

THE PSYCHOLOGY OF K-POP DEMON HUNTERS:

Hidden Selves and the Mask We Perform

FAMILY DISCUSSION GUIDE

This guide is designed to help families explore the psychological themes in *KPop Demon Hunters*—the true self and false self, the cost of hiding who we are, parasocial fandom, internalized shame, and the power of being fully seen.



BEFORE WATCHING

Set the stage and open hearts and minds.

- What do you think it means to “perform” in your daily life?
- When might people wear a “mask” or hide parts of themselves?
- Why might someone hide who they really are from others?



WHILE WATCHING

Pay attention to feelings, choices, and turning points.

- What secrets is Rumi hiding, and why?
- How does hiding affect Rumi’s relationships with others?
- What does the Saja Boys exploit about fans and their emotions?



AFTER WATCHING

Reflect together and make meaning.

- What does the story teach us about the true self vs. the false self?
- What are some “masks” people wear in real life?
- Why is it so hard to let others see the real you?



FAMILY REFLECTION

Go deeper with empathy, honesty, and connection.

- How can we create a home where everyone feels safe to be their true self?
- What helps you feel seen, accepted, and loved for who you really are?
- How can we be better listeners and supporters for one another?

“You are more than the mask you wear. You are the one behind the song.”



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Connection heals.



Conversations help.