

THE PSYCHOLOGY OF THREE AMIGOS

Fantasy, Courage, and Becoming More Than the Role

Use this guide to reflect on courage, friendship, pretending, and the ways we grow into strengths we did not know we had.

DISCUSSION GUIDE

1 SECTION 1 — BEFORE WATCHING

Set the stage.

- ★ Have you ever pretended to be more confident than you really felt?
- ★ Why might people perform a version of themselves when they feel insecure?
- ★ What helps someone move from acting brave to actually becoming brave?

3 SECTION 3 — AFTER WATCHING

Make meaning.

- ★ What hidden strengths were revealed under pressure?
- ★ How can pretending sometimes become a first step toward growth?
- ★ What does the story suggest about identity, responsibility, and courage?

2 SECTION 2 — WHILE WATCHING

Notice the journey.

- ★ How do the three friends begin to change when other people believe in them?
- ★ When does performance stop being only a costume and start becoming practice?
- ★ What do friendship and shared purpose make possible that one person alone might not do?

4 SECTION 4 — TRY THIS

A small step toward becoming.

- ★ Name one role you play in life and one way it both protects and limits you.
- ★ Think of one place this week where you could practice a little more courage.
- ★ Who in your life helps you become more yourself, not less?

DR. Z TAKEAWAY

Sometimes we grow into the person others hoped we could be by first pretending, then practicing, then becoming.



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Understanding minds.



Strengthening connections.