

# The Secret Life Of Walter Mitty



The **Secret Life of Walter Mitty** is a captivating exploration of the human imagination, the pursuit of adventure, and the transformative power of stepping outside one's comfort zone. Originally a short story written by James Thurber in 1939, the narrative has been adapted into various forms, most notably a 2013 film directed by and starring Ben Stiller. This article delves into the themes, characters, and cultural significance of both the original story and its cinematic adaptation, illustrating how they

resonate with audiences today.

## Overview of the Original Short Story

James Thurber's "The Secret Life of Walter Mitty" is a satirical piece that tells the story of an ordinary man who escapes his mundane life through elaborate daydreams. The protagonist, Walter Mitty, is depicted as a meek and unassertive individual, often overshadowed by his domineering wife. The short story is structured around several of Mitty's fantasies, each showcasing his desire for adventure, heroism, and excitement.

## Key Themes in the Short Story

1. **Escapism:** Walter Mitty's daydreams serve as a form of escapism from his dreary reality. Each fantasy allows him to imagine himself in roles that contrast sharply with his real life, from a fearless pilot to a brilliant surgeon.
2. **Identity and Self-Perception:** Mitty's fantasies reflect his struggle with self-identity. He perceives himself as inadequate and longs for recognition and respect, which he finds only in his imagination.
3. **The Mundanity of Everyday Life:** The stark contrast between Mitty's daydreams and his actual life highlights the banality of routine. Thurber effectively critiques societal expectations and the constraints they impose on individuals.

## Synopsis of the 2013 Film Adaptation

The film adaptation of "The Secret Life of Walter Mitty" expands upon Thurber's original narrative, introducing new characters and plotlines while retaining the core themes of imagination and adventure.

Stiller's version follows Walter Mitty, a negative assets manager at Life magazine, who embarks on a real-life global journey to find a missing photograph for the magazine's final issue.

## Main Characters

- Walter Mitty: Portrayed by Ben Stiller, he is the protagonist who transitions from a timid office worker to an adventurous hero.
- Cheryl Melhoff: Played by Kristen Wiig, she is Walter's love interest and a co-worker at Life magazine, serving as a catalyst for his transformation.
- Sean O'Connell: Played by Sean Penn, he is a renowned photographer whose missing photo sends Walter on his journey, embodying the adventurous spirit that Walter aspires to.
- Walter's Mother: A minor yet important character who represents Walter's ties to his past and his responsibilities.

## Plot Summary

The film begins with Walter leading a monotonous life, characterized by his daydreams of courage and adventure. His fantasies include scenarios where he displays incredible bravery, contrasting sharply with his real-life anxieties and insecurities.

When Life magazine announces its impending closure, Walter is tasked with finding a missing photograph by Sean O'Connell, which is crucial for the magazine's final cover. This quest takes him across the globe, from New York City to the Himalayas, and ultimately leads to personal growth and self-discovery.

Throughout his journey, Walter encounters various challenges that push him beyond his comfort zone. He learns to embrace spontaneity, confront his fears, and pursue what he truly desires, culminating in a climactic moment where he captures a breathtaking photograph that symbolizes his transformation.

# Exploration of Themes in the Film

While the film pays homage to the themes of the original story, it also introduces new elements that enhance the narrative's relevance for contemporary audiences.

## Personal Growth and Self-Discovery

Walter's journey is not just physical; it is deeply emotional and psychological. As he navigates different cultures and meets diverse individuals, he learns valuable life lessons that challenge his self-doubt and complacency. The film emphasizes the importance of taking risks and embracing the unknown in order to grow.

## The Power of Imagination

Imagination is a central theme in both the short story and the film. In the movie, Walter's daydreams are visually striking, often blending seamlessly with reality. These moments serve as a reminder of the power of creativity and how it can inspire real-life change.

## Connection and Relationships

Walter's connection with Cheryl is pivotal to his character development. Their relationship evolves from a platonic friendship to a romantic bond, illustrating the importance of love and companionship in motivating personal growth. The film portrays how genuine connections can serve as a catalyst for individuals to pursue their dreams.

## Cultural Impact and Reception

The 2013 adaptation of "The Secret Life of Walter Mitty" received mixed reviews from critics but was generally well-received by audiences. It was praised for its stunning cinematography, imaginative visuals, and the uplifting message of self-discovery. The film resonated particularly with individuals who feel trapped in their daily lives, offering an inspiring narrative about the importance of embracing adventure and pursuing one's dreams.

## Soundtrack and Artistic Choices

The film's soundtrack, featuring artists like José González and Of Monsters and Men, plays a significant role in setting the tone and enhancing emotional moments throughout the film. The music complements the stunning visuals, creating a cohesive experience that captures the essence of Walter's journey.

## Lessons Learned

Both the short story and the film adaptation impart valuable lessons about the human experience:

1. Embrace the Unknown: The journey into the unknown can lead to personal growth and self-discovery.
2. Pursue Your Dreams: It is never too late to chase your passions and step outside your comfort zone.
3. Value Connections: Relationships can inspire and motivate individuals to become their best selves.

## Conclusion

"The Secret Life of Walter Mitty" serves as a poignant reminder of the importance of imagination, adventure, and human connection. Whether through Thurber's original short story or Stiller's cinematic adaptation, the narrative encourages individuals to break free from the constraints of everyday life and embrace the extraordinary possibilities that exist outside their comfort zones. It speaks to the universal yearning for adventure that resides within us all, inviting us to dream big and live fully.

## Frequently Asked Questions

### What is the main theme of 'The Secret Life of Walter Mitty'?

The main theme of 'The Secret Life of Walter Mitty' revolves around the idea of escaping the mundane realities of life through imagination and adventure, ultimately highlighting the importance of stepping out of one's comfort zone to embrace real-life experiences.

### How does Walter Mitty's character evolve throughout the film?

Walter Mitty evolves from a timid and daydreaming photo editor to a courageous individual who embarks on real-world adventures. His journey transforms him into a more confident person who actively seeks out experiences rather than just imagining them.

### What role does photography play in 'The Secret Life of Walter Mitty'?

Photography serves as a central motif in the film, representing not only the professional aspirations of Walter Mitty but also the beauty of the world he longs to explore. It acts as a catalyst for his transformation as he seeks out the elusive photographer to capture life's most breathtaking moments.

### What is the significance of the film's ending?

The film's ending is significant because it symbolizes Walter's newfound appreciation for life and the experiences he has gained. By finally living out his adventures, he learns that true fulfillment comes

from engaging with the world around him rather than just dreaming about it.

## How does the film portray the concept of daydreaming?

The film portrays daydreaming as both a coping mechanism and a source of inspiration for Walter Mitty. While it initially serves as an escape from his dull reality, it ultimately motivates him to take risks and pursue a more meaningful life, illustrating the balance between imagination and action.

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