

DISCUSSION GUIDE



THE PSYCHOLOGY OF NOMADLAND

Grief, Autonomy, and the
Search for Meaning After Loss



FILM SNAPSHOT

After losing her husband, her job, and her home, Fern takes to the road in her van, working seasonal jobs and joining a community of modern nomads. Her journey becomes a search for meaning after everything familiar is gone.



6 PSYCHOLOGICAL THEMES

- 1 Grief That Has No Fixed Address
- 2 The Tension Between Autonomy & Connection
- 3 The Community of the Displaced
- 4 Meaning Beyond Productivity
- 5 Continuing Bonds With What Was Lost
- 6 The Courage to Reinvent Your Life

REFLECTION PROMPTS



Write a letter to your future self about what you hope to discover on your own journey.



What would you let go of if you knew it no longer served who you are becoming?



Where in your life do you feel stuck, and what might a different path look like?

*You are allowed to choose a life that fits you.
You are allowed to keep moving. ♥*

DISCUSSION QUESTIONS

1



Fern's grief is quiet and pervasive throughout the film. How does the nomadic life help her carry her grief? In what ways might movement be both an escape and a way of healing?

2



Fern values her independence deeply, yet she also connects with others on the road. How do you balance your own need for autonomy with your need for connection?

3



The nomad community offers understanding and belonging. What does this community provide that traditional society often does not? Where do you find your "people"?

4



Fern's worth isn't tied to a career or productivity. What gives your life meaning that goes beyond what you do or produce?

5



Fern keeps memories of her husband close. How can we maintain healthy, continuing bonds with those we've lost while still moving forward?

6



Fern chooses uncertainty over a life that no longer fits. What would it mean for you to have the courage to reinvent your life? What is one small step you could take?



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Understanding
minds.



Strengthening
connections.