

THE PSYCHOLOGY OF THE BEAR

Anxiety, Grief, and the
Inheritance of a Brother's Suicide

DISCUSSION GUIDE

1 REFLECTION

- What part of the story felt most emotionally intense to you, and why?
- Where do you recognize stress, grief, or pressure in your own life?
- What happens to people when they are always in survival mode?

2 CONNECTION

- How do the characters try to connect, and what gets in the way?
- What makes trust hard in relationships shaped by chaos?
- Where do you see care expressed indirectly rather than openly?

3 THEMES & INSIGHTS

- How does the series portray anxiety and emotional overload?
- What does grief look like when it shows up as irritability, urgency, or perfectionism?
- How does family history keep shaping the present?

4 TAKEAWAYS

- What helps people move from chaos toward steadiness?
- What role do structure, routine, and teamwork play in healing?
- What can we learn about asking for help before everything boils over?

5 TRY THIS

- Name one pressure point in your life and one small support that could help.
- Practice one calm, grounded ritual this week.
- Check in with someone who may be carrying more than they show.

6 REMEMBER

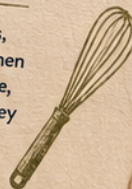
Healing is rarely neat.

Calm is a practice.

Connection helps carry what pressure cannot.

DR. Z TAKEAWAY

The kitchen is chaos, but growth happens when people create structure, allow help, and learn they do not have to carry everything alone.



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Understanding
minds.



Strengthening
connections.