

# THE PSYCHOLOGY OF HOME ALONE

## DISCUSSION GUIDE

Independence, Resilience,  
and Growing Confidence



### FOR REFLECTION



#### BEING ON YOUR OWN

Kevin discovers he can do more than he thought.

*When have you surprised yourself by handling something independently?*



#### GROWING CONFIDENCE

Confidence often comes from doing difficult things, not avoiding them.

*What challenge helped you discover a strength you didn't know you had?*



### FOR CONVERSATION



#### FAMILY FRUSTRATIONS

Kevin spends much of the movie feeling misunderstood.

*What can families do when people feel unheard or overlooked?*



#### MISSING PEOPLE

Being away from loved ones changes how we think about relationships.

*Have you ever appreciated someone more after spending time apart?*



### THINK MORE DEEPLY



#### FEAR VS. REALITY

Many of Kevin's fears turn out to be different from reality.

*Why do our imaginations sometimes make situations seem scarier than they really are?*



#### THE NEIGHBOR NEXT DOOR

The film reminds us that first impressions can be wrong.

*What helps us move beyond assumptions about other people?*



#### CONFIDENCE INVENTORY

Write down:

- One thing you can already do independently.
- One thing you'd like to learn
- One challenge you're ready to try



#### FAMILY APPRECIATION CHALLENGE

Tell one family member:

*One thing I appreciate about you is...*



### FOR PARENTS

Kevin's story highlights an important parenting reality: Children often discover confidence when adults gradually trust them with responsibility.

*What opportunities can we provide for children to practice independence while still feeling supported?*



### TAKEAWAY

Confidence grows through:

- ✓ Responsibility
- ✓ Problem-solving
- ✓ Mistakes
- ✓ Supportive relationships
- ✓ Believing you can handle hard things



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Understanding  
minds.



Strengthening  
connections.