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Inside out characters and their emotions

Comments Share JoySadnessAngerFearDisgust To keep their host healthy and operational, The Emotions are the main characters of the 2015 Disney/Pixar animated film Inside Out. The emotions (joy, sadness, anger, fear and disgust) are charged with running the mind of the person or animal they inhabit. Formation and Leadership Every emotion is created at a different time, usually early in one's life. They seem to appear out of nowhere. Each person has a central emotion that acts as the unofficial leader of the group. The central emotion is usually placed in the middle of the group and controls most of the person's actions. In Riley Andersen's mind, Joy is in charge, while her father's spirit is controlled by anger, and her mother's mind is run by Grief. The film suggests that the first Emotion to appear is the one in charge, as Joy first appears in Riley's mind. Residence The Emotions live in the mind of each person and they live and work in Emotion Headquarters. Outwardly the emotions tend to assume the appearance of the person in which they live. For example, Mr. Andersen's Emotions all have a mustache and wear a suit like he does, and Ms. Andersen's Emotions all have brown hair in a ponytail and wear red framed glasses. Several other characters' Emotions resemble them in one form or another, such as having dyed hair or multiple piercings. Riley is the only character who has emotions that don't look like her. This may have been done to distinguish her emotions from the rest seen in the film. The appearance of each emotion is also based on other things. Joy is based on a star and a burst of energy, Anger is based on a firebrick, Disgust is based on broccoli, fear based on a raw nerve, and Sadness as a drop. Trivia While some people's emotions are the same sex as they are (for example, all of Bill Andersen's Emotions are masculine and Jill Andersen's Emotions are all female), some people have multiple genders to their emotions, so a man may have a feminine side (Jordan's female Disgust), or a woman can express that emotion in a more masculine way (Riley's Anger). Animals appear to have the same five emotions as humans. However, unlike taking the appearance of shapes, the emotions take the form of the animal they inhabit. The emotions can feel the same things that their host feels, such as smell, taste, pain and temperature. This is why the emotions hate broccoli and keep Riley away from it, and why Grief knew that Riley was spraying milk through her nose while laughing felt painful. In psychology, there are actually six classified emotions: anger, disgust, fear, happiness, sadness and surprise. The Emotion Surprise was cut because Pete the emotion found too similar to Fear. Each emotion corresponds to one of five stages of grief - Denial (fear), anger (anger), negotiation (disgust), depression (sadness) and acceptance (joy). Gallery Eye Shadow Girl's EmotionsAdd a Photo to This Gallery References References content is available under CC-BY-SA, unless otherwise stated. Since its release last month, Inside Out has been applauded by critics, adored by the public, and has become the likely frontrunner for the Academy Award for Best Animated Feature. But perhaps his greatest achievement is this: It has moved viewers young and old to take a look in their own minds. As you probably know by now, much of the film takes place in the head of an 11-year-old girl named Riley, with five emotions-Joy, Sadness, Anger, Fear, and Disgust-embodied by characters who help Riley navigate her world. The film has some deep things to say about the nature of our emotions—which is no coincidence, as the GGSC's founding faculty director, Dacher Keltner, served as a consultant on the film, helping to ensure that, despite some obvious creative freedoms, the film's fundamental messages about emotion are consistent with scientific research. Those messages are cleverly embedded in Inside Out's inventive storytelling and mind-blowing animation; they enrich the film without weighing it down. But they are transferred strongly enough to provide a basis for discussion among children and adults. Some of the most memorable scenes in the film double as educational moments for the class or dinner table. Although Inside Out has artfully opened the door to these conversations, it can still be difficult to find the right way to go through them or answer children's questions. So for parents and teachers who want to discuss Inside Out with children, here we distilled four of his key insights into our emotional lives, along with some of the research that supports them. And a warning, lest we arouse your anger: There are some spoilers below. 1) Happiness is not just about joy. When the film begins, the emotion of Joy-personified by a manic pixie-type with the voice of Amy Poehler -stirs the controls in Riley's mind; Her overarching goal is to make sure Riley is always happy. But by the end of the film, Joy - like Riley and the audience - learns that there's much, much more to be happy than boundless positivity. In fact, in the final chapter of the film, when Joy's control is at odds with some of her fellow emotions, especially Sadness, Riley seems to achieve a deeper form of happiness. This reflects the way many leading emotion researchers see happiness. Sonja Lyubomirsky, author of the best-selling How of Happiness, defines happiness as the experience of joy, satisfaction, or positive well-being, combined with a sense that one's life is good, meaningful and worthwhile. (emphasis added) So while positive emotions like joy are definitely part of the recipe for happiness, they are not the whole shebang. In fact, a recent study found that people who modersivity, or a rich range of both positive and negative emotions, have better mental health. The authors of this study suggest that feeling a variety of specific emotions can make a person more information about a particular situation, resulting in better behavioural choices and potentially more happiness. For example, in a pivotal moment in the film, Riley lets herself feel sadness, in addition to fear and anger, about her idea of running away from home; as a result, she decides not to proceed with her plan. This choice reunites Riley with her family, giving her a deeper sense of happiness and satisfaction in the comfort she gets from her parents, even though it's mixed with grief and fear. In that light, the creators of Inside Out, including director Pete Docter, made a smart choice to call Poehler's character Joy instead of Happiness. Ultimately, joy is just one element of happiness, and happiness can be pounded with other emotions, even including sadness. 2) Don't try to force happiness. One of us (Vick) felt an old, familiar frustration when Riley's mother tells her to be her parents' happy girl while the family adjusts to a stressful cross-country move and her father goes through a difficult period at work. As a child, Vicki received similar messages and thought there was something wrong with her if she wasn't happy all the time. And all the research and the press about the importance of happiness in recent years can make this message much more powerful. Thank God emotion researcher June Gruber and her colleagues began to look at the nuances of happiness and her pursuit. Their findings challenge the happy-all-the-time obligation that was probably imposed on many of us. For example, their research suggests that making happiness an explicit goal in life may actually make us miserable. Gruber's colleague Iris Mauss has found that the more people aspire to happiness, the more likely they are to set very high standards of happiness for themselves and feel disappointed - and less happy - if they are unable to meet those standards all the time. So it should come as no surprise that trying to force herself to be happy doesn't actually help Riley cope with the stress and transitions in her life. In fact, not only does not just fail to bring her happiness, it also seems to make her feel isolated and angry at her parents, which factors in her decision to walk away from home. What is a more effective route to happiness for Riley (and the rest of us)? Recent research highlights the importance of prioritizing positivity- consciously cutting out ample time in life for experiences we personally enjoy. For Riley, that's hockey, spending time with friends, and messing around with her parents. But critically, prioritizing positivity does not require avoiding or denying negative feelings or the situations that cause them—the kind of single-minded pursuit of happiness that can be counterproductive. That's a crucial emotional lesson for Riley and her family as Riley finally admits to moving to San Francisco for her - a confession that brings her closer to her parents. 3) Sadness Sadness vital to our well-being. Early in the film, Joy admits she doesn't understand what Grief is for or why it's in Riley's head. She's not alone. At one time or another, many of us have probably wondered what purpose grief serves in our lives. That's why the two of us love that Sadness instead of Joy emerges as the hero of the film. Why? Because Grief is deeply associated with people — an essential part of happiness — and Riley helps to do the same. For example, when Riley's long-forgotten imaginary friend Bing Bong feels depressed after losing his car, it's Drogisch's empathetic understanding that helps him recover, not Joy's attempt to put a positive spin on his loss. (Interestingly, this scene illustrates an important finding from research on happiness, namely that expressions of happiness should be adapted to the situation.) In one of the film's biggest revelations, Joy looks back at one of Riley's core memories—when the girl missed a shot in a major hockey game—and realizes that the grief Riley felt afterwards elicited compassion from her parents and friends, bringing her closer to them and transforming this potentially awful memory into one imbued with deep meaning and meaning for her. With great sensitivity, Inside Out shows how tough emotions such as sadness, fear and anger can be extremely uncomfortable for people to experience — that's why many of us do everything we can to avoid them (see the next section). But in film, as in real life, all these emotions serve an important purpose by providing insight into our inner and outer environments in ways that can help us connect with others, avoid danger, or recover from loss. One caveat: While it's important to help children embrace grief, parents and teachers should explain to them that grief is not the same as depression - a mood disorder that entails prolonged and intense periods of grief. Adults should also create safe and familiar environments for children so that they feel safe asking for help if they feel sad or depressed. 4) Carefully embrace- rather than suppress-harsh emotions. At one point, Joy tries to prevent Grief from having any impact on Riley's psyche by drawing a small circle of Sadness in chalk and instructing Grief to stay in it. It's a funny moment, but psychologists will recognize that Joy is engaged in a risky behavior called emotional suppression—an emotion-regulation strategy that has been found to lead to anxiety and depression, especially among teens whose understanding of their own emotions is still evolving. Sure enough, try to contain grief and deny her a role in the action eventually works for Joy, and for Riley. Later in the film, when Bing Bong loses his car (the scene described above), Joy tries to cognitively harvest the situation, meaning she encourages him to reinterpret what this loss means to him—in this case, by trying to shift his emotional response to the positive. Positive, reevaluation is a strategy that has historically been considered the most effective way to regulate emotions. But even this method of emotion regulation is not always the best approach, as researchers have found that it can sometimes increase rather than reduce depression depending on the situation. By the end of the film, Joy does what some researchers now consider to be the healthiest method for working with emotions: Instead of avoiding or denying Grief, Joy accepts Grief for who she is, realizing that she is an important part of Riley's emotional life. Emotion experts call this mindfully embracing an emotion. What does that mean? Instead of getting caught up in the drama of an emotional response, a mindful person kindly observes the emotion without judging it as the right or wrong way to feel in a particular situation, creating space to choose a healthy response. Indeed, a 2014 study found that depressed adolescents and young adults taking a mindful approach to life showed lower levels of depression, anxiety, and poor attitudes, as well as a greater quality of life. Sure, Inside Out isn't the first attempt to learn one of these four lessons, but it's hard to think of another piece of media that has simultaneously moved and entertained so many people in the process. It's a shining example of the power of media to shift viewers' understanding of human experience - a shift that, in this case, we hope will help viewers foster

deeper and more compassionate connections with themselves and those around them. Them.

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