

$$E = mc^2$$

$$\nabla^2 \psi + \frac{2m}{\hbar^2} (E - V) \psi = 0$$

"What we do
echoes in ways
we may never see."

THE PSYCHOLOGY OF OPPENHEIMER

Moral Injury, Consequence, and the Mind That Cannot Unknow

A VIEWER'S REFLECTION GUIDE

★ For older teens and adults ★

→ Use this guide to reflect on ambition, conscience, consequence, and how people live with decisions that cannot be undone. ←



1 FOR REFLECTION

Notice your own relationship
with achievement.

- ★ Have you ever pursued a goal so intensely that you temporarily ignored its costs?
- ★ What ambitions have shaped your life the most?
- ★ Have you ever accomplished something that felt different once you finally achieved it?



2 FOR CONVERSATION

Talk through the tension
between ambition and conscience.

- ★ Why was Oppenheimer able to focus on building the bomb while holding its consequences at a distance?
- ★ What happens when the consequences finally become impossible to ignore?
- ★ Are there situations where pursuing a goal requires people to compartmentalize uncomfortable truths?



3 TRY THIS

A small exercise
in integration.

- ★ Think about a decision you still carry. What part feels settled, and what part still asks for attention?
- ★ Name one accomplishment you are proud of and one cost that came with it.
- ★ Spend five quiet minutes reflecting on whether your current goals align with your values.

"The day is
not far when
we shall have
to reckon."
— J. Robert
Oppenheimer

DR. Z TAKEAWAY

The most difficult burdens are often not the things that happened to us,
but the consequences we cannot forget, repair, or fully understand.

Healing does not always mean resolution.

Sometimes it means learning how to carry what remains.

"Now I am become
Death, the destroyer
of worlds."
— Bhagavad Gita



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Understanding
minds.



Strengthening
connections.

Some questions stay with us
because they matter.