

# THE PSYCHOLOGY OF A BUG'S LIFE

Learned Helplessness and  
How the Many Come to Fear the Few

## DISCUSSION GUIDE

Explore. Reflect.  
Grow Together.

Even the smallest  
voice can change  
the story when  
others choose to  
stand together.

### 1 LIVING UNDER DOMINATION



- How did the ants come to believe resistance was impossible?
- What keeps people in situations that are unfair or harmful?
- Can you think of times when you or someone you know felt powerless to change things?

Takeaway: Power isn't just about size—it's also about belief and perspective.

### 2 LEARNED HELPLESSNESS



- What is learned helplessness? How does the film illustrate it?
- How can generations pass down beliefs about what's possible—or impossible?
- What might help break a cycle of learned helplessness?

Takeaway: When people believe change is impossible, they stop trying—even when freedom is within reach.

### 3 THE POWER OF ONE VOICE



- What made Flik's voice different from the others?
- Why do you think speaking up can feel so risky?
- What qualities help someone keep going even when others doubt them?

Takeaway: Change often begins with one person willing to imagine something different.

### 4 THE STRENGTH OF THE MANY



- How did the ants realize their true power?
- What helps people move from feeling alone to feeling united?
- How can communities support each other in meaningful ways?

Takeaway: United, even the smallest voices can create powerful change.

### 5 FACING FEAR TOGETHER



- What fears stood in the way of the ants' freedom?
- What helped them face those fears together?
- How can courage grow in a group, even when individuals are afraid?

Takeaway: Courage multiplies when we support each other through fear.

### 6 FREEDOM AND RESPONSIBILITY



- What does freedom mean in the story?
- Why does freedom come with responsibility?
- How can we use our freedom to build a kinder, fairer world?

Takeaway: Freedom isn't the end of the journey—it's the beginning of how we choose to live.



#### REFLECT TOGETHER

What's one small step your "colony" (family, class, team, community) can take this week to stand together for something that matters?

How can you help create a world where every small voice is heard—and every voice belongs?



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Understanding  
minds.



Strengthening  
connections.