

# GOOD SIDE OF BAD

## DISCUSSION GUIDE

### THE STORY

Three adult siblings are brought back together after a shocking diagnosis forces them to confront harsh realities about the future and the mental state of one of their own. A raw and intimate look at what it means to be a family navigating the waters of mental illness, **GOOD SIDE OF BAD** dives into humanity's darkest places while illuminating the love, laughter, and light that can be found when you reconnect with those closest to you. Based on the bestselling book *The Good Side of Bad*, this raw family drama explores our shared human experience of disconnection and reveals how connecting with one another is ultimately the best way to help each other.



### AN IMPORTANT CONVERSATION

People who feel safe, encouraged, respected, and challenged are more likely to share openly and thoughtfully. As a facilitator, you can help encourage that kind of active participation. You do not need to be an expert, but knowing the basics can help you keep the discussion on track and gently correct factual misstatements. Before your discussion, take time to do some additional research on schizophrenia and other mental health concerns.

It is also helpful to remind participants that everyone views the world through a unique lens of experience. Who we are influences how we interpret what we see. Audience members may have different views about the content and meaning of the film they have just seen, and all of those perspectives may be valid. Inviting speakers to identify the evidence their opinions are based on can help people better understand one another's points of view.

Note: There are no “right” or “wrong” answers to the questions in this guide.

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### SCHIZOPHRENIA

Schizophrenia is a chronic and severe mental disorder affecting 20 million people worldwide. It is characterized by distortions in thinking, perception, emotions, language, sense of self, and behavior. Common experiences include hallucinations, such as hearing voices or seeing things that are not there, and delusions, which are fixed, false beliefs. Worldwide, schizophrenia is associated with significant disability and can affect educational and occupational performance.

People with schizophrenia are two to three times more likely to die earlier than the general population. This is often due to preventable physical illnesses, including metabolic disease, cardiovascular disease, and infections. Stigma, discrimination, and violations of the human rights of people with schizophrenia are also common. Assisted living, supported housing, and supported employment are effective management strategies for people living with schizophrenia.

— World Health Organization

### HOW TO HELP SOMEONE WITH SCHIZOPHRENIA

Supporting someone with schizophrenia can be challenging, but it can also be deeply meaningful. Here are some key ways to help:

- Learn about the condition; what it is and what it isn't.
- Understanding symptoms helps reduce fear and stigma.
- Schizophrenia affects thinking, perception, and behavior.
- Avoid disputing or supporting their delusions or reacting with frustration.
- Help your loved one stick with their treatment plan (medications, therapy, doctor appointments).
- Offer to go with them to appointments or help with reminders.
- Reduce stress and overstimulation.



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### DISCUSSION QUESTIONS

1. What scene moved you the most, and why?
2. How might this film affect someone who has a family member living with mental illness?
3. Does the film encourage empathy? How?
4. If you were one of Florence's siblings, what would you have done differently?
5. If you have ever dealt with mental health challenges, did you find the character of Florence relatable?
6. Is the portrayal stigmatizing or humanizing? Support your opinion.
7. How did the film challenge or confirm your ideas about schizophrenia?
8. How does the film show the impact of mental illness on an entire family system?
9. What message does the film send about the importance of support?
10. In what ways does the film invite compassion, understanding, or deeper conversation around mental illness?



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### MENTAL HEALTH RESOURCES & SUPPORT

- **In Case of Crisis (U.S.):** Dial 988 to reach the Suicide & Crisis Lifeline. It is available 24/7 and is free and confidential.
- **988lifeline.org** offers emotional support and resources for anyone in distress or supporting someone in crisis.
  - **Crisis Text Line:** Text HOME to 741741.  
**crisistextline.org** provides text-based mental health support from trained crisis counselors, 24/7.
- **National Alliance on Mental Illness (NAMI) HelpLine:**  
1-800-950-NAMI (6264) | Text "HELPLINE" to 62640  
**nami.org/help**  
Offers information, referrals, and support for individuals and families affected by mental illness.  
Mental health education and advocacy: **nami.org**
- **MentalHealth.gov:**  
A U.S. government resource offering mental health education, treatment information, and links to services.

