

THE PSYCHOLOGY OF THE BIG LEBOWSKI

DISCUSSION GUIDE

Drift, Identity, and the Strange Wisdom of Letting Go



1. BEFORE WATCHING

- What does it mean to “drift” in life? Can drifting ever be a strength rather than a weakness?
- Have you ever felt pressure to perform a version of yourself that did not feel true?



2. WHILE WATCHING

- Notice how the story confuses identity and keeps assigning roles. Who gets mistaken for who, and what does that say about how fragile identity can feel?
- Pay attention to the ordinary objects that seem to anchor the main character. What do those small comforts represent psychologically?



3. AFTER WATCHING

- What is the difference between letting go and giving up?
- How does the film portray masculinity, aggression, and absurdity? What feels empty and what feels real?
- Why might friendship matter more than achievement in a chaotic world?



4. TRY THIS

- Name one thing you are trying too hard to control.
- Name one small ritual or object that helps you feel grounded.
- This week, practice returning to yourself instead of to the role others assign you.



DR. Z TAKEAWAY

You are not your roles, your mistakes, or the stories others project onto you. Identity is something you return to, not something you earn. Let go of what you can't control. Keep what matters.



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



Understanding minds.



Strengthening connections.