



# THE PSYCHOLOGY OF GATTACA

## *A Viewer's Reflection Guide*

1

### BEFORE WATCHING

- What messages do people receive about who they are supposed to be?
- How can labels shape what we believe is possible for us?

2

### WHILE WATCHING

- Where do you see the tension between destiny and effort?
- How does borrowed identity affect the main character's sense of self?
- What does the world of the story value most, and what does it miss?

3

### AFTER WATCHING

- What helps a person keep going when the system has already decided who they are?
- What are the emotional costs of trying to hide, perform, or pass?
- In what ways does the film challenge the idea that biology is destiny?

4

### PERSONAL / FAMILY REFLECTION

- Have you ever felt limited by how others saw you?
- What strengths in you cannot be measured by a test or prediction?
- Where in life do you want to become more than what was expected of you?



### DR. Z TAKEAWAY

Identity is not only what is assigned to us. It is also what we choose, persist in, and become through effort, meaning, and courage.



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



Understanding minds.



Strengthening connections.