

THE PSYCHOLOGY OF ALADDIN:

Class Shame and the Cost of Pretending to Be Someone Else

DISCUSSION GUIDE

Use this guide to connect as a family, talk about feeling “not enough,” and practice being valued for who you really are.



1. BEFORE WATCHING

Set the stage and open hearts and minds.

- Have you ever felt like you had to seem like someone else to be liked or to fit in?
- What does it mean to be valued for who you really are?



2. WHILE WATCHING

Pay attention to shame, disguises, and turning points.

- Why does Aladdin decide to pretend to be a prince?
- When does keeping up the disguise seem to get harder for him?
- What does Jasmine actually want for her own life?



3. AFTER WATCHING

Reflect together and make meaning.

- What did the pretending cost Aladdin, even before it was discovered?
- How does Jasmine respond when she learns the truth?
- Why does the real relationship only become possible once he stops pretending?



4. FAMILY REFLECTION

Go deeper with empathy, honesty, and connection.

- When do you feel you have to “perform” a version of yourself to be accepted?
- Who are the people you can be your real self with?
- Try this: Each name one small place this week where you could show up as yourself instead.

DR. Z TAKEAWAY

“ We do not become enough by pretending to be someone else. We become free when we let ourselves be valued for who we actually are. ”



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Connection heals. Conversations help.