

THE PSYCHOLOGY OF BARBIE

Existential Awakening and the Choice to Become Real

♥ Family Discussion Guide ♥

Use this guide to explore identity, expectations, authenticity, and the courage to choose a life that is genuinely your own.



BEFORE WATCHING

Set the stage and open hearts and minds.

- ♥ What does it mean to be yourself?
- ♥ Where do people get ideas about who they are supposed to be?
- ♥ Have you ever felt pressure to act a certain way to fit in or meet expectations?



WHILE WATCHING

Pay attention to roles, expectations, and moments of awakening.

- ♥ What parts of Barbieland seem perfect? What parts seem limited?
- ♥ When does Barbie begin questioning her world?
- ♥ What expectations do the Barbies seem to carry?
- ♥ What expectations do the Kens seem to carry?
- ♥ Which characters seem most comfortable being themselves? Which seem most trapped by a role?



AFTER WATCHING

Reflect together and make meaning.

- ♥ Why do you think Barbie chooses to become real?
- ♥ What does the movie suggest about perfection?
- ♥ What does the film teach about identity?
- ♥ Why can freedom feel exciting and scary at the same time?
- ♥ What does it mean to live a life that is truly your own?



FAMILY REFLECTION

Go deeper with empathy, honesty, and connection.

- ♥ What is one expectation you feel from school, friends, family, or society?
- ♥ Which expectations help you grow, and which feel limiting?
- ♥ What is something about yourself that feels genuinely "you"?
- ♥ When do you feel most authentic?
- ♥ What is one small choice you could make this week that reflects who you really are rather than who others expect you to be?

DR. Z TAKEAWAY

A meaningful life is not built by perfectly following a script. It is built through the courage to question, choose, grow, and become more fully yourself.

Real life is imperfect, uncertain, and sometimes difficult—but it is also where meaning, connection, and authenticity live.



DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology



Understanding minds.



Strengthening connections.