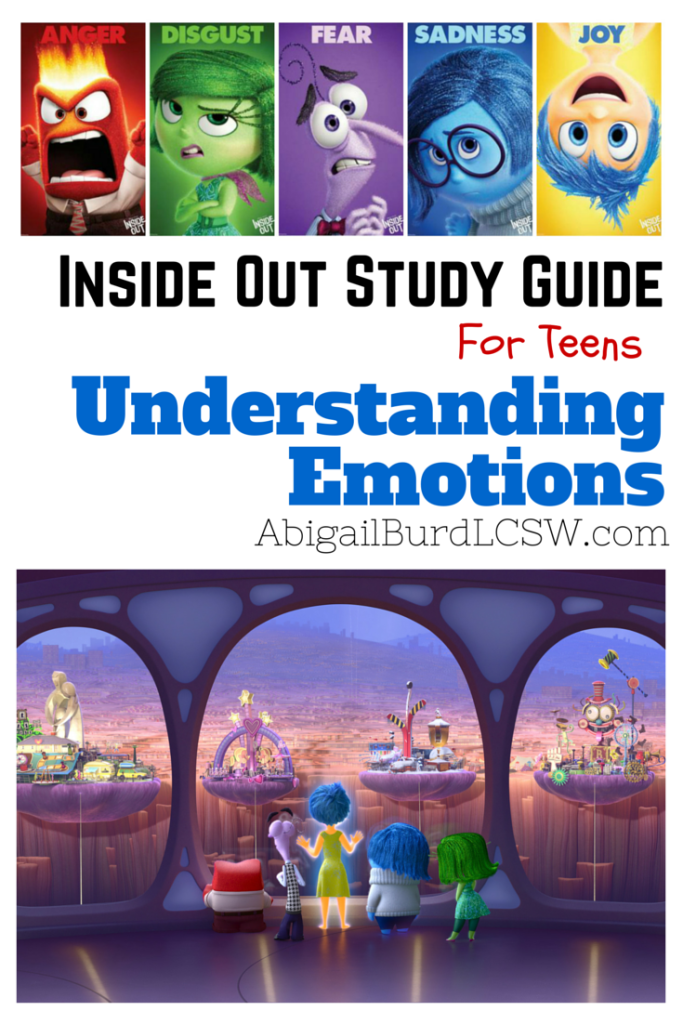
[](http://www.abigailburdlcsw.com/wp-content/uploads/2015/07/Inside-Out-Study-Guide-Understanding-Emotions.pdf)

**Inside Out – PART 2**

In Inside Out, they use metaphors to bring abstract ideas of brain function to a more concrete level for viewers.

Look for different parts of the brain or brain functioning and tell how they represented that part of the brain. ADVANCED – How else might you have represented it if it was you making the film. Think of another way.

1. Metaphor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ represents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Another possible metaphor and why:

1. Metaphor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ represents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Another possible metaphor and why:

1. Metaphor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ represents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Another possible metaphor and why:

1. Metaphor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ represents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Another possible metaphor and why:

**Discussion Questions (write out ideas silently first, then bring to the group)**

1. What does the destruction of the "Islands" represent? What parts of the brain are involved, what is happening?
2. Is there one part of the brain representation you like the best, or associate with the most? Why?
3. Is an "Island" repairable? How does this happen?
4. What is the thematic statement about significant loss and change in our lives? Discuss with friends and then answer.
5. How do you think that our society values certain emotions over others? Which ones? How may this affect stigmas around people with mental illness/personality disorders?
6. **List 3 Questions** that Riley could have asked in the "What doesn't kill me" box that would have helped her adjust to her new environment.

Other discussion ideas that pop into your head!