

THE PSYCHOLOGY OF FROZEN

*Conceal, Don't Feel,
and the Cost of the Hidden Self*

FAMILY DISCUSSION GUIDE

Use this guide to help children and adults talk about feelings, emotional safety, self-acceptance, and the courage to be known.



BEFORE WATCHING

*Set the stage and open
hearts and minds.*

- ♥ Have you ever had a feeling that was hard to show other people?
- ♥ Why do people sometimes hide parts of themselves?
- ♥ What helps you feel safe enough to share your feelings?



WHILE WATCHING

*Pay attention to feelings,
fear, and connection.*

- ♥ What message does the main character receive about her feelings and abilities?
- ♥ How does hiding affect the relationship between the sisters?
- ♥ When does the main character seem most lonely?
- ♥ Do you think the ice palace feels free or lonely? Why?
- ♥ What do you notice happens when fear takes over?



AFTER WATCHING

*Reflect together and
make meaning.*

- ♥ What do you think "Conceal, Don't Feel" costs the main character over time?
- ♥ Why doesn't simply running away solve the problem?
- ♥ What helps the main character begin accepting herself?
- ♥ What does the story teach us about emotions?
- ♥ What is the difference between letting go and letting people in?



FAMILY REFLECTION

*Go deeper with empathy,
honesty, and connection.*

- ♥ Have you ever felt like there was a part of yourself that others might not understand?
- ♥ What feelings are easiest for you to show? Which are hardest?
- ♥ Who helps you feel accepted exactly as you are?
- ♥ What can families do when someone is struggling with a big feeling?
- ♥ How can we help each other feel safe enough to be honest?



DR. Z TAKEAWAY

The goal is not to stop having difficult feelings.
The goal is to create relationships where those feelings
can be welcomed, understood, and shared.

*What we hide often grows stronger in isolation.
What we bring into connection can begin to heal.*



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Understanding minds.
Strengthening connections.