

THE PSYCHOLOGY OF THE LION KING

Survivor's Guilt and the Road Home

FAMILY DISCUSSION GUIDE

Use this guide to connect as a family, explore big emotions, and build understanding and healing together.



BEFORE WATCHING

Set the stage and open hearts and minds.

- Have you ever felt responsible for something that wasn't your fault?
- What helps you when you feel sad, worried, or overwhelmed?



WHILE WATCHING

Pay attention to feelings, choices, and turning points.

- What emotions do you notice Simba experiencing?
- What message does Scar tell Simba about himself? How does that affect him?
- How does Simba try to escape his pain?



AFTER WATCHING

Reflect together and make meaning.

- What was Simba carrying that wasn't actually his fault?
- Why was it so hard for Simba to face the truth and return home?
- What helped Simba heal and step into his role?



FAMILY REFLECTION

Go deeper with empathy, honesty, and connection.

- Tell me about a time you felt blamed for something that was not your fault.
- What is something you carry that isn't yours to carry?
- Who are the people in your life who help you remember who you really are?



DR. Z TAKEAWAY

*Healing begins
when we stop
carrying what
was never ours
to carry.*



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



*Connection heals.
Conversations help.*