

## Class 1: Inside Out: Focus is on Joy

Scenes 1, 2, 3 and 4 – Up until the end of Riley’s dream about skating – 20 minutes or so. (End right before Riley gets ready for her new school.)

### REVIEW

#### Emotions:

- Joy
- Sadness
- Anger
- Fear
- Disgust

#### Short-Term Memories versus Long-Term Memories

- Short-term memories get “processed” into long-term memories at the end of the day during our sleep.
  - Gets us ready for a “new day”.
- Overall, the strongest emotion colors the overall feeling of the memory.
- Important to keep a healthy body during stressful time so that the feelings and emotions during the day are balanced.

#### Core Memories

- Certain events in our lives really make a difference within our mind and our personality.
- The impact of Core Memories shapes our personality.
- We don’t know what these events are ahead of time and the impact of these memories is different for everybody.

#### Islands of Personality

- Islands of personality are important parts of who we become and who we are.
- They are the “BIG” parts of our personality.
- Sometimes they stay with us for all of our lives and sometimes they go away and new ones appear –and that’s ok. That’s part of how we become who we are.

Joy during stressful time

- Positive side: Make ourselves feel better
- Negative side: Covering up our feelings, from how we really feel. Trying too hard to cheer people up when we also need to be cheered up too.
- In the movie: Joy tries very hard to make Sadness not feel so sad. Does it work? Yes or no? Why?

Bring it home:

- Have you ever had to move?
- Have you ever had to change schools?
- What were some very stressful parts of your lives? How did the feeling of joy help you?

## AFFIRMATIONS:

Joy builds within my soul & bursts into my life in unexpected ways.

I joyfully honor the flow of life. I allow it to wash over me and deliver me to blissful places.

Joy is mine right here right now.

In each and every moment of my life, joy is a possibility. I choose joy now.

## Class 2: Inside Out: Focus is on Divine Understanding

Scenes 5, 6, 7, 8, 9 and 10 – Up until Riley begins to eat lunch at school – 20 minutes or so.

### REVIEW

Emotions:

- Joy
- Sadness
- Anger
- Fear
- Disgust

Short-Term Memories versus Long-Term Memories

- Short-term memories get “processed” into long-term memories at the end of the day during our sleep.
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- Important to keep a healthy body during stressful time so that the feelings and emotions during the day are balanced.

Core Memories

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Islands of Personality

- Islands of personality are important parts of who we become and who we are.
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Understanding about anger during stressful time

- Positive side: Release when too much happens

- Negative side: Push people away from us. Can cause hurt and injury
- In the movie: Anger is how Riley reacts to stressful situation.
  - With her dad talking about school.
  - With her friend talking about her hockey team.
- Does it work? Yes or no? Why?

Bring it home: What is the Divine Understanding that would help Riley?

- When we get angry, to our core, we need to observe our emotions and our behavior to learn more about ourselves.
  - Big life issues help learn more about ourselves and become who we are supposed to become.
- Why do you get angry?
  - What happens when you get angry?
- What happens to you when you are stressed?
  - What happens to you when you are stressed and people try to cheer you up (Joy)?
- Why do you think the islands are going dark? What is the cause?

## AFFIRMATIONS:

Riley, the star of the movie Inside Out is going through a very challenging part of her life. She is very angry and also gets depressed.

One of the suggestions we have for her and for us is that when we experience very strong emotions such as anxiety and anger, we should pause and try to truly understand what is going on for us.

When we are anxious or stressed, we can say: This anxiety is powerless over me and Divine Love now dissolves all anxious thoughts. I am peaceful in my mind and in my heart.

Class 3: Inside Out: Tie in with Unity Principle 2: We are spiritual beings, created in God's image

Scenes 11 through 15 – Up until Riley wakes up from her bad dream with the clown – 20 minutes or so.

## REVIEW

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- Disgust

### Short-Term Memories versus Long-Term Memories

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### Islands of Personality

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Sadness during stressful time

- Positive side: Make ourselves feel better
- Negative side: Covering up our feelings, from how we really feel. Trying too hard to cheer people up when we also need to be cheered up too.
- In the movie: Joy tries very hard to make Sadness not feel so sad. Does it work? Yes or no? Why?

Bring it home:

- Bing Bong is Riley's imaginary friend from when she was little - Why is Bing Bong showing up during Riley's stressful times?
- What happens to you when you are stressed?
- What happens to you when you are stressed and people try to cheer you up?
- Why do you think the islands are going dark? What is the cause?
- What has Riley forgotten about herself, about who she is?

**AFFIRMATIONS:**

Joy builds within my soul & bursts into my life in unexpected ways.

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## Class 4: Inside Out: Focus is on Fear

Scenes 15 through 18 – Up until Riley begins to eat lunch at school – 20 minutes or so.

### REVIEW

#### Emotions:

- Joy
- Sadness
- Anger
- Fear
- Disgust

#### Short-Term Memories versus Long-Term Memories

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- Important to keep a healthy body during stressful time so that the feelings and emotions during the day are balanced.

#### Core Memories

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#### Islands of Personality

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#### Fear during stressful time

- Positive side: Prevents us from getting in trouble or getting hurt.

- Negative side: Stops us from moving forward or doing something about our situation.
- In the movie: Which emotion makes Riley run away? (Anger?) Is that a good decision? Which emotion is she not listening to? (Fear, what could happen as she is running away)

Bring it home:

- What happens to you when you experience fear?
- Do you try to figure out why you are fearful?
- Do you just let fear stop you or do you try to see what is actually going on?

## AFFIRMATIONS:

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