

THE PSYCHOLOGY OF BLACK PANTHER

Identity, Legacy, Belonging, and the Weight of Leadership

DISCUSSION GUIDE

1 BEFORE WATCHING

Think about your identity and inheritance.

- What parts of your background shaped who you are today?
- What values or lessons were passed down to you?
- What gifts did your family, culture, or community give you?

2 WHILE WATCHING

Consider belonging, exile, leadership, and justice.

- Who feels like they belong? Who feels like an outsider—and why?
- What different visions of justice do you see?
- What does true leadership look like in the face of conflict?

3 AFTER WATCHING

Reflect on grief, responsibility, and the cost of legacy.

- What losses or burdens did the story reveal?
- What is hard about leading or caring for others?
- What are the hidden costs of carrying a legacy?

4 TRY THIS

Look at your own inheritance. What will you keep, transform, or pass on?

- What parts of your story are worth holding on to?
- What would you like to transform or heal?
- What kind of legacy do you want to leave behind?

DR. Z TAKEAWAY

Leadership is not just protecting what is yours, but deciding what kind of inheritance you will leave behind.



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Understanding minds.



Strengthening connections.