

# 'Girl Most Likely' Shows the Ups and Downs of the Healing Process



By April Littleton

Kristen Wiig plays Imogen, a failed New York playwright who has lost her self-confidence after a horrible breakup. After a fake suicide attempt performed on stage to try to win back the affections of her former flame, Imogen is forced to live with her estranged mother, Zelda (Annette Bening). Desperate to get back to the glitz and glam she once knew so well, Imogen realizes she must come to terms with her family, including her brother (Christopher Fitzgerald), her mother's new boyfriend (Matt Damon) and a random stranger who just happens to have taken over her room (Darren Criss).

## **Should you see it:**

Fans of the comedy genre will find plenty of laughs in this film. Lead performances by Kristen Wigg, Matt Damon and Annette Bening will not go unnoticed by the audience either. Once fellow Gleekers realize Darren Criss (who plays Blaine Anderson on *Glee*) has a predominant role in this film, they will fall in love with the star all over again.

## **Who to take:**

This film falls into the PG-13 category for sexual content and language, so it's safe to say that the movie may not be entirely kid-friendly. *Girl Most Likely* would be best to see with a group of friends, some older family members or a potential love interest. If you already have a significant other, drag them to the movies on your special date night together.

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## **How do you regain your confidence after a bad breakup?**

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

Enduring a bad breakup can put a big damper on your self-confidence. Dealing with the pain of rejection and heartache can have a negative impact on the way you see yourself. If you let these feelings fester for too long, you'll never get back to your fabulous self. It's time to move on from the guilt you feel over your breakup and get your life back. Cupid has some advice:

- 1. Stop blaming yourself:** After the end of a relationship, it's perfectly natural for you to blame yourself for what happened, especially if you were the one who was dumped. However, you need to realize the entire breakup doesn't just fall on you. Your ex has a part in what happened as well. It

takes two people to make a relationship work. The relationship didn't fail because of one person. Beating yourself up over something you have no control over will only make you feel worse about yourself.

**2. Get a makeover:** You've probably let yourself go a little bit while grieving over your former boo. Now it's time to show them what they've been missing! Clean yourself up, buy a whole new wardrobe and put on a brave, new smile. A smile is the most attractive attribute on a person's body, so give it your best shot. Once you get all dolled up, all eyes will be on you in a positive light and you'll feel like a million bucks.

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**3. Remind yourself of the good:** Every time you start to feel down, keep in mind all of the positive traits you possess. Are you good at making people laugh? Do your friends say you're the best cook in town? Can people come to you for non-judgemental advice? Remind yourself of all of the great things about you and if it's hard for you to see yourself in such a positive light, your friends and loved ones will be more than happy to help.

**How did you regain your confidence after a breakup? Share your experience below.**