

# THE PSYCHOLOGY OF SPACEBALLS

Why We Mock the Things We Love

## Discussion Guide

### 1 BEFORE WATCHING

- ★ What kinds of stories do you love enough to laugh at?
- ★ When does joking feel affectionate rather than mean?

### 2 WHILE WATCHING

- ★ What makes parody feel safe and fun instead of cruel?
- ★ How does exaggeration help us notice the hidden rules of a story?
- ★ What moments make you laugh because they break the frame or call attention to the joke itself?

### 3 AFTER WATCHING

- ★ Why can humor deepen appreciation instead of diminishing it?
- ★ What does parody reveal about attachment, flexibility, and being able to laugh at what we admire?
- ★ Where in your own life do you take things too seriously?

### 4 TRY THIS

- ★ Name a favorite movie, book, or tradition and describe one loving joke you could make about it.
- ★ Reflect on how humor can make ideas feel less rigid and relationships feel safer.

### 5 DR. Z TAKEAWAY

Humor is not the opposite of admiration. Often it is one of the ways admiration stays flexible, playful, and alive.



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Understanding minds.



Strengthening connections.