

THE PSYCHOLOGY OF *The Golden Girls*:

Aging Well and Friendship in Later Life

— Humor. Heart. Friendship. —

A roadmap for aging well.

Four women. One home in Miami.
A friendship that turns the later years
into some of the richest.



HOW TO USE THIS GUIDE



Watch an episode (or a few) together.



Talk and listen.

There are no right or wrong answers.



Everyone's perspective matters.



Make it personal.

Connect the story to real life.



Take one small step.

Choose one idea to try this week.

DISCUSSION QUESTIONS

- 1 What do you love most about the friendship between Dorothy, Blanche, Rose, and Sophia?
- 2 How does each woman contribute something unique to the group?
- 3 What challenges do the women face as they age? Which felt most familiar to you?
- 4 How do the women support one another through life's ups and downs?
- 5 What does the show teach us about love and dating later in life?
- 6 How do the women handle changes in health, energy, or limitations?
- 7 In what ways do the women keep learning, growing, or trying new things?
- 8 How does humor help the women cope with hard moments?
- 9 What messages about aging does the show challenge or reject?
- 10 How has your view of aging changed after watching the show?

THINK MORE DEEPLY

- What is the difference between alone and lonely?
- Why does friendship become even more important as we age?
- How do we balance independence with connection?
- What helps you feel a sense of purpose today?
- How can we keep a sense of playfulness and joy in later life?
- What kind of legacy do you hope to leave?

♥ Aging is not a decline into less. It can be a blooming into more.

WHAT THE GOLDEN GIRLS TEACH US ABOUT AGING WELL



CREATE COMMUNITY

We are not meant to do later life alone. Home is where connection lives.



TELL THE TRUTH

Honest conversations build trust, heal wounds, and keep relationships strong.



FIND PURPOSE

Meaning evolves. Purpose isn't just what you do—it's how you live.



GIVE AND RECEIVE CARE

Interdependence is strength, not weakness. We all need help, and we all have something to give.



REFUSE DIMINISHMENT

Age is a fact. Diminishment is a choice. Keep your spirit, and your sparkle.

TRY THIS

THE FRIENDSHIP CHECK-IN

Take 15 minutes this week to check in with a friend.

- ♥ What are you celebrating?
- ♥ What's been hard?
- ♥ What do you need right now?
- ♥ How can I support you?

Connection is a practice. Make it a priority.

LESSONS FROM THE GIRLS

- ♥ You can start over.
- ♥ You can find love again.
- ♥ You can be sexy and strong.
- ♥ You can be independent and interdependent.
- ♥ You can keep growing.
- ♥ You are never too old to live well.



REFLECTION PROMPTS

- What are you most proud of in your life so far?
- What would you tell your younger self today?
- What brings you the most joy now, that may not have before?
- How do you want to show up for yourself and others?
- What kind of life are you creating in this chapter?



EPISODE IDEAS TO EXPLORE

- ♥ "The Pilot" – Starting over and creating a new life.
- ♥ "The Heart Attack" – Facing fear with humor and support.
- ♥ "Sisters" – Family, forgiveness, and understanding.
- ♥ "Journey to the Center of Attention" – Staying visible and valued.
- ♥ "That Was No Lady" – Dating, boundaries, and self-respect.



CONNECT IT TO REAL LIFE

- ♥ Who are the people who lift you up and make life richer?
- ♥ How can you invest more in those relationships?
- ★ What small step can you take to nourish a friendship this week?
- ♥ How can you create a "Golden Girls" moment in your own life—a conversation, a laugh, a shared cup of something warm?



NOTE ON SUPPORT: If this discussion brings up difficult feelings about aging, loss, or health, reach out to a trusted adult, counselor, or helpline if you need support. You don't have to navigate it alone.

CLOSING THOUGHT

“We may be older, but we're not finished. Our best chapters might still be ahead.”



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



Understanding minds.



Strengthening connections.

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