



THE PSYCHOLOGY OF ALIEN

INSTITUTIONAL BETRAYAL AND BEING TREATED AS EXPENDABLE

DISCUSSION GUIDE

Thoughtful questions to explore trust, betrayal,
autonomy, and the courage to survive.



They were never
told the real risk.
They were just
told to go.

BEFORE YOU WATCH

- ♥ What does trust in an institution look like for you?
- ♥ When have you felt treated more like a resource than a person?
- ♥ How do organizations earn our loyalty—and how can they lose it?



1 INSTITUTIONAL BETRAYAL



- ♥ How is the crew betrayed by Weyland-Yutani?
- ♥ What information was hidden from them?
- ♥ Why do institutions sometimes conceal danger?

2 THE SPECIFIC HORROR OF BODILY VIOLATION



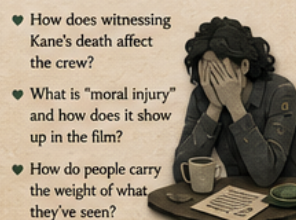
- ♥ What makes Kane's experience so uniquely horrifying?
- ♥ How does the film symbolize the loss of bodily autonomy?
- ♥ Why might this strike deeper than many other threats?

3 EXPERTISE VS. AUTHORITY



- ♥ How does Ripley model the value of expert observation?
- ♥ When does authority drown out expertise?
- ♥ How can we speak up when we see what others miss?

4 MORAL INJURY & WITNESSING HORROR



- ♥ How does witnessing Kane's death affect the crew?
- ♥ What is "moral injury" and how does it show up in the film?
- ♥ How do people carry the weight of what they've seen?

5 DEHUMANIZATION & DISPOSABILITY



- ♥ In what ways does the company dehumanize the crew?
- ♥ How does labeling people as "expendable" make harm easier to accept?
- ♥ Where else do we see this mindset in the real world?

6 SURVIVAL THROUGH BOUNDARIES & ACTION



- ♥ How does Ripley set boundaries even when it's risky?
- ♥ What gives her the courage to act when others freeze?
- ♥ What boundaries help keep you safe?

7 THE COST OF SURVIVING BETRAYAL TRAUMA



- ♥ Surviving betrayal changes you.
- ♥ What might Ripley carry with her after the events of the film?
- ♥ How do we heal from betrayal?

8 WHAT ALIEN TEACHES US



- ♥ What is the film saying about power and responsibility?
- ♥ How can we build cultures that value people over profit?
- ♥ What would "never expendable" look like in our own lives?

AFTER YOU WATCH

REFLECT

What moment stayed with you the most—and why?

WRITE

Write a letter from Ripley to a future crew warning them what she learned.

DISCUSS

How does the film challenge our assumptions about loyalty, safety, and leadership?

ACT

Learn about institutional betrayal in real life. How can we create systems of accountability and protection for workers?

TAKE IT PERSONAL

- ♥ When have you ignored a gut feeling because the authority figure said "it's fine"?

- ♥ Who in your life has modeled the courage to question and protect others?

- ♥ What is one way you can honor your own worth—and the worth of others—this week?



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Understanding
minds.



Strengthening
connections.