

THE PSYCHOLOGY OF FRANKENSTEIN

ABANDONMENT AND ATTACHMENT RUPTURE

DISCUSSION GUIDE

“ I ought to be thy Adam,
but I am rather
the fallen angel.
— *The Creature*

PURPOSE OF THIS GUIDE

These questions invite reflection on the psychological themes at the heart of *Frankenstein*—abandonment, attachment rupture, responsibility, and the human need to be seen and received.

HOW TO USE



For personal reflection, book clubs, or classroom discussion.



Go deep. Listen well. There are no quick answers.



Speak from your experience and respect others'.

BEFORE YOU DISCUSS



- What stood out to you most in the story?
- How did the novel make you feel?
- What do you think Mary Shelley was inviting us to understand about human nature?

KEY THEMES TO CONSIDER



Abandonment at the Beginning
The foundational wound of being created and rejected.



Attachment Rupture
How early rejection shapes our expectations and relationships.



Responsibility of the Creator
The ethical and emotional duty to what we bring into being.



The Human Need for Connection
The longing to belong, to be known, and to be loved.

DISCUSSION QUESTIONS

1

The Moment of Abandonment

What impact do you think Victor's immediate rejection had on the Creature's developing sense of self and expectations of others?

2

Attachment and Rejection

How does attachment theory help us understand the Creature's needs and responses throughout the novel?

3

Responsibility and Accountability

To what extent is Victor responsible for the Creature's suffering and the events that follow? Where do you see responsibility, and where do you see choice?

4

The Need to Be Seen

The Creature longs to be acknowledged and accepted. Why is being seen and received by the one who made us so essential to our well-being?

5

Cycles of Pain

How does the novel illustrate how rejection can lead to rage—and how that rage can create more rejection?

6

What If?

What might have been different if Victor had stayed? What did the Creature ask for that was so reasonable—and what does that tell us?

“Beware; for I am fearless, and therefore powerful.”

This is not just a story of a monster.

*It is a story of what happens when love is withheld,
and what we all long for: to be received.*



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



Understanding
minds.



Strengthening
connections.