

THE PSYCHOLOGY OF A LEAGUE OF THEIR OWN

Discussion Guide

◆ *Permission to Want, and to Be Great* ◆

Use this guide to reflect on ambition, teamwork, sisterhood, grief, and what it means to take women's aspirations seriously.

1 BEFORE WATCHING

- What does it mean to want something deeply when the world has told you it is not really for you?
- Have you ever felt pulled between being "grateful" for an opportunity and wanting more from it?

3 AFTER WATCHING

- Why is ambition not selfish in this story, but part of becoming fully alive?
- What emotional costs come when people are told their gifts, dreams, or seriousness do not really matter?
- What does the film suggest about legacy: winning, being remembered, or opening a door for others?

2 WHILE WATCHING

- How do competition and sisterhood coexist in the team?
- Where do you notice grief or loss shaping people even when they keep performing strength?
- How do the players change when they begin taking themselves seriously?

4 FAMILY / GROUP REFLECTION

- Who helped make room for your gifts or ambitions, and who diminished them?
- What messages about success, emotion, competition, and womanhood do families still pass down?
- Try this: name one dream or desire you tend to minimize, and speak about it as though it matters.

"There's no crying in baseball."

- A CULTURAL PHRASE THAT TELLS US AS MUCH AS IT TEACHES.

DR. Z TAKEAWAY

The point is not only that these women were talented. It is that they had desires, discipline, grief, rivalry, humor, and greatness that deserved to be taken seriously.

*Recognition is not charity.
It is respect.*



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Understanding
minds.



Strengthening
connections.