DISCUSSION GUIDE

The Psychology of SLEEPING BEAUTY

Overprotection and the Limits of Control

> We can't protect children from every danger. But we can prepare them to face the world.

QUESTIONS FOR REFLECTION AND CONVERSATION

1 THE INTENTION BEHIND OVERPROTECTION



The fairies acted out of love and fear for Aurora's safety.

- What fears drive overprotective parenting in today's world?
- How can good intentions lead to unintended consequences?

2 THE COST OF SUSPENDED DEVELOPMENT



Aurora grows up kind and innocent, but unprepared for real life.

- What skills or experiences might have been missing from her upbringing?
- What are some risks of delaying independence?

3 THE ILLUSION OF TOTAL CONTROL



The fairies tried to control every detail—yet the curse still found a way.

- Can we really control every outcome for our children?
- How can we find peace with what we can't control?

4 IDENTITY AND THE RIGHT TO KNOW



Aurora was hidden from her true identity for her "own good."

- What's the impact of not trusting children with the truth?
- How can honesty build resilience instead of fear?

5 AUTONOMY IS ESSENTIAL



Children need safe chances to explore, choose, and sometimes fail.

- How do we strike the balance between guidance and freedom?
- What age-appropriate independence looks like?

6 PREPARING FOR THE REAL WORLD



The goal isn't to keep children safe forever—it's to help them thrive.

- What does "preparing for life" really mean?
- How can we support our children to become confident, capable adults?

TAKING IT FURTHER

Share a memory.
Think of a time your parents or caregivers protected you. What did it help you avoid? What might you have missed?

Reflect on today.
What are the biggest worries you have for your children? How might those fears influence your parenting choices?

Look ahead.
What kind of adult do you hope your child becomes? What experiences will help them grow into that person?

Choose one step.
What's one small way you can offer more independence this week while still keeping your child supported?

REMEMBER

Our job is not to keep our children from every risk—but to give them the tools to face life with courage and grace.

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Understanding minds. *Strengthening connections.*