

THE PSYCHOLOGY OF TANGLED

Autonomy, Identity, and the Courage to Choose Your Own Life

A VIEWER'S REFLECTION GUIDE



REFLECTION

Think inwardly
about your own life.

- ★ When have you felt restricted or protected in a way that kept you from discovering who you are?
- ★ What expectations—spoken or unspoken—have shaped the choices you thought you were “supposed” to make?
- ★ What would it look like to honor your own desires while still respecting the people you love?
- ★ Where in your life are you ready to take one small step toward a more authentic choice?



CONVERSATION

Share openly and
listen deeply.

- ★ How does Rapunzel's journey reflect the struggle between safety and freedom?
- ★ What role do trust and vulnerability play in building healthy relationships?
- ★ How can families create space for children (or adults) to explore their identity while still feeling loved and supported?
- ★ Who are the “lantern people” in your life who see the best in you and remind you of your light?



TRY THIS

Take action to reflect
and grow.

- ★ Write a “lantern list” of your gifts and dreams. Revisit it when you need encouragement.
- ★ Try something new this week, even if it feels a little scary.
- ★ Notice the voices in your head. Which ones are fear? Which ones are your true desires?
- ★ Reach out to someone who believes in you. Let connection be your courage.

DR. Z TAKEAWAY

Growth happens when we move from surviving to choosing.
Like Rapunzel, we are meant to discover the world
and be discovered for who we truly are.
Healing is giving yourself permission to live your own story.

“Venture out.
Find what you love,
and let it guide
you home.”

DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology



Understanding
minds.



Strengthening
connections.



You are not just
meant to exist.
You are meant
to shine.

The thing
I love most
about me is
my glow.”

—Rapunzel