

THE PSYCHOLOGY OF CLOUDY *with a of* — CHANCE OF MEATBALLS

APPROVAL AND THE TRAP OF EARNING YOUR WORTH

DISCUSSION GUIDE

A psychologist explores the hunger to be liked, a father who could not say the words, and the freedom of being seen as you are.

HOW TO USE THIS GUIDE



Watch the movie together.
Choose a time when everyone can talk without rushing.



Talk and listen.
Everyone's perspective matters. There are no right or wrong answers.



Make it personal.
Connect the story to real life experiences and feelings.



Take one small step.
Discuss one idea you want to remember or try this week.

DISCUSSION QUESTIONS

- 1 What do you think Flint wants most in the story?
- 2 How does Flint feel when his inventions fail?
- 3 How does the town treat Flint at the beginning? How does he see himself because of that?
- 4 What changes for Flint when his machine starts working?
- 5 How does Flint's dad show love without saying the words?
- 6 Why do you think Flint works so hard to impress his dad and his town?
- 7 When does Flint start to realize that chasing approval has a cost?
- 8 What helps Flint feel truly seen and accepted in the end?

THINK MORE DEEPLY

- How do we learn our worth from the people around us?
- What happens when love is real, but not expressed?
- How can the need for approval lead us to make risky choices?
- What's the difference between wanting to belong and changing who you are to be liked?
- How do self-acceptance and real connection set us free?



You are not what you do.
You are more than anyone's approval.

CONNECT IT TO REAL LIFE



Where do you look for approval? From family, friends, teachers, social media, or others?



What helps you feel good about yourself even when others don't notice or praise you?



How can you support a friend who feels like they don't fit in or aren't good enough?



What are some ways to celebrate someone for who they are, not just what they do?

WHAT THE MOVIE TEACHES US



You matter just as you are. Your worth isn't determined by achievements.



Love needs words. Hearing it helps us believe it.



Be yourself, not a performance. True belonging comes from being real.



Connection beats approval. Being seen by the right people is enough.

TRY THIS



THE SELF-WORTH CHECK

Each night this week, take 2 minutes to reflect:

- ✓ One thing I did today that I'm proud of.
- ✓ One quality I like about myself.
- ✓ One person who saw me for who I am.

REFLECTION PROMPTS

- What makes you feel like you belong?
- When do you feel the most like yourself?
- What do you wish your caregivers knew about how you need to feel loved?
- What's one way you can show yourself more kindness this week?



CLOSING THOUGHT



You don't have to earn love. You don't have to earn worth. You just have to be you.



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



Understanding minds.



Strengthening connections.

Note on support: If big feelings come up for you or your child, that's okay. Reach out to a trusted adult, counselor, or helpline if you need support.

