

THE PSYCHOLOGY OF SING

SELF-EXPRESSION AND
THE COURAGE TO BE SEEN

DISCUSSION GUIDE

★ Finding your voice
can change
everything. ♥



THE COURAGE TO BE SEEN

Meena struggles with stage fright and the fear of judgment. How do you see this in your own life or in others you know? What helps people find the courage to be seen?



THE SELF LOST IN RESPONSIBILITY

Rosita has given so much of herself to her family that she lost her own dreams. How does this happen in real life? What helps someone reconnect with their own identity?



ESCAPING AN INHERITED PATH

Johnny wants to follow his own calling instead of his father's plans. What makes it hard to pursue our own path? How can we support others in doing so?



THE POWER OF MUSIC

Music gives each character a way to express what is hard to say. How do you express yourself when words feel difficult?



COMMUNITY AND ENCOURAGEMENT

Buster creates a space where others can try, fail, and try again. How important is encouragement in helping people grow? How can you be that encouragement for others?



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Understanding
minds.



Strengthening
connections.