording it), it may sound cheesy, but it can help because you're spilling your feelings out. Writing and talking are both quiet therapeutic. Some of us bottle up our feelings and then later explode like a recently shook can of soda. Don't be that can of soda. Dealing with an experience like one

of being hurt and deceived can be hard, but giving it time helps after reflecting and letting go of negative emotions.

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**2. Don't blame yourself and others:** Sometimes we want to blame our gut. We feel like our instincts have let us down. We also sometimes lose trust in ourselves when we no longer trust another. However, if you were loyal and honest, there is no reason to allow negativity to consume you. See the situation for what it is and don't dwell in self pity. Don't lose confidence in yourself, your relationships, or your choices. And of course, we sometimes become mistrustful of others around us. Just like you shouldn't blame yourself for another's disloyalty, you shouldn't blame someone else either. That being said, feel free to make others earn your trust.

**Related Link:** [Movie Review: Forever My Girl](#)

**3. Take care of yourself:** Mentally and physically. Eat well, exercise, and seek peace of mind by doing things like reading and meditating. If you feel like you can't handle it alone, seek professional help. Don't be afraid or ashamed. Speaking to a therapist or psychologist can really help. Speaking to someone whose an outsider (someone not involved in your personal life), who won't judge you, and whose expertise are mental health and counseling, will help create a safe space for you to explore your feelings, unravel them, and dig deeper.

**What ways have you coped with deception and betrayal? Let's share our stories below!**