

THE PSYCHOLOGY OF DESPICABLE ME

The Need for Approval, the Transformative
Power of Being Needed, and Becoming a Parent

DISCUSSION GUIDE

Purpose of this Guide

To explore the powerful
psychological themes in
Despicable Me and how
they show up in our own
lives and relationships.

1 THE WOUND OF NOT ENOUGH



- ♥ How did the main character's childhood need for approval shape his choices and goals?
- ♥ Have you ever felt "not enough"? How did that feeling show up in your life?
- ♥ What do you usually do when you are seeking approval?

2 BEING NEEDED CHANGES US



- ♥ What moments in the story began to soften the main character?
- ♥ Why did being needed by children have such a powerful effect?
- ♥ Can you think of a time when someone depended on you—and it changed you for the better?

3 LOVE GROWS IN THE EVERYDAY



- ♥ What small, everyday moments helped build trust and love?
- ♥ How do small acts of care make a bigger impact than we realize?
- ♥ What are some small ways you can show up more consistently for the people you love?

4 FROM SELF-FOCUSED TO OTHER-FOCUSED



- ♥ What does it mean to live for your own importance?
- ♥ How did the main character's focus begin to shift?
- ♥ What helps you move from "What do I want?" to "How can I help?"

5 CONNECTION HEALS



- ♥ Why do you think real connection was so healing for the main character?
- ♥ How does belonging help us feel whole?
- ♥ What kinds of relationships help you feel seen, valued, and accepted?

6 WE BECOME SOMEONE NEW



- ♥ What does transformation look like in your own life?
- ♥ How does choosing love, responsibility, and commitment help us grow?
- ♥ What kind of person do you want to become—even when no one is watching?

PERSONAL REFLECTION

What part of this story resonates most with you?

Where are you on your own journey of becoming more present and connected?

What is one small step you can take this week to grow in love and connection?

*Great conversations
build deeper connection.
Listen with curiosity.
Speak with kindness.*



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Understanding minds.

Strengthening connections.