Inside Out: Film Analysis

It is okay to be sad on the surface that’s one of the easier messages to take away from this movie inside out where emotions frame the way our brains store and influence our daily interactions with the outside world by helping to create our personalities, and the message by the end of the film is that it is okay to be sad. We don’t start there though inside out immediately an assumption about how we perceive emotions sadness is bad. We all want to be happy everything sadness touches it permanently changes. The emotional intelligence of inside out revolves around Riley’s core emotions. There are five emotions discussed in the movie which includes joy a yellow girl who remains positive every time.

She is the prominent emotion in control of Riley and is the glue that keeps all the other emotions together. So in this way joy is guiding us to remain positive and be happy in our bad days also. There is a relationship between us and our emotions emotional intelligence in this movie helping us a lot to be a good person. Another emotion of riley is fear.

Fear appears on the list of basic emotions and is categorized as negative, and the lesson fear giving us in this movie is that always try to beat your biggest fear. Don't let fear or insecurity stop you from trying new things. Believe in yourself. Do what you love. And most importantly, be kind to others, even if you don't like them.

There are moments when a person feels disgust without cognition, but some things are learned to be disgust as riley with broccoli. Disgust is the negative emotion which means rejection this is a natural thing but movie is helping us to control our emotion of disgust. In the movie her job is to keep Riley from being poisoned both physically and socially, which is not good in front of public.

Once a writer said 'A life without sadness would have less color to it.'In the movie she is not helping riley to move on. Anger is most often categorized as a negative emotion because of its connection with aggression. From an emotional development point of view, anger is a motivator for defense. From a psychological perspective, anger is seen as an instigator of correcting a wrong which are all characteristics of Riley’s Anger who is shaped like a red brick and combusts when agitated.

Inside Out enables children to explore their emotions and feelings not only through the five core emotions, but also through the emotional narrative of Riley.

There are two distinctive moments for Riley’s emotional literacy: one is at the beginning of the film and the other towards the end.

I conclude, that films are an example of these tools that allow children to interpret and understand themselves and the world they live in. Emotional literacy is learnt through interaction, whether it is with a person or a text - an animated film in this case. Riley learns to navigate her emotions within the world, reassuring the audience that feelings of anger, fear and disgust are not wrong, but essential elements in coming to terms with big feelings of joy and sadness. Inside Out teaches audiences emotional literacy, the ability to understand and express

your own emotions and understand and empathize with others. This contributes to the emotional intelligence of the viewer to recognize and distinguish emotions within themselves and others and to create narratives individual to themselves.