

THE PSYCHOLOGY OF TED LASSO

DISCUSSION GUIDE

*Positive Masculinity, Panic,
and the Courage to Seek Help*

BELIEVE

BE CURIOUS

NOT

JUDGMENTAL



FOR REFLECTION



Kindness in Action

Ted leads with belief, encouragement, and compassion.

How can you show kindness to someone today?



It's Okay to Not Be Okay

Ted's panic attacks remind us that even strong people struggle.

When has admitting a struggle helped you?



Belonging Matters

Ted builds a team where everyone feels seen and valued.

Where do you feel a true sense of belonging?



THINK MORE DEEPLY

The Turning Point

Ted's healing begins when he talks. Vulnerability opens the door to connection and growth.

How can vulnerability lead to strength?



WHAT NO ONE SEES

The invisible weight we all carry.

Anxiety

Panic Attacks

Grief & Loss

Loneliness

Self-Doubt



FOR CONVERSATION



Opening Up

Ted begins to share his pain when he finally feels safe to do so.

What helps you feel safe enough to talk about difficult things?



Asking for Help

Ted learns that asking for help is not weakness, it's courage.

Why is it sometimes hard to ask for help?



Seeing People Clearly

Ted chooses to look for the best in people and gives them a chance to grow.

How does trust and belief in others change relationships?



TRY THIS



Check In With Yourself

How are you really feeling today? Write it down.



Talk to Someone You Trust

Share something real. You don't have to carry it alone.



Do One Kind Thing

Small acts create big ripples.
Be a goldfish.



BE CURIOUS

NOT JUDGMENTAL

BE A GOLDFISH



FOR PARENTS



Model Emotional Openness

Children learn from what we normalize. Show that all feelings are welcome.



Create Safe Spaces

Make home a place where kids can talk without fear of judgment.



Encourage Growth, Not Perfection

Celebrate effort, resilience, and learning from mistakes.

★ TED'S PLAYBOOK FOR LIFE ★



KINDNESS
IS STRENGTH



IT'S OKAY TO
NOT BE OKAY



GROWTH BEATS
PERFECTION



RELATIONSHIPS
MATTER



ASKING FOR
HELP IS COURAGE



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



UNDERSTANDING
MINDS.



STRENGTHENING
CONNECTIONS.