

THE PSYCHOLOGY OF THE BATMAN

Trauma, Avoidance, and the Cost of Living as Vengeance

DISCUSSION GUIDE

Use this guide to reflect on trauma, avoidance, isolation, and the possibility of turning pain into care.

1 BEFORE WATCHING

Set the stage and open hearts and minds.

- What happens to people when pain becomes the main thing organizing their life?
- How can anger sometimes look strong while also hiding vulnerability?

2 WHILE WATCHING

Pay attention to grief, isolation, and the pull of vengeance.

- How does the main character use mission and control to avoid grief?
- When does pain begin to turn into identity rather than just an experience?
- What signs show that isolation is costing him more than it protects?

3 AFTER WATCHING

Reflect together and make meaning.

- What is the difference between justice and vengeance?
- When does he begin to realize that fear is not the same as hope?
- What does the story suggest about grief that is unprocessed?

4 PERSONAL REFLECTION

Go deeper with honesty and connection.

- When have you used busyness, control, or anger to avoid a deeper feeling?
- What would it mean to turn one painful part of your story toward protection rather than retaliation?
- Try this: Name one person or part of life that helps you move from isolation toward care.

DR. Z TAKEAWAY

Trauma can narrow life until pain feels like purpose. Healing begins when we stop organizing ourselves around vengeance and start allowing grief, connection, and responsibility to reshape us.



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Understanding minds.



Strengthening connections.