

THE PSYCHOLOGY OF BEAUTY AND THE BEAST

Trauma Bonding and What Healthy Love Looks Like

DISCUSSION GUIDE

Use this guide to reflect on ambition, inherited expectations, work-life balance, and the difference between building a dream and building a life.



1 BEFORE WATCHING

What are you working toward?

- What dream or goal matters most to you right now?
- Where did that dream come from?
- Is it fully your dream, or did someone important help shape it?
- What does success look like in your mind?



2 WHILE WATCHING

Pay attention to the cost of striving.

- What sacrifices does the main character make in pursuit of her goal?
- Which sacrifices seem reasonable?
- Which sacrifices begin to cost too much?
- When does hard work start becoming something closer to compulsion?



3 AFTER WATCHING

Needs versus wants.

- What did she think she wanted?
- What did she actually need?
- Have you ever achieved something important only to discover it wasn't enough by itself?
- Which parts of life cannot be replaced by achievement?



4 FAMILY REFLECTION

Building a life, not just a dream.

- What relationships matter most in your life?
- What activities help you feel alive rather than productive?
- What are you postponing until "someday"?
- If your dream came true tomorrow, would your life already have room for joy?

DR. Z TAKEAWAY



Work becomes a problem not when we care deeply about what we are building, but when the building replaces the life it was meant to support. The healthiest dreams are not the ones that consume us. They are the ones that become part of a larger life that includes love, rest, play, meaning, and connection."

TRY THIS

Each person shares:

- ♥ one dream they are pursuing
- ♥ one need they may be neglecting
- ♥ one small way they can make room for both this week.



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Understanding minds.



Strengthening connections.