

THE PSYCHOLOGY OF COCO:

Continuing Bonds and Remembering the People We Love

FAMILY DISCUSSION GUIDE

Use this guide to talk about grief, memory, family stories, and the ways love continues across generations.

1 BEFORE WATCHING

Open the conversation.

- Who are some people in our family who came before us?
- Are there family stories that get told again and again?
- What are some ways families remember people they love?
- What does it mean to carry someone with us even after they die?

2 WHILE WATCHING

Notice the role of memory.

- Why are photographs so important in the story?
- What happens when someone is remembered?
- What happens when someone is forgotten?
- Which family traditions seem most meaningful to the characters?

3 AFTER WATCHING

Reflect together and make meaning.

- What surprised you most about Hector's story?
- How did learning the truth change the family?
- Why do stories sometimes become distorted across generations?
- What helps a family heal after discovering something important about its past?

4 FAMILY REFLECTION

Carry the story forward.

- Who is someone in our family we would like future generations to remember?
- What traditions help us stay connected to people we love?
- What story about our family would you want preserved?
- Try this: Share a photograph, recipe, song, or memory connected to someone important in your family history.

DR. Z TAKEAWAY

Love does not end when someone dies. Healthy grief is not about forgetting. It is about finding new ways to remain connected. We keep people alive in stories, traditions, photographs, recipes, songs, and acts of remembrance. Memory is one of the ways love continues its work.

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

Understanding
minds.

Strengthening
connections.

Remembering together is
one way families heal together.