

ABSTRACT

This study explores the journey of emotional healing and self-discovery experienced by Charlie, the protagonist of *The Perks of Being a Wallflower*, a film written and directed by Stephen Chbosky. The research uses a qualitative descriptive analytical approach to analyze how friendship and introspection act as catalysts in Charlie's recovery from trauma and emotional distress. The analysis focuses on Charlie's relationships with key characters Sam, Patrick, and Mr. Anderson, which serve as emotional anchors, providing a safe space for self-expression, validation, and reflection. Through thematic analysis, this study identifies how positive reinforcement, shared experiences, and meaningful social bonds help Charlie confront his suppressed memories, navigate adolescence, and rebuild his identity. The findings reveal that healing is not a solitary process but one facilitated by compassion, emotional safety, and belonging. Additionally, the film's narrative illustrates the transformative power of friendship and the therapeutic value of self-expression, especially in the context of trauma recovery. This research emphasizes the significance of emotional support systems in adolescent mental health and contributes to the interdisciplinary dialogue between literature, psychology, and media studies. Ultimately, the film presents a hopeful portrayal of recovery, advocating empathy, openness, and community as essential elements for overcoming past trauma.

Keywords : *Emotional Healing, Self-Discovery, Friendship, Trauma Recovery, Coming-of-Age*