

You get to
choose the story
you want to live.

DESCENDANTS:

THE PSYCHOLOGY OF INHERITED IDENTITY

DISCUSSION GUIDE

Explore together. Listen deeply. Grow closer.

We are not
defined by where
we come from.
We are defined
by who we choose
to become.

1 THE WEIGHT OF INHERITANCE

- What expectations or labels can come from family, reputation, or past choices?
- How can those expectations shape how we see ourselves?

2 THE QUESTION OF DESTINY

- Do you think people are meant to become like their parents?
- Can we choose a different path? What helps us do that?

3 THE COURAGE TO CHOOSE

- What does it take to step away from the path that's expected of you?
- What fears might show up when we try to change?

4 NEW FRIENDS, NEW PERSPECTIVES

- How can new friendships help us see different possibilities?
- What can we learn from people who are different from us?

5 FINDING YOUR TRUE WORTH

- What makes someone valuable beyond their family or past?
- How can we build self-worth that comes from within?

6 WRITING YOUR OWN LEGACY

- What kind of story do you want your life to tell?
- How can the choices you make today shape the future you want?

TRY THIS TOGETHER

- ♥ Share a time you chose your own path.
- ♥ Celebrate what makes each of you unique.
- ♥ Offer support when someone feels judged.
- ♥ Remind each other that change is possible.

We can't change where we come from,
but we can choose where we're going.

Looking
into the
mirror...
Who am I
choosing
to be?



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



Understanding minds.



Strengthening connections.