**Playbook to Inject the Healthy Undercurrents of Safety and Security**

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjb9K-pvpfQAhXHPiYKHV5KBacQjRwIBw&url=https://www.amazon.com/Lion-King-Matthew-Broderick/dp/B001AQR3JY&psig=AFQjCNFHxrf3wa_hTK_GojGYk8PGIkulmg&ust=1478637022188022)*Unhealed Wound Seed*

A Message from the Movie “The Lion King”

**Who:** Kelly, Dad, Mom, Grandma

**What:**

* Watch a selected clip from the popular Walt Disney movie “The Lion King” – released June 1994
* Together, find the answers to the following questions:
  + What were the lies that Simba believed after his dad’s death
  + Have you ever found yourself in a situation that you thought the only way out was to run away or “hide out”?
  + What did Simba do or not do because of the “lies” he believed from his childhood?
  + Did adopting the philosophy of “Hakuna Matata” help Simba? Did it hurt him?
  + Who are you today? And is this who you were meant to be or are you acting out a lie?

**When:**

* Next Thursday during your family therapy session

**Where:**

* In the therapist’s office

**How:**

* **Play Selected Scene and discuss questions above** (Clip provided by the PLL Supervisor)
* Discuss what action steps are now needed to maintain safety and security – these action steps might become a second playbook

**Therapist’s Guide for this Playbook**

**Suggested Viewers: Youth who are…**

* Living out a persona that is based on a belief that they are not valuable or damaged
* Isolating from living a full life due to fears or anxieties

**Script for Setting up the Scene:**

The Clip that I am about to show you is from the Disney film titled *The Lion King*. As you watch the clip, ask yourself why did Simba hide out for so long and what needed to happen for him to go back home.

**In this scene you will see….**

Simba as he starts to believe lies about himself as well as how he begins to recognize the truth. Watch for how Simba’s beliefs about himself are lived out through his behavior

**Look for….**

* The Lies that Simba comes to belief about himself after his father dies
* The impact of those lies on Simba’s behavior

**Discussion Questions:**

* What were the lies that Simba believed after his dad’s death
* Have you ever found yourself in a situation that you thought the only way out was to run away or “hide out”?
* What did Simba do or not do because of the “lies” he believed from his childhood?
* Did adopting the philosophy of “Hakuna Matata” help Simba? Did it hurt him? (Hakuna Matata means “no worries”)
* Who are you today? And is this who you were meant to be or are you acting out a lie?

**Main Lessons:**

* The beliefs we hold impact our behaviors and can create a false self
* **Just because someone says something, doesn’t make it true**
* You can’t change the past, but you can change the future