**“Inside Out” Reflection**

1. When we meet Riley, most of the time Joy oversees her thoughts and personality. Which emotion(s) do you feel most often?
2. Riley and her family go through a lot of changes when they move from Minnesota to San Francisco. Have you ever gone through a big transition?
3. How are the glowing balls, or “core memories” made? What are yours?
4. What do the core memories have to do with Riley’s personality?
5. When Sadness touches one of the happy core memories, she colors it blue. What do you think is going on then? Is it possible that our current moods can color our past memories? Or how we define our personality?
6. Do you think that the core memories were changed forever or was there a temporary filter on them?
7. When Riley’s mother tells her that she is helping her parents by being their “happy girl,” Riley feels pressure to only show them her joy. What do you think of this?
8. Do you think that our society values certain emotions over others? Which ones?
9. At the end of the movie, Joy learns that other emotions, especially Sadness, are also important. Why?
10. Do you think it is easier for males or females, or for younger or older people, to express different emotions? Which ones? Why?
11. What problem does Riley think running away will fix? Why is she wrong? What could have happened to her if she’d gone through with her plan?
12. Riley is never aware of what’s happening inside of her head, although it does spill out of her ever-changing moods. Do you identify with this in any way?
13. Who is someone in real-life whom you would like to have a peek into his or her whose inner world? Why?
14. Do you think the ending to the movie is a happy one? Why or why not? Does life offer us happy endings, or should we aim for something else?