

THE PSYCHOLOGY OF THE TRUMAN SHOW

Authenticity and the Examined Life

FAMILY DISCUSSION GUIDE

Use this guide to connect as a family, talk about hidden selves, and practice being fully known.



1. BEFORE WATCHING

Set the stage and open hearts and minds.

- What does it mean to be yourself?
- How do people sometimes follow expectations without questioning them?
- Have you ever felt pressure to fit a role others expected?



2. WHILE WATCHING

Pay attention to doubts, fears, and turning points.

- What clues make Truman question his world?
- Why do people around him discourage his curiosity?
- What fears keep Truman from leaving?



3. AFTER WATCHING

Reflect together and make meaning.

- What helped Truman trust his own perception?
- Why is the final door so important?
- What does the film teach us about authenticity?



4. FAMILY REFLECTION

Go deeper with empathy, honesty, and connection.

- What is one "script" you follow without thinking about it?
- What is one fear that sometimes keeps you from trying something important?
- What is one small step you could take toward living more authentically?

DR. Z TAKEAWAY

“Authenticity begins when we stop asking, ‘What am I supposed to do?’ and start asking, ‘What life is truly mine to live?’”



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



Connection heals.



Conversations help.