



REEL·ATABLE



Marti Hearst



Ankita Shanbhag



Kinshuk Nigam



Hrishikesh Nagaraju



Saurabh Chachra



How many movies I've watched?



*If you gave me a list of films made, I could
check off a pretty penny off of those...*

Have you recently tried to understand yourself?



Yes, every day. I call my mom every day... I would call my dad, but he's such a man. He's like there there's a problem let's fix the problem. Versus my mom is the typical like uh huh, I get it, mhm. Like, she listens.

Have you recently tried to understand yourself?

Problem

Lack of scalable and systematic methods to improve self-understanding

ANNUAL
REVIEWS

Annual Review of Organizational Psychology and Organizational Behavior

Developing Self-Awareness: Learning Processes for Self- and Interpersonal Growth

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Annu. Rev. Organ. Psychol. Organ. Behav. 2023.
10:261–88

First published as a Review in Advance on
November 18, 2022

The *Annual Review of Organizational Psychology and Organizational Behavior* is online at
orgpsych.annualreviews.org

<https://doi.org/10.1146/annurev-orgpsych-120920-044531>

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OPEN ACCESS

Keywords

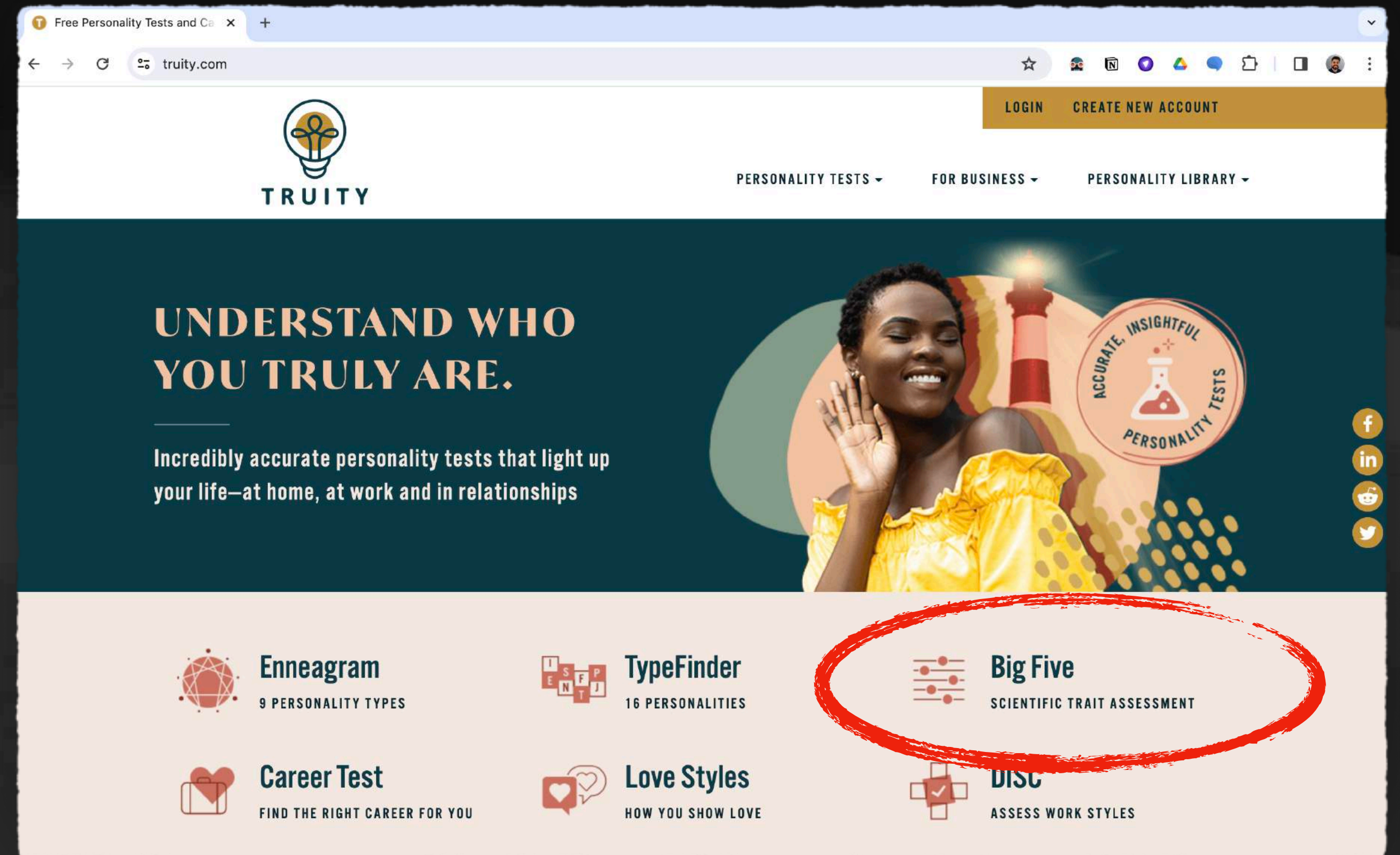
self-awareness, self-insight, mindfulness, reflection, rumination, feedback

Abstract

Self-awareness—how we see ourselves and the effects we have on our environment—influences our behavior and the type of person we want to become. This article examines recent research and areas of practice that address the meaning of self-awareness and how it develops over time. We build on extant comprehensive reviews of the literature to define self-awareness and its accuracy, measurement, and effects, including the dark side of being overly introspective. We offer a framework to integrate theory-based processes. We present the results of a literature search of educational interventions aimed at increasing mindfulness through reflection, feedback, and coaching. We conclude with calls for research and implications for practice in areas of measurement, tracking changes, interventions, and self in relation to others in areas of societal impact, self-presentation on digital media, and promoting self-awareness in relation to organization and team membership.

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Online Psychological Tests



The screenshot shows the homepage of the Truity website. The browser address bar displays "Free Personality Tests and Co" and "truity.com". The website header includes the Truity logo (a lightbulb with a brain inside) and navigation links for "PERSONALITY TESTS", "FOR BUSINESS", and "PERSONALITY LIBRARY". A gold bar at the top right contains "LOGIN" and "CREATE NEW ACCOUNT". The main banner features a woman in a yellow top with the text "UNDERSTAND WHO YOU TRULY ARE." and "Incredibly accurate personality tests that light up your life—at home, at work and in relationships". A circular badge on the right says "ACCURATE, INSIGHTFUL PERSONALITY TESTS". Below the banner, a grid of test options is shown, with "Big Five" circled in red. The tests listed are:

- Enneagram**: 9 PERSONALITY TYPES
- TypeFinder**: 16 PERSONALITIES
- Big Five**: SCIENTIFIC TRAIT ASSESSMENT
- Career Test**: FIND THE RIGHT CAREER FOR YOU
- Love Styles**: HOW YOU SHOW LOVE
- DISC**: ASSESS WORK STYLES

FULL LIST OF PSYCHOLOGICAL SCALES

By mohammed looti / March 19, 2023

- Aggression Questionnaire (AQ)
- Aggression Towards Parents—High Risk Behavioral Assessment
- Aggression, Temperament, and Personality Survey
- Aggression/Victimization Scale
- Aggression-Problem Behavior Frequency Scale
- Aggressive Behavior—SAGE Baseline Survey
- Aggressive Fantasies
- Anger and Support Scale(AAS)
- Anger and Support Scale(AAS)
- The Anger Expression Scale for Children (AESC)
- Anger Management Scale
- Behavioral Anger Response Questionnaire (BARQ)
- Beliefs About Aggression and Alternatives
- Beliefs Supporting Aggression scale
- Buss-Durkee Hostility Inventory (BDHI)
- Buss-Perry Aggression Questionnaire (AGQ)
- Cyberbullying and Online Aggression Survey
- DIVERSE ADOLESCENT RELATIONAL AGGRESSION SCALE
- Homonegative Microaggressions Scale (HMS)
- Impulsivity—Teen Conflict Survey
- Instrument for Reactive and Proactive Aggression (IRPA)
- The Level of Anger Scale (LAS)
- Loudin, Loukas, & Robinson Relational Aggression Subscale
- Attitudes About Marriage

- Attitudes About Marriage scale
- Modern Myths About Sexual Aggression (AMMSA) Scale
- Modified Aggression Scale
- Nonphysical Aggression scale
- Normative Beliefs about Aggression
- Norms for Aggression and Alternatives
- Parental Attitudes Toward Use of Aggression scale
- Peer Aggression Coping Self-Efficacy Scale (PA-CSES)
- Peer Nomination of Aggression scale
- Preparation in Dating Relationships scale
- Racial and Ethnic Microaggressions Scale (REMS)
- Reactive-Proactive Aggression—FastTrack
- Reactive-Proactive Aggression—Fast Track (Teacher Checklist)
- Anger assessment with the STAXI-CA
- State Hostility Scale – SHOS
- Tendency to Forgive Scale (TFFS)
- The Aggressive Scale
- The Clinical Anger Scale (CAS)
- Beliefs about Hitting scale
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- Parental Support for Fighting scale
- Physical Fighting—Youth Risk Behavior Survey
- The Relationship between Conflict, Communication, and Sex
- Attitude Toward Conflict scale
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- Gender Role Conflict Scale (GRCS)
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- Antisocial Attitudes scale
- Attitude Toward Delinquency survey
- Delinquent Behavior—High Risk Behavioral Assessment
- Delinquent Peers—Rochester Youth Development Study
- Disciplinary and Delinquent Behavior—SAGE Baseline Survey
- Friends' Delinquent Behavior—Peer Deviancy Scale
- Friends' Delinquent Behavior—Delinquent Youth Survey
- Interaction With Antisocial Peers Scale
- Likelihood of Violence and Delinquency scale
- Neighborhood Disorganization scale
- Peer Deviancy scale
- Self-Reported Delinquency—Problem Behavior Frequency Scale
- Self-Reported Delinquency scale
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- Attitude Toward Violence scale
- Attitudes Toward Guns and Violence scale
- Brief Abuse Screen for the Elderly (BASE)
- Caregiver Abuse Screen (CASE)
- Children's Exposure to Community Violence
- Domestic Violence Coping Self-Efficacy Measure (DV-CSE)
- Family Violence – Preliminary Assessment tool
- Handgun Access—NYC Youth Violence Survey
- Heisek-Sarnstock Elder Abuse Screening Test (HSEAST)
- Malaysian Elder Abuse Scale (MEAS)
- National Violence Against WomenSurvey (NVAWS)
- Perception of Problem Behavior scale
- REVISED ATTITUDES TOWARDS VIOLENCE SCALE: Scoring version
- Safe Dates— Physical Violence Victimization
- Safe Dates— Psychological Violence Victimization
- Safe Dates— Psychological Abuse Perpetration
- Seriousness of Violence Classification—Pittsburgh Youth Study
- Severity of Violence Against Women Scale/Severity of Violence Against Men Scale (SVAWS/ SVAMS)
- Sexual Experiences Survey (SES)— Perpetration Version
- Stalking Behavior Checklist
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- Weapon Carrying—Youth Risk Behavior Survey/NYC Youth Violence Survey
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- Cyber-Harassment Student Survey
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- Sample Orientation to Happiness Subscale Item
- Parent Self-Report Deviant/Immoral
- Personal Goal Scale (PGS)
- Retrospective Measure of Behavioral Inhibition (RMBI)
- SENSITIVITY TO PUT DOWN (1 & 2)
- STRIVE TO AVOID IMPERFECTLY SCALES
- Subjective Happiness Scale (SHS)
- THE ENTERTAINMENT SCALE
- Zung Self-Rating Depression Scale (SDS)
- Attitudes Towards Suicide
- Penn State Hostility Scale
- Positive and Negative Social Exclusion (PNSE)
- Reason for Living Scales
- Suicide Screening Questions
- The Suicide Behavior Questionnaire-Revised (SBQR-R)
- Youth Risk Behavior Survey
- ANDREWS' TROUBLES INVENTORY (ATI)
- Anxiety about Aging Scale (AAS)
- Achievement Anxiety Test
- Appearance Anxiety Scale (AAS)
- Autism-Women Survey (AWS) (Phaser Version)
- Beck Anxiety Inventory (BAI)
- Brief Measure of Worries Severity (BMWS)
- Classroom Anxiety Measure
- Concussion Symptom Anxiety Inventory-2 (CSAI-2)
- Computer Anxiety Rating Scale – CARS
- Death Anxiety Inventory (DAI)
- Depression, Anxiety and Stress Scales DASS-21
- Depression, Anxiety and Stress Scales DASS-42
- Duke Activity Depression Scale (DADS-AD)
- Edinburgh Depression Scale
- Generalized Contentment Scale (GCS)
- HYPOTHETIC DEPRESSION (HYP) SCALE (HSDS)
- HAMILTON DEPRESSION RATING SCALE (HAM-D)
- Hamilton Depression Rating Scale (HAM-D-17)
- Hamilton Depression Rating Scale (HAM-D-21)
- Harshness Impugnance Questionnaire
- Harshness Impugnance Questionnaire
- Inventory of Depressive Symptomatology (IDS or IDS-C)
- IRPAINQ, Depression, Anxiety Scale (IDAX)
- Kutner Adolescent Depression Scale (KADS-11)
- Mood Depression Inventory (MDI)

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- Sexual Experiences Survey (SES)—Victimization Version
- Victimization
- Victimization Assessment Tool
- Victimization in Dating Relationships
- Victimization Scale
- Victimization-Problem Behavior Frequency Scale
- Attitudes Toward Gays
- Exposure to Gays—Heisek-Sarnstock Cohort Survey
- Garg Membership Inventory (GMI)
- Depression Self-Rating Scale for Children (SDRS)
- Adult Measure of Behavioral Inhibition (AMBI)
- Beck Depression Inventory II (BDI-II)
- Bipolar Disorder Self-Assessment Test (BDSAT)
- Bussone Processes Scale
- Brief Assessment Schedule Depression (BAS-D)
- Carroll Rating Scale for Depression (CRS)
- Center for Epidemiologic Studies Depression Scale (CES-D)
- Children's Hopelessness (Child Hopelessness)
- Children's Hopelessness Scale
- Children's Hopelessness Scale
- Children's Depression Inventory (CDI)
- THE BERTAL SCALE (B SCALE)
- Depression – Rochester Youth Development Study
- Depression-Adjective Check List, Form B (DACL)
- Depression, Anxiety and Stress Scales DASS-21
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- Duke Activity Depression Scale (DADS-AD)
- Edinburgh Depression Scale
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Alternatives

Online Psychological Tests
Therapists





Help a large number of people better understand themselves.



Target User Group

Movie Enthusiasts?

Movie Enthusiasts?



Psychology of Aesthetics, Creativity, and the Arts
2015, Vol. 9, No. 4, 423–429

© 2015 American Psychological Association
1931-3896/15812.00 http://dx.doi.org/10.1037/aca0000031

Fiction and Social Cognition: The Effect of Viewing Award-Winning Television Dramas on Theory of Mind

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University of Oklahoma

Previous research has shown that reading award-winning literary fiction leads to increases in performance on tests of theory of mind (Kidd & Castano, 2013). Here, we extend this research to another medium, exploring the effect of viewing award-winning TV dramas on subsequent performance on a test of theory of mind ability, the Reading the Mind in the Eyes Test (Baron-Cohen, Wheelwright, Hill, Raste, & Plumb, 2001). In 2 separate studies, participants were randomly assigned to watch either an award-winning TV drama (*Mad Men* or *West Wing* for Study 1; *The Good Wife* or *Lost* for Study 2) or a TV documentary (*Shark Week* or *How the Universe Works* for Study 1; *NOVA Colosseum* or *Through the Wormhole* for Study 2). In both studies, participants who viewed a TV drama performed significantly higher on the Reading the Mind in the Eyes Test than did those who viewed a documentary. These results suggest that film narratives, as well as written narratives, may facilitate the understanding of others' minds.

Keywords: fiction, social cognition, theory of mind, TV, documentary



User Research

Method

Asked a variety of questions

Participants

8 movie enthusiasts

Purpose

How movies help people make sense of their life

Results

A valuable prompt

Which movie made the deepest impact on you and why?



“Star Wars” made me wanna be a Jedi.



...and I don't think I realized it back then but I'm someone who is very resilient in life... and that's very close to the character of Luke Skywalker. He's almost naive sometimes and I'm like that...I'm very much like that.



 **User Study 2 - Problem**

High Time and Effort



User Study 2 - Purpose

Which movie made the deepest impact on you and **why?**

Streamline

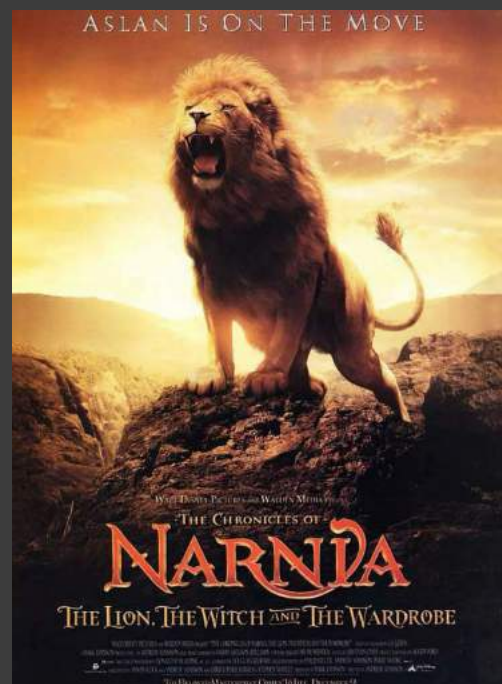




To heal from loss
To fulfill familial expectations
To find justice
To belong and connect
To use his talents for a greater good



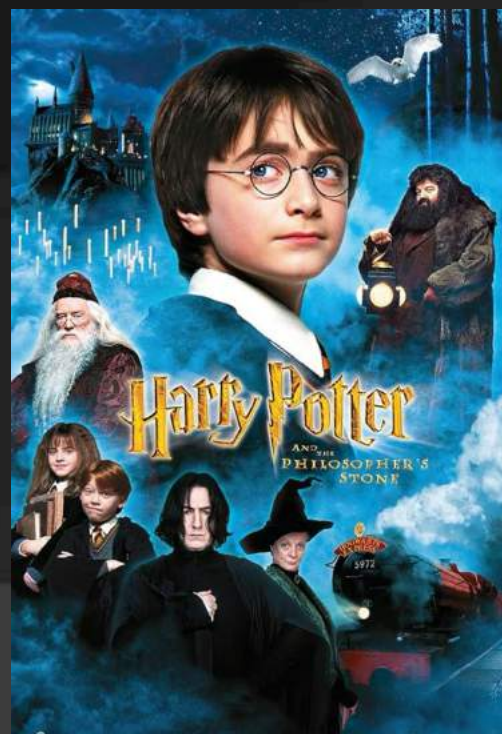
Belonging
Adventure and Knowledge
Friendship
Recognition



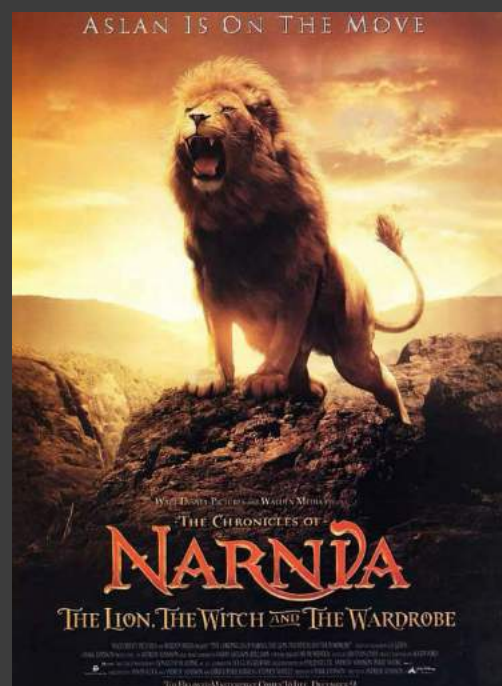
Belonging and Family Unity
Adventure and Escapism
Personal Valor and Heroism
Restoration and Peace
Acceptance and Recognition



To heal from loss
To fulfill familial expectations
To find justice
To **belong** and connect
To use his talents for a greater good



Belonging
Adventure and Knowledge
Friendship
Recognition



Belonging and Family Unity
Adventure and Escapism
Personal Valor and Heroism
Restoration and Peace
Acceptance and Recognition



User Study 2 - Method

In preparation for our conversation, could you please take a moment to reflect on and **send me:**

a list of movies that made a deep impact on you. I'm not looking for cinematic masterpieces, but rather the movies that moved you personally.

This will help me prepare for our discussion. Thanks! 😊

4:30 PM ✓✓

Boyhood
Veronica (Romanian)
Mrs doubtfire
Some like it hot
Legally blonde
My big fat Greek wedding
Sound of music 12:48 PM

Thanks! 12:48 PM ✓✓





User Study 2 - Method

GPT-4 API to conduct character analysis



```
In [ ]: # Initialize
        from openai import OpenAI
        import os

        client = OpenAI(api_key=os.environ.get("OPENAI_API_KEY", ""))

        #####

        # Create a list of movies
        movies = ["Good Will Hunting (1997)", "Moana (2016)", "The Secret Life of Walter Mitty (2013)", "The Martian (2015)"]

        # Specify folder to save the txt file
        folder = "/Users/saurabhchachra/Documents/Movie Characteristics/Chris/"

        #####

        # GPT Models
        # gpt-4-0125-preview
        # gpt-3.5-turbo-0125

        mod="gpt-4-0125-preview"
        mod3="gpt-3.5-turbo-0125"

        full_list = ""

        #####

        # Using a loop to print all characteristics of each movie

        for movie in movies:
```


User Study 2 - Method

GPT-4 API to conduct character analysis



Flaws

Strengths

Desires

Beliefs

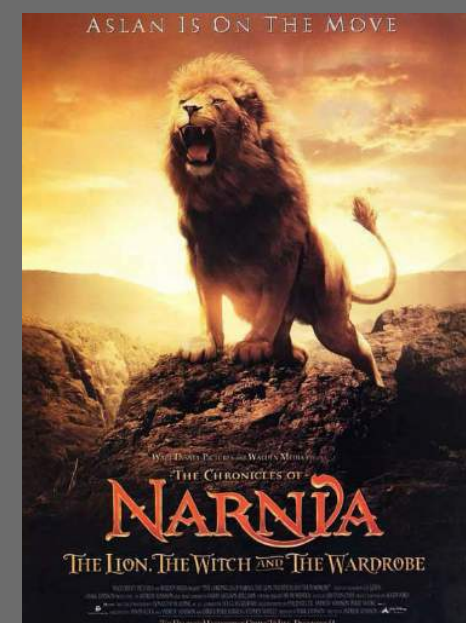


Flaws

Strengths

Desires

Beliefs



Flaws

Strengths

Desires

Beliefs



User Study 2 - Method

GPT-4 API to find Patterns

- **Belonging and Acceptance**

- **Big Hero 6:** To belong and connect.
- **Pan's Labyrinth:** A sense of belonging and love.
- **Harry Potter and the Philosopher's Stone:** Belonging.
- **Encanto:** Acceptance.
- **The Chronicles of Narnia: The Lion, the Witch and the Wardrobe:** Belonging and

- **Personal Identity and Self-Worth**

- **Big Hero 6:** To use his talents for a greater good.
- **Pan's Labyrinth:** Acceptance of her true identity.
- **Harry Potter and the Philosopher's Stone:** Recognition.
- **Encanto:** Self-worth.
- **The Shape of Water:** Acceptance.

- **Adventure and Escape from Reality**

- **Pan's Labyrinth:** Escape from harsh realities.
- **Harry Potter and the Philosopher's Stone:** Adventure and Knowledge.
- **The Golden Compass:** Discovery and Adventure.
- **The Chronicles of Narnia: The Lion, the Witch and the Wardrobe:** Adventure and

- **Family and Community Ties**

- **Big Hero 6:** To heal from loss, to fulfill familial expectations.
- **Encanto:** Harmony.
- **The Shape of Water:** Connection.
- **The Golden Compass:** Family Connection.
- **The Chronicles of Narnia: The Lion, the Witch and the Wardrobe:** Acceptance and

- **Rebelliousness and Defiance**

- **Boyhood (2014):** Rebellious

- **The Sound of Music (1965):** Defiant

- **Rebelliousness and Defiance**

- Boyhood (2014): Rebellious

- The Sound of Music (1965): Defiant

*I like breaking rules... I live for breaking rules
because I think rules are suggestions.*

- **Deception and Dishonesty**

- Mrs. Doubtfire (1993): Deceptive
- Some Like It Hot (1959): Deceptive

- **Deception and Dishonesty**

- Mrs. Doubtfire (1993): Deceptive
- Some Like It Hot (1959): Deceptive

I don't think deceiving and being dishonest is bad...

...and it's a little exciting to put on a new persona for someone that you just met, right?

...if I start talking in a British accent to a cashier, how would they know? I've done that before it's so fun.



REEL·ATABLE



List movies that made the deepest impact on you



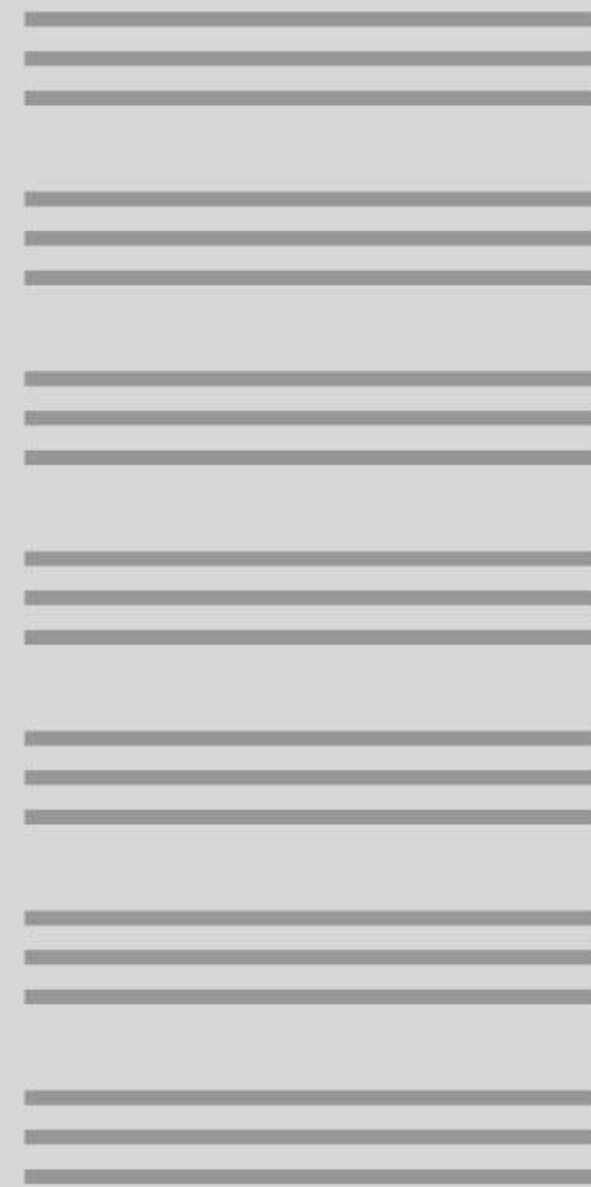
Low-Fidelity Design

List movies that made the deepest impact on you

Movies



Characteristics



Patterns



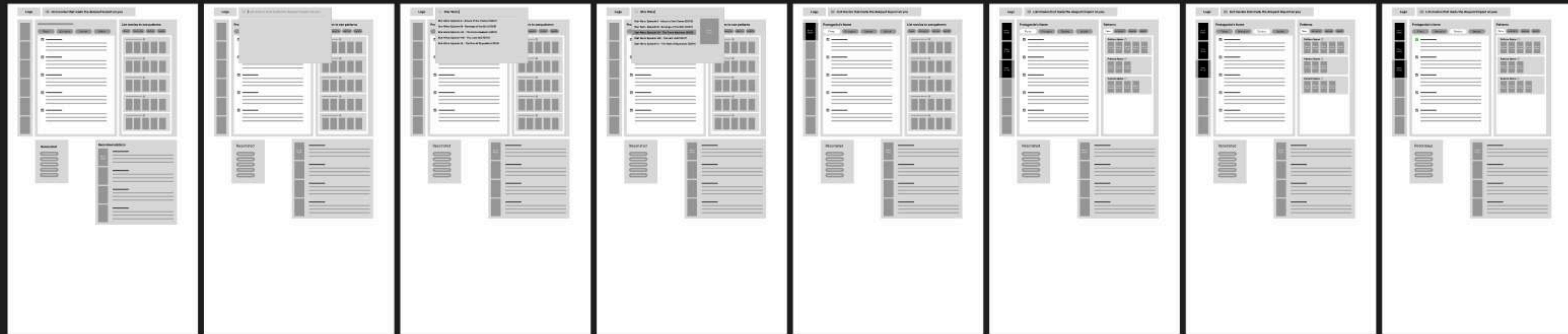
Resonated




Recommendations




Low-Fidelity Design



High-Fidelity Design



Search: List movies that made the deepest impact on you



Protagonist

Flaws | Strengths | Desires | Beliefs

Select characteristics that resonated with you

- Characteristic
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- Characteristic
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Patterns

Flaws | Strengths | Desires | Beliefs



Pattern	#
Pattern	#
Pattern	#
Pattern	#

Resonated

Flaws | Strengths | Desires | Beliefs

Characteristic Movie Name	Protagonist
Characteristic Movie Name	Protagonist
Characteristic Movie Name	Protagonist
Characteristic Movie Name	Protagonist

Recommendations

- **The Matrix**
When a beautiful stranger leads computer hacker Neo to a forbidding underworld, he discovers the shocking truth--the life he knows is the elaborate deception of an evil cyber-intelligence.
- **Kung Fu Panda**
To everyone's surprise, including his own, Po, an overweight, clumsy panda, is chosen as

Usability Study

Information Overload

REELATABLE

Search: List movies that made the deepest impact on you

Movie Selection: RATATOUILLE, TITANIC, INCEPTION

Protagonist

Flaws | Strengths | Desires | Beliefs

Select characteristics that resonated with you

- Characteristic
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Patterns

Flaws | Strengths | Desires | Beliefs

Pattern	#
Pattern	#
Pattern	#
Pattern	#

Resonated

Flaws | Strengths | Desires | Beliefs

Characteristic Movie Name	Protagonist
Characteristic Movie Name	Protagonist
Characteristic Movie Name	Protagonist
Characteristic Movie Name	Protagonist

Recommendations

- The Matrix**
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Usability Study

Divided Components into Tabs



REEL-ATABLE

Search: List movies that made the deepest impact on you

Movie posters: RATATOUILLE, TITANIC, INCEPTION

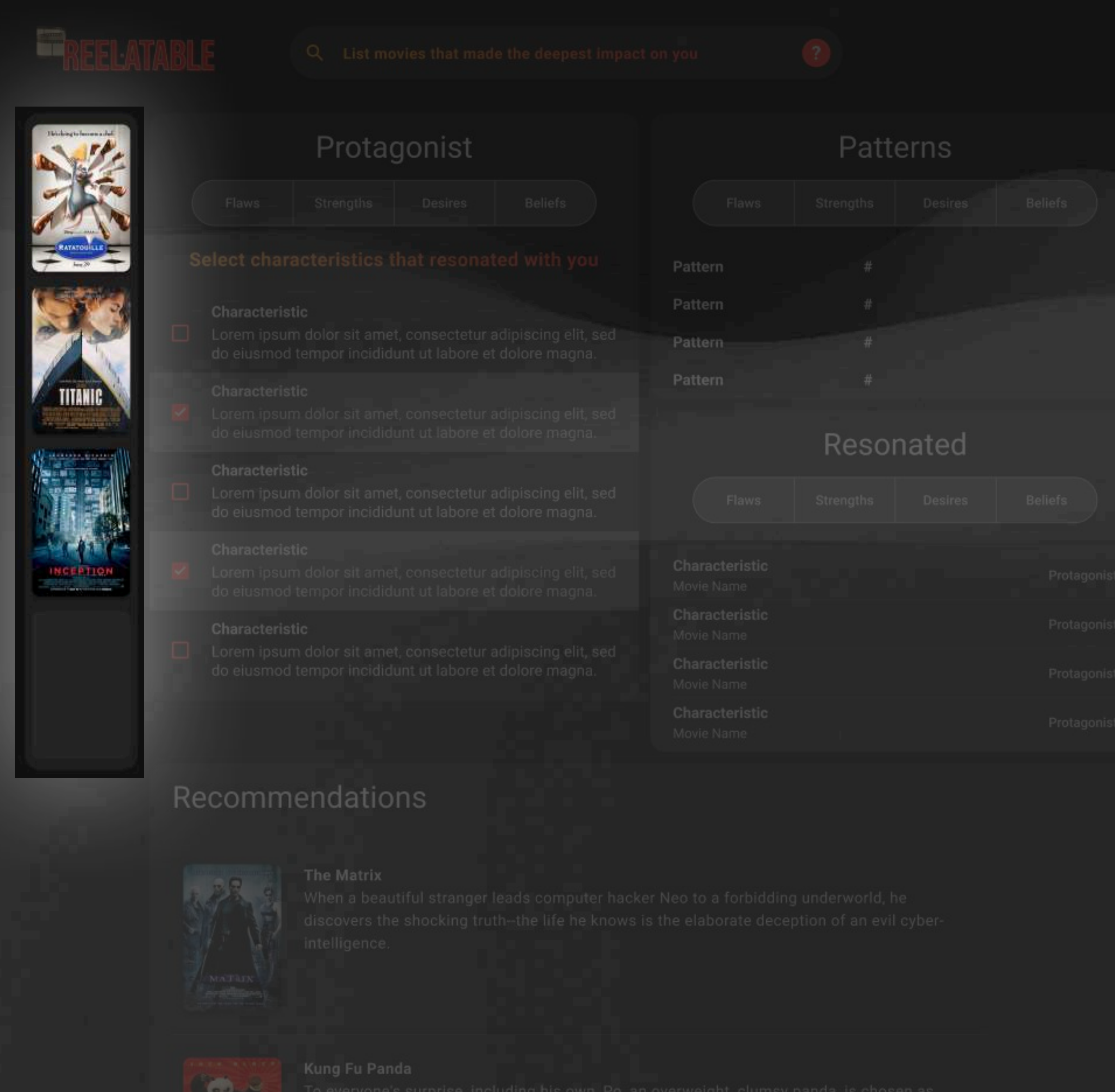
Character Analysis: Remy

Characteristics List:

- Idealistic**
When Remy fantasizes about cooking alongside his hero, Chef Gusteau, talking to his cookbook image as if he were a guiding spirit, demonstrating his dream of an unlikely partnership between a rat and a celebrated chef.
- Impulsive**
Remy's decision to create a soup in Gusteau's restaurant kitchen, sparking a series of events that leads to his exposure to the staff and eventually his family's discovery.
- Naive**
Trusting Linguini, a human he barely knows, with his secret of being able to cook, underestimating the complexities and risks involved in interacting closely with humans.
- Stubborn**
Insisting on adding saffron to a dish despite Linguini's concern, showcasing his unwillingness to compromise his culinary vision even when it puts them at risk of getting caught.
- Critical**
Critiquing his brother Emile's taste in food and showing disdain for eating garbage, emphasizing his high standards and alienation from his family's way of life.

Usability Study

Not perceived as a selectable list



Usability Study (After)

Intuitive placement



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Search: List movies that made the deepest impact on you

Movie posters: RATATOUILLE, TITANIC, INCEPTION

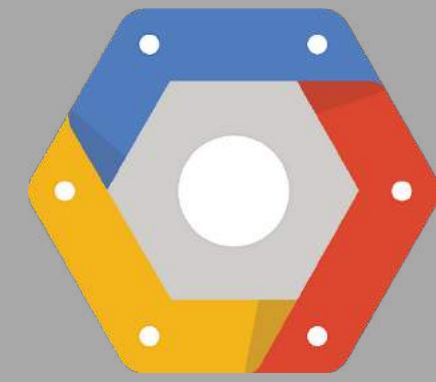
Navigation: Protagonist, Patterns, Recommendations

Select characteristics that resonated with you for movie recommendations

Remy

Navigation: Flaws, Strengths, Desires, Beliefs

- Idealistic**
 When Remy fantasizes about cooking alongside his hero, Chef Gusteau, talking to his cookbook image as if he were a guiding spirit, demonstrating his dream of an unlikely partnership between a rat and a celebrated chef.
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Google
Cloud Platform

Metadata



Embeddings

ML Service



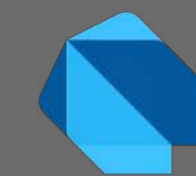
Flask

Backend

Web app



Flutter



Dart

Android app

Frontend

Metadata



Embeddings

Movie Metadata



THE
MOVIE
DB



Metadata

```
{  
  "title": "WALL·E",  
  "director": "Andrew Stanton",  
  "actors": [  
    "Sigourney Weaver", ...  
  ],  
  "characters": [  
    "Mary (voice)" ...  
  ],  
  ...  
}
```

Movie Plot:

In the 29th century, Earth is a garbage-strewn wasteland due to an ecocide, caused by rampant consumerism, corporate greed, and environmental ...

Retrieve Psychological Characteristics

Flaws

Hoarding :

Wall-E collects and hoards various objects from Earth without a clear purpose

Beliefs

Compassion :

WALL·E's willingness to help and care for others, even at his own risk

Desires

Love :

WALL·E's love for EVE is evident in his unwavering devotion and willingness to sacrifice himself for her

Strengths

Loyal :

WALL·E's unwavering loyalty to his directive to clean up Earth demonstrates his dedication and commitment to his purpose, even when faced with challenges



Welcome to Reelatable

Reelatable

Home

Recommendations

Patterns

🔍 List movies that made the deepest impact on you

Create Embeddings

Movie Plot

Dense Embeddings (768 dimensions)
GTE-Base

Psychological
Characteristics

Sparse Embeddings (12 dimensions)
GTE-Base + PCA

Pinecone

Hybrid Search



Based on the plot

Post-apocalyptic
Robots
Technological threats
Dark comedies

Based on the protagonist's traits

Resilience
Purpose
Freedom
Loyalty

Welcome to Reelatable

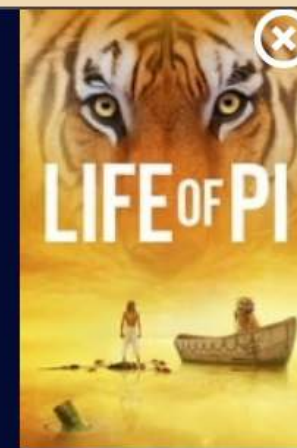
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Home

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🔍 List movies that made the deepest impact on you



Protagonist: Frodo Baggins

Select characteristics that resonate with you

Flaws

Strengths

Desires

Beliefs

naive

Frodo trusts the deceptive Gollum, leading to dangerous situations.

overwhelmed

Frodo struggles with the weight of the Ring and the responsibility it brings.

stubborn

Frodo insists on going alone to Mordor, risking the success of the mission.

resentful

Frodo resents the burden of the Ring and the sacrifices he is forced to make.

self-doubt

Frodo doubts his own strength and ability to resist the power of the Ring.

Find Patterns

Dependency

Adventure

Compassion

Obedience

Hope

Persistence

Purpose

Curiosity

Freedom

Connection

Love

Find Patterns

Purpose

Connection

Curiosity

Freedom

Adventure

Dependency

Obedience

Persistence

Compassion

Hope

Love

Welcome to Reelatable

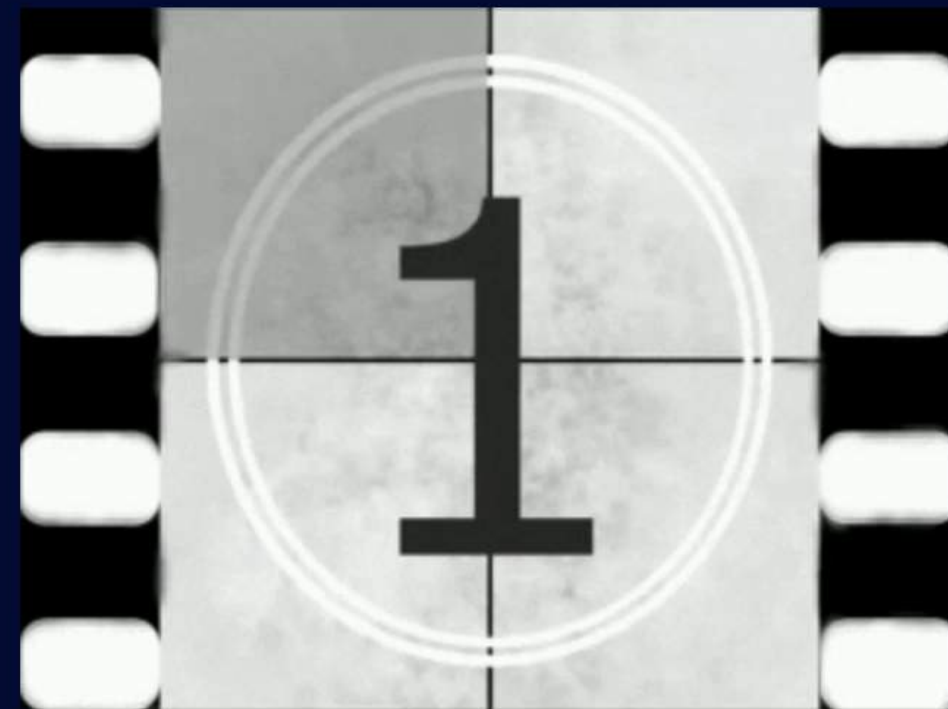
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Home

Recommendations

Patterns

Show Patterns in Selected Traits





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<http://reelatable.ankitashanbhag.com>