

THE PSYCHOLOGY OF THE GODFATHER

Family Loyalty, Power, and the Cost of Inheritance

DISCUSSION GUIDE

1 BEFORE WATCHING

- What does family loyalty mean to you?
- When does loyalty become obligation?
- What are some things people inherit besides money or property?
- What might someone be expected to carry simply because of their name?

*Some inherit wealth.
Others inherit weight.*

2 WHILE WATCHING

- What rules of belonging do you notice in this world?
- How are loyalty, silence, and sacrifice connected?
- How does the idea of protection sometimes turn into control?
- Who gets to make decisions, and who pays the cost?

3 AFTER WATCHING

- How would you describe Michael's transformation?
- What moral compromises stand out to you?
- In what ways does power isolate?
- Do you think power protects, or ultimately separates?

Power gained is not the same as power held.

4 FAMILY / PERSONAL REFLECTION

- What legacies have been passed down in your family?
- What do you find yourself repeating?
- What do you want to resist or break?
- What kind of inheritance do you want to pass down?

DR. Z TAKEAWAY

Families give us love, belonging, and identity. They also pass down wounds, rules, and burdens we didn't choose.

Maturity isn't about rejecting our roots—it's about understanding them.

The task is not to carry everything forward, but to decide—consciously and courageously—what is worth keeping.



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Understanding minds.



Strengthening connections.