

THE PSYCHOLOGY OF GOODFELLAS

Belonging, Seduction, Loyalty, and the
Psychological Cost of the Life.

DISCUSSION GUIDE

1 BEFORE WATCHING

- What draws people into a group or world that promises belonging, admiration, and identity?
- Why can loyalty feel meaningful even when it asks a person to ignore their own judgment?

2 WHILE WATCHING

- How does the world of the film make danger feel exciting?
- When do belonging and seduction begin to turn into fear and control?
- What signs show that anxiety is growing beneath the confidence?

3 AFTER WATCHING

- What does the film suggest about the difference between real connection and a closed system built on secrecy and status?
- How do family life and identity begin to break apart under the pressure of the life?

4 REFLECTION

- Where have you seen the human need for belonging make people vulnerable to unhealthy systems?
- What helps a person hold onto themselves when a group offers identity at too high a cost?

★ DR. Z TAKEAWAY

Belonging is a human need, but when identity depends on admiration, secrecy, and fear, connection can quietly turn into captivity.



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Understanding minds.



Strengthening connections.