

THE PSYCHOLOGY OF EVERYTHING EVERYWHERE ALL AT ONCE

♥ A Viewer's Reflection Guide ♥

Use this guide to explore overwhelm, family connection, meaning, and the power of being seen. ♥

1 BEFORE WATCHING

Notice what you bring.

- ♥ What does "meaning" mean to you?
- ♥ When do you feel most overwhelmed by choices?
- ♥ How do you respond when you or others feel nothing matters?
- ♥ What helps you feel connected to the people you love?

Look for patterns, not just plot. ♥

2 WHILE WATCHING

Pay attention to what happens.

- ♥ How does Evelyn respond when her world feels out of control?
- ♥ How does Joy's pain show up under the chaos?
- ♥ What does the "bagel" represent?
- ♥ When do Evelyn and Joy start to really see each other?
- ♥ What moments show kindness breaking through the noise?

DR. Z TAKEAWAY

This film reminds us that meaning isn't found by having fewer choices—it's found by choosing connection. When we show up with kindness, listen with empathy, and accept each other as we are, even the most overwhelmed heart can remember: You are not alone.

That is what makes everything matter.

3 AFTER WATCHING

Reflect together and make meaning.

- ♥ Did the film suggest that nothing matters, or that everything matters in a new way?
- ♥ What helped Evelyn and Joy move from disconnection to connection?
- ♥ What does "radical acceptance" look like in this story?
- ♥ How does the ending change your understanding of meaning?

Kindness is the bridge between universes. ♥

Strengthening connections.

4 FAMILY REFLECTION

Go deeper with connection.

- ♥ When have you felt truly seen by someone in your family?
- ♥ What unspoken expectations or wounds do we pass down?
- ♥ Is there a way we can be kinder and more patient with each other?
- ♥ Try this: Each person shares one thing they wish others noticed about them more often.

ONE SMALL STEP THIS WEEK

- Reach out to someone.
- Say something kind.
- Listen without fixing.
- Choose presence over distraction.
- Make a moment that matters.

Listen with curiosity. Respond with compassion. ♥

When we feel seen, connection grows. When connection grows, healing is possible. ♥

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