

# Inside Out Assignment



Disney's movie *Inside Out* addresses many aspects of psychology. As you watch the film, take notes and answer the following questions:

1. What part of the brain does the "control center" represent? How do you know? Explain in one paragraph.
2. Which parts of the brain are represented by each character (Joy, Fear, Anger, Disgust and Sadness). Explain in a paragraph.
3. In several paragraphs, make an argument as to which theory of emotion best describes Riley's emotional experience. You must pick a thesis and support your argument in two-three paragraphs. To help, use the following organizer:

RILEY'S EMOTIONS					
Parts of an Emotion	<u>Joy</u>	<u>Fear</u>	<u>Anger</u>	<u>Disgust</u>	<u>Sadness</u>
<b>Physiological Arousal</b> (What does the body feel like inside?)					
<b>Expressive Behaviors</b> (What does the body look like outside?)					
<b>Conscious Experience</b> (What does the person think?)					

THEORIES OF EMOTION		
THEORY	DEFINITION	APPLICATION TO RILEY
<b>James-Lange</b>	We become aware of how we are feeling and only then do we experience an emotion.	
<b>Cannon-Bard</b>	A stimulus triggers our physical and psychological experience of emotion at the same time.	
<b>Schachter-Singer</b>	An emotion can only be experienced once we are physiologically aroused by something AND we cognitively label that emotion.	
<b>Zajonc/LeDoux</b>	Emotions often involve little cognitive awareness and can be "gut reactions" to a stimulus.	

- Another important part of Riley's experience are the islands of personality. Based on your understanding from the personality chapter, in two-three paragraphs, pick a theory of personality (psychodynamic, humanistic, trait-theory, and social-cognitive) and explain the source of Riley's personality. Which theories do a better job at explaining who she is and why she engages in her behavior. Be sure to have a thesis and back-up your claims with evidence from the movie and your book.
- Finally, because Riley is emerging as a teenager, how would her developmental stage affect her experiences of emotion and personality? Explain in two-three paragraphs using evidence from your book and the movie.