

THE PSYCHOLOGY OF FLETCH

★ DISCUSSION GUIDE ★

Fletcher uses personas to get anywhere, why people believe a confident stranger, and what it costs to always be someone else.

“Be whoever
you need to be.
Just don't forget
who you are.”

— FLETCH



WATCH & REFLECT (BEFORE DISCUSSION)

- What did you notice about Fletcher's different personas?
- Which ones were the most surprising or funniest?
- When did you start wondering who the “real” Fletcher is?

KEY DISCUSSION THEMES

1

THE MAN OF MANY NAMES



- How does Fletcher adapt his persona to fit each situation?
- Why is confidence so important in self-presentation?
- Where do we see this in our own lives?

2

WHY PEOPLE BELIEVE HIM



- Why are we quick to believe someone who seems confident and prepared?
- What mental shortcuts do we use to judge others?
- How can this be both helpful and risky?

3

WIT AS ARMOR



- How does humor help Fletcher navigate danger and uncomfortable situations?
- When is humor a healthy tool? When can it become avoidance?
- What are your “go-to” defenses?

4

THE COST OF ALWAYS BEING SOMEONE ELSE



- What might it cost Fletcher to live in constant performance?
- How do we lose touch with our true selves when we perform too much?
- What helps keep us grounded?



PERSONAL REFLECTION

1

When do I change how I present myself depending on the situation?

2

Which parts of me feel most authentic? Which feel more like performance?

3

How can I stay true to who I am while still adapting to the world around me?



ACTIVITIES



ROLE REWIND: Think of a recent situation where you “played a role.” What did you need to adapt? What stayed true to you?



CHARACTER SWAP: In pairs, describe a time when someone misjudged you. What assumptions did they make?



TRUE NORTH: Write down three words that describe your core self—your non-negotiables. How do they show up in your daily life?



TAKEAWAY

It's not wrong to adapt. It's powerful. Just don't forget to check in with who you are when the role is over.



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



Understanding
minds.



Strengthening
connections.

psychologistforparenting.com