



# THE PSYCHOLOGY OF MULAN:

Identity, the True Self, and Honor



## FAMILY DISCUSSION GUIDE



### BEFORE WATCHING

Set the stage and open hearts and minds.

- Have you ever felt that your 'outside face' doesn't match your 'inside self'?
  - What do you think 'honor' means?
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### WHILE WATCHING

Pay attention to feelings, choices, and turning points.

- When does Mulan seem most uncomfortable with the role others want her to play?
- What makes Mulan successful when she is in the army?
- Notice how the definition of 'honor' changes.



### AFTER WATCHING

Reflect together and make meaning.

- How did taking a risk help Mulan find her 'True Self'?
- What qualities did Mulan have that were exactly what the world needed?
- Why is it important to bring your 'true self' into the world?



### FAMILY REFLECTION

Go deeper with empathy, honesty, and connection.

- When do you feel like you have to 'wear a mask' to fit in?
- What is one real strength you see in the other person, beneath any role?
- Try this: Watch it together.

*Real honor comes from bringing our true self into the world rather than perfecting the performance.*



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*Connection heals.  
Conversations help.*

