

BRAINCURVES: MIND-BODY-BRAIN WELLNESS COMMUNITY PRESENTS:

EMBRACING THE INS & OUTS OF OUR EMOTIONS



Disney • PIXAR
**INSIDE
OUT**

MOVIE VIEWING AND DISCUSSION GUIDE

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Dear Mindful Movie Goers,

I'm so excited to share my neuro-psychological glimpse into what can truly be called an E-motion picture.

As you know from viewing the film, Inside-Out is based around on 11-year old girl named Riley who moves cross-country with her family. A move is a huge transition, especially at such an impressionable age, and she experiences a gamut of emotions as she leaves her home, friends, and hockey league behind. Enter Riley's feelings: Joy, Sadness, Anger, Fear, and Disgust who provide a glimpse into the workings of Riley's mind as she navigates this life-changing experience.

As the film concludes, Inside Out truly teaches us to embrace all of our emotions, but what does that mean from a psychological point of view? And how can it be applied in daily life?

On the following pages you will find my SIX thought provoking questions to enrich your viewing experience and start a mindful dialogue with yourself, your friends, family, and loved ones of all ages...Join me on this adventure exploring the ins and outs of our emotions!

Dr. Jen

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1. In your opinion, who is the main character of this film? Why do you feel that way and are they your favorite character? Why or Why not?
2. Riley's emotion JOY controls her "headquarters." If this were YOUR story instead of Riley's, which emotion would be at the helm of the controls in your "headquarters" and how do you feel this impacts your daily decisions? Perhaps it is an emotion that you did not see in the movie? If so, explain and explore.
3. Although she felt other emotions, including anger, the inability to feel sadness, coupled with her mother's request for Riley to stay happy, ultimately lead to a cold and numb existence. This state only generated poor judgment and unhealthy choices. It wasn't until she allowed herself (rather, until Depression got back to HEADquarters) to feel sadness that Riley was able to see more clearly and reach out for support. Based on your response to the previous question #2, what emotion do you think you need to "let out" more to perhaps balance your main driving emotion?



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4. Riley recalled a championship hockey game several times during the movie. At one point she remembers missing the winning shot and feeling sad about it. At another point, she literally remembers the same moment, but this time, she recalls smiling as she is championed by her teammates who pick her up onto their shoulders to let her know how valuable she is to the team. Same memory, the only difference being that it was recalled through a sad lens, and then through a lens of joy.

Think of memory and try to apply your different emotional lenses on the same memory. What changes each time and how does that impact how you may choose to view your life moving forward?

5. How do you think the emotional landscape of the story might have played out if Riley was a young boy? Would there be a difference in the way he adjusted? Would his feelings have been invalidated and been told to try to “be happy” or given more, or less, room for anger/sadness? Do you relate more to Riley or to this new male character and why?

6. In the film the emotions used are 5 scientifically validated universal emotions, as per Dr. Paul Eckman’s work (the 6th universal emotion is surprise). Through his research he showed that certain emotions are felt and expressed through universal facial expressions across cultures around the world.

Do you feel like the film has given you a greater appreciation for what others in your life, and even strangers, may be feeling and experiencing in a shared moment? Give an example of how this knowledge may help, or perhaps hinder your interactions with others in the future.



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Finally, I want to share a poem. It was written in the 1200's by Rumi, the Persian Sufi poet. Read it aloud, share it with others...

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

~ Rumi

Can you relate to this poem? Do you think that people's emotions have changed over time or remain constant throughout our existence? What other meaning does the poem bring you?

DIY Challenge: Write your own poem about emotions. What is it about? I'd love to read it and discuss with you if you're willing to share! Please email me at DrJen@BrainCurves.com

Thank you for joining me as we ventured into our feelings and emotions. There were no right or wrong answers, I only hope this has helped you better understand your Mind-Body-Brain Curves so you can truly embrace them all, embrace yourself for who you are now and who you are trying to be tomorrow, and embrace others for sharing in our lives with us.

Let's Thrive!
Dr. Jen

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BONUS QUESTIONS

In what ways has this film changed your idea of what emotions are and how they are expressed by both yourself and others?

What is at least one idea that resonated with you from this film that you can try to apply conceptually or actionably in your life right now?

After seeing this movie, do you feel more comfortable starting a dialogue about emotions and emotional acceptance with others? What might you say to begin the conversation after watching this movie with children and other young people in your life about the validity of their feelings?