

Good movies that make you want to cry

Whether you're recovering from a heartbreak, craving nostalgia, or just want a movie to mourn, these are options worth checking out.

When things are bad, we often turn to something fun and light to relieve stress. However, sometimes the best thing you can do is let your emotions out.



According to Anat Joseph, LCSW, a therapist in New York and New Jersey, a good cry is a great way to release pent-up frustration, despair, and sadness—and a sad romantic movie can make that happen naturally.

" Movies, in particular, can be a cathartic escape into what we've been trying to avoid ," Joseph tells SELF, whether it's loss after a breakup, a lingering sense of longing, or the hopelessness that creeps into the never-ending grind of everyday life. *" Knowing that you're not alone in your feelings, even through a fictional character, can be incredibly healing and empowering ."*

So whether you're recovering from a heartbreak, craving nostalgia, or just want a movie to mourn, these are options worth checking out.

Inside Out

Pixar has always known how to touch the emotional chords of its audience, and *Inside Out* is no exception. Following the personified emotions inside a young girl's mind, the animated film beautifully captures the sweet and messy realities of adulthood—not to mention the power of crying. According to Joseph, "*the film illustrates that sadness isn't something to be avoided—it's something we, even as adults, need to feel, appreciate, and work through.*"

Past Lives

Have you ever wondered about the person who got away? If so, Dr. Michele Leno, a psychologist and host of *Mind Matters with Dr. Michele*, introduces this Oscar-nominated drama. *Past Lives* follows the childhood love of Nora and Hae Sung, whose lives diverge after her family moves from Korea. Years later, they reunite in New York, only to experience the complications of a love story that could never have been—perhaps more painful than any dramatic breakup.

Waiting to Exhale

The struggle to find companionship is difficult and sometimes painful, but it's the way this classic film depicts the enduring friendships between women - starring Whitney Houston and Angela Bassett - that will touch your heart the most.

"*The film is emotional, relatable to anyone, but also really fun to watch.* And if the plot doesn't make you cry, the soundtrack definitely will," says Dr. Leno.

Marley & Me

Nothing makes you cry faster than a sad, dying dog. This bittersweet tale follows a couple growing up with their mischievous Labrador. According to Joseph, you're in for a heartwarming and heartbreaking story – and if you've ever loved (and lost) a furry childhood friend, prepare to be in tears by the end.

Titanic

This is a world famous sad love movie based on a true event. Until now, the movie still makes the audience shed tears every time they watch the short-lived love story of Jack & Rose. *Titanic* is a story that blends love, hope, and ultimately loss, guaranteed to make you immerse yourself in the emotions of the characters.

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