

References

1. *From the Aristocracy to the Playground: A Short history of Fairy Tales | Fantasy - BNF.* (n.d.) . <https://fantasy.bnf.fr/en/understand/aristocracy-playground-short-history-fairy-tales>
2. Schopf, S. W., & Stilgoe, J. R. (2016, April 7). *Walt Disney's visual interpretation of the fairy tales: Snow White and the Seven Dwarfs, Cinderella, and Sleeping Beauty.* <https://dash.harvard.edu/handle/1/33797311#:~:text=Disney%20adapted%20a%20large%20number,interpretation%20of%20the%20original%20stories>.
3. *Arizona Mental Health Therapists - Telehealth and In-Person Appointments.* (n.d.). <https://www.konaaz.com/blog/the-emotional-consequences-of-unrealistic-expectations>
4. Yilmaz, M. (2023, June 20). The Cinderella Com-

plex: Women's hidden fear of independence. *Medium*. <https://mrvyilmaz.medium.com/the-cinderella-complex-womens-hidden-fear-of-independence-18dce3de92a1>

5. Tdi. (2024, March 4). Rethinking the Impact of Disney on Childhood Development - TDI. *The Diplomatic Insight*. <https://thediomaticinsight.com/rethinking-the-impact-of-disney-on-childhood-development/>
6. Weber, J. P., PhD. (2015, May 5). Holding out for a knight or princess could hold you back from finding real love. *Psychology Today*. <https://www.psychologytoday.com/us/blog/having-sex-wanting-intimacy/201505/5-reasons-fairy-tale-romances-almost-always-go-wrong>
7. *How Walt Disney Ruined Our Love Lives | Brandeis Magazine*. (n.d.). Brandeis Magazine. <https://www.brandeis.edu/magazine/2014/summer/featured-stories/disney.html#:~:text=Disney%2C%20you%20see%2C%20contributed%20to,Magnifying%2C%20indeed>
8. Kayala, H., Madhu, P., & Werkun, E. (n.d.). *Social comparison on social media | OxJournal*. <https://www.oxjournal.org/social-comparison-on-social-media/>
9. The dangers of romantic comedies - Los Angeles Times. (2014, September 16). *Los Angeles Times*. <https://www.latimes.com/la-oe-rodriguez29-2008dec29-column.html>
10. *The Unconventional Path to Success: Sto-*

ries of Extraordinary achievers. (n.d.). Motivation. <https://vocal.media/motivation/the-unconventional-path-to-success-stories-of-extraordinary-achievers>

11. Uga, S. M. (2023, February 7). *Great expectations: How the media we consume affects our perception of love — strike magazines.* Strike Magazines. <https://www.strikemagazines.com/blog-2-1/great-expectations-how-the-media-we-consume-affects-our-perception-of-love>
12. Cmt, K. B. P. M. a. M. G. D. M. (2023, November 7). Social support is emotional and/or physical help, assistance, or comfort. *Psychology Today.* <https://www.psychologytoday.com/us/blog/resilient-you/202311/cultivating-a-strong-social-support-network>
13. Madison. (2016, January 28). *Fairy tales and high expectations.* Twice Upon a Fairy Tale: Adaptations of “Hansel & Gretel.” <https://fairytale2016.wordpress.com/2016/01/28/fairy-tales-and-high-expectations/>
14. Tutunari, I., & Tutunari, I. (2023, February 8). *Rom-coms: a distorted reality.* The Michigan Daily. <https://www.michigandaily.com/statement/rom-coms-a-distorted-reality/>
15. Kipman, S. (2022, September 26). *15 Highly successful people who failed before succeeding.* LifeHack. <https://www.lifehack.org/articles/productivity/15-highly-successful-people-who-failed-their-way-success.html>

16. *What are The 5 Love Languages?* (n.d.). Northfield Publishing. <https://5lovelanguages.com/learn>
17. *How Couples Meet and Stay Together 2017 (HCMST 2017)*. (n.d.). Stanford Libraries Social Science Data Collection. <https://data.stanford.edu/hcmst2017>
18. Hedash K. The Office: How much money Jim spent pranking Dwight. *ScreenRant*. <https://screenrant.com/office-him-dwight-pranks-how-much-money/>. Published August 2, 2020.
19. *Brené Brown Netflix special: Vulnerability is the “birthplace of trust, love, belonging, courage.”* (2019, April 23). CBS News. <https://www.cbsnews.com/news/brene-brown-netflix-vulnerability-is-the-birthplace-of-trust-love-belonging-in-giving-courage/#:~:text=Bren%C3%A9%20Brown%20says%20vulnerability%20is,%2C%20love%2C%20belonging%2C%20courage%22&text=Best%2Dselling%20author%20Bren%C3%A9%20Brown,more%20than%2039%20million%20views>