

THE PSYCHOLOGY OF THE SOUND OF MUSIC

How Grief Freezes a Family and Music Brings It Back to Life

Discussion Guide

1 BEFORE WATCHING

- ✓ What does grief look like in families?
- ✓ How can emotional pain lead to shutting down?
- ✓ What helps a family feel safe enough to reconnect?

2 WHILE WATCHING

- ✓ Where do you see signs of sadness or emotional distance?
- ✓ What moments bring warmth, connection, or light?
- ✓ How does music impact the family's moods and relationships?

3 AFTER WATCHING

- ✓ What changes did you notice in the family over time?
- ✓ What helped heal the distance between them?
- ✓ How can creativity, play, or music help in real-life challenges?

4 FAMILY REFLECTION

- ✓ How does our family express emotions?
- ✓ What brings us joy and connection?
- ✓ How can we support each other through hard times and celebrate together?

DR. Z TAKEAWAY

When grief goes unprocessed, it can freeze family life. Warmth, connection, and music can help thaw what has gone silent and bring life back.



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Understanding
minds.



Strengthening
connections.