

DISCUSSION GUIDE

The Psychology of Dr. JEKYLL & Mr. HYDE

The Divided Self and the Cost
of Refusing to Integrate

Robert Louis Stevenson's classic tale is more than a story of good and evil—it's a powerful exploration of the divided self, repression, and what happens when we try to separate the parts of us we cannot accept.



1. THE DIVIDED SELF

- What parts of Dr. Jekyll does he try to separate from himself?
- Why do you think he believes separation is the solution?
- Can you think of healthy ways we might try to "hide" parts of ourselves?



2. REPRESSION AND THE RETURN

- What does the potion represent in psychological terms?
- How does Hyde change over time?
- What does Jekyll discover about what happens when we try to push away parts of ourselves?



3. MORALITY AND IDENTITY

- Is Hyde "evil," or is he a part of Jekyll that was never accepted?
- Can we be both good and bad in different situations?
- How does the story challenge simple ideas of right and wrong?



4. INTEGRATION VS. SPLITTING

- What might integration look like for someone like Jekyll?
- How do we learn to accept and manage our darker impulses in healthy ways?
- What are the risks of splitting off parts of ourselves?



5. CONNECTIONS TO REAL LIFE

- Have you ever felt pressure to be "perfect" or to hide parts of yourself?
- What emotions or needs do people most often try to repress?
- How can self-awareness help prevent the "Hyde effect"?

FOR REFLECTION

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The strongest people are not those who banish their shadows, but those who learn to walk with them without losing themselves.

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This story invites us to look inward with honesty, compassion, and courage—and to remember that wholeness is the goal, not perfection.



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