

THE PSYCHOLOGY OF SPIDER-VERSE

A Viewer's Reflection Guide

Use this guide to reflect on the stories you inherited, the groups that shape you, and the courage to choose your own path.



BEFORE WATCHING

Set the stage and notice the scripts you already carry.

- What expectations about your future have felt handed to you rather than chosen by you?
- When have you felt uncertain about where you belong?
- What makes it hard to imagine a life outside the script other people expect?



WHILE WATCHING

Pay attention to pressure, belonging, and turning points.

- Who gets to decide what counts as the "right" story?
- When does belonging feel supportive, and when does it feel controlling?
- What moments show the difference between protecting someone and limiting them?



AFTER WATCHING

Reflect on identity, courage, and chosen direction.

- What part of the story felt most personal to you?
- What did the film suggest about grief, fear, and becoming yourself?
- What does it mean to refuse a future that may be meaningful to others but not right for you?



TRY THIS

Take one small step toward your own story.

- Name one inherited script you want to question.
- Write one sentence beginning: "My story does not have to be..."
- Choose one small action this week that reflects the person you want to become.

DR. Z TAKEAWAY

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Growth begins when we can see the script we were handed, name what does not fit, and risk authoring something truer.

Belonging matters, but so does the courage to choose a life that is genuinely yours.

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NOT MY SCRIPT

My story.
My choices.
My future.



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Understanding minds.



Strengthening connections.