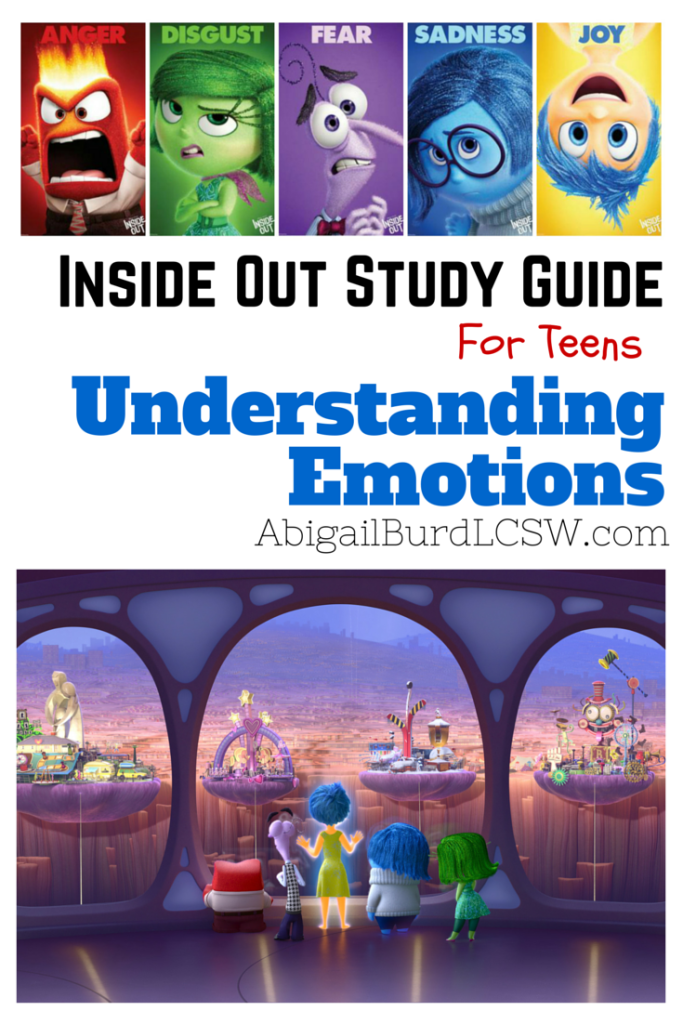
[](http://www.abigailburdlcsw.com/wp-content/uploads/2015/07/Inside-Out-Study-Guide-Understanding-Emotions.pdf)

**Inside Out – PART 2 – Socratic discussion**

**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? What Islands have you had to repair? Feel are missing?
4. What is the thematic statement about significant loss and change in our lives?
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. What is the thematic statement about significant loss and change in our lives?
7. The Film suggest that struggle is an inherent part of development and loss is a way to make room for new and maybe better experiences. It also suggests Sadness is a key element of Joy. Discuss your thoughts around the importance of struggle and even loss. Deeper thinkers can relate this to what our ultimate purpose may be on this earth.