

THE PSYCHOLOGY OF CARS

Achievement, Identity, and
the Courage to Slow Down

DISCUSSION GUIDE

1 THE NEED TO PROVE OUR WORTH

- ♥ How do we see McQueen's need for approval and success in the beginning of the film?
- ♥ In what ways do you connect with his drive to be the best?
- ♥ How can the need to prove ourselves leave us feeling empty?

2 THE COST OF LIFE IN THE FAST LANE

- ♥ What are the costs of living only for winning?
- ♥ How do setbacks affect our sense of self when our worth depends on performance?
- ♥ What important moments might we miss when we rush?

3 RADIATOR SPRINGS: A DIFFERENT KIND OF PACE

- ♥ What does Radiator Springs teach McQueen that the racing world did not?
- ♥ How does slowing down open the door to connection?
- ♥ What helps you feel a sense of belonging in your life?

4 FROM SELF-FOCUSED TO OTHER-FOCUSED

- ♥ How does McQueen start to think less about himself and more about others?
- ♥ What shifts when we ask, "How can I help?" instead of "What's in it for me?"



5 CONNECTION HEALS

- ♥ How does connection change McQueen?
- ♥ What gives you a sense of home and acceptance?
- ♥ Why is real connection more satisfying than being admired?



6 WE BECOME SOMEONE NEW

- ♥ What does McQueen learn about who he wants to be?
- ♥ How can we choose love, responsibility, and commitment in our own lives?
- ♥ How can we grow into a better version of ourselves?



♥ Cars is more than a racing story.
It's a journey about worth, connection,
and what we discover when we slow down.

RADIATOR
SPRINGS

TAKEAWAY

When we slow down and choose connection over winning at all costs, we discover what truly matters—and who we really want to become.

★ **PAUSE & REFLECT:** What would it look like to step off the fast lane in your life this week?
Where could slowing down lead you to deeper connection and greater meaning? ★



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Understanding minds.

Strengthening connections.