

# practicing Emotional Intelligence with

# Disney · PIXAR INSIDE OUT 2



source: Images from Disney/Pixar

Everything you need to know to make better friends with your emotions.

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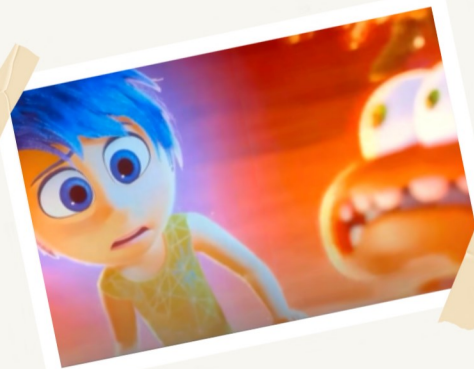
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source: Images from Disney/Pixar



source: Images from Disney/Pixar



# Using this book



## HELLO FROM SIX SECONDS

We want everyone to have more skills to be smarter with feelings. The ideas in this book came from Six Seconds' social media channels. We created content in response to the avalanche of questions and discussions our global network of emotional intelligence practitioners received when the film premiered. The response from our subscribers was overwhelming. We wanted to collect the posts in a more usable format so the lessons could be used more widely in classrooms, counseling sessions, team meetings and leadership seminars.

A big thank you to the creators of the Inside Out series for helping all of us in the emotions business. They popularized emotions by giving the world a misfit team of relatable characters with quirky personalities and responsibilities. Sharing favorite quotes, touching moments and jokes from the films makes the work of spreading emotional intelligence easier for all of us. Now we have a shared vocabulary about emotions and an entry-point to have meaningful conversations about our emotions with everyone. Shout out to Disney/Pixar for your creative genius! This book is intended to be an educational support material for people who want to learn more about emotions.





# 1: The Logic of Feelings

## UNDERSTANDING THE MESSAGES FROM EMOTIONS

Let's explore the basics of emotional intelligence:  
What are emotions, and why do we feel them?

Emotions are data. They are messages to us, from us.  
What is the message each feeling is trying to tell us?

In this section, we'll go over the 9 primary characters from the Inside Out movies, and explore how each is trying to help us. Then we'll look at the world's most comprehensive map for emotions, Plutchik's Emotion Wheel, to help better understand the science of emotions - and the functional purpose they serve in our lives.



# Meet the Emotions



Emotions are messages. They exist because they need to tell you something important. Emotional Intelligence is a set of skills for learning to perceive, understand and use our emotions.

Let's get to know emotions better with the characters from Inside Out 2! These movies can help us to explore and learn about emotions without being afraid of our feelings.



source: Images from Disney/Pixar

# JOY & SADNESS



## JOY

Joy helps us to

- notice what's going well
- fuel our energy to move forward and recreate it

source: Images from Disney/Pixar

## SADNESS

Sadness helps us to

- notice and cherish what we love
- connect with others
- step back to reflect



source: Images from Disney/Pixar



# ANGER & FEAR

## FEAR

Fear helps us to

- focus on what we want to protect
- move back to avert threats



source: Images from Disney/Pixar

## ANGER

Anger helps us to

- notice what is in the way
- energize us to break through obstacles



source: Images from Disney/Pixar

# DISGUST & ENVY

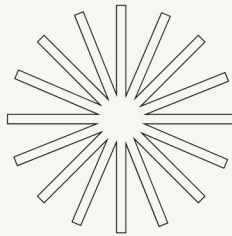
## ENVY

Envy helps us to

- decide what's important for us
- push us forward to take action toward those goals



source: Images from Disney/Pixar



source: Images from Disney/Pixar

## DISGUST

Disgust helps us to

- set boundaries of what's ok
- reject or move away from what's unhealthy or wrong

# EMBARRASSMENT, ENNUI & ANXIETY



source: Images from Disney/Pixar

## EMBARRASSMENT

Embarrassment helps us to

- notice when we make a mistake
- move away from risks



source: Images from Disney/Pixar

## ANXIETY

Anxiety helps us to

- notice if we're not prepared or not safe and move away (or freeze)
- get energy to be prepared for change



source: Images from Disney/Pixar

## ENNUI (BOREDOM)

Ennui helps us to

- let our minds wander & relax
- notice what we've not been seeing and retreat to consider
- be more creative or learn



# What exactly do emotions \*do\*?

What if every feeling provides a different perspective + energy to take action? When you get to know emotions better, you learn there is a logic to feelings. They are messages that can help us if we can understand their meaning.



source: Images from Disney/Pixar

Each feeling is here to help us  
**notice** & take **action**

# Emotions do 2 things



Every feeling\* does 2 things:

## **Focus our attention on an opportunity or threat**

They ask us a question, “have you thought about this part?”

For example,

Joy asks: Are you noticing how great this is?

Fear asks: Are you noticing this danger?

## **Energize us to move forward or back**

They motivate action to deal with opportunities/threats. Generally either approach or avoid.

Joy motivates us to approach, stepping closer to the opportunity.

Fear motivates us to avoid, stepping back from the risk (but fear + anger is different!)

This can be confusing because we have multiple feelings at once — but once you break it down into the basic elements of your feeling, you can use the Plutchik Wheel of Emotions (see page 16) to decode them.

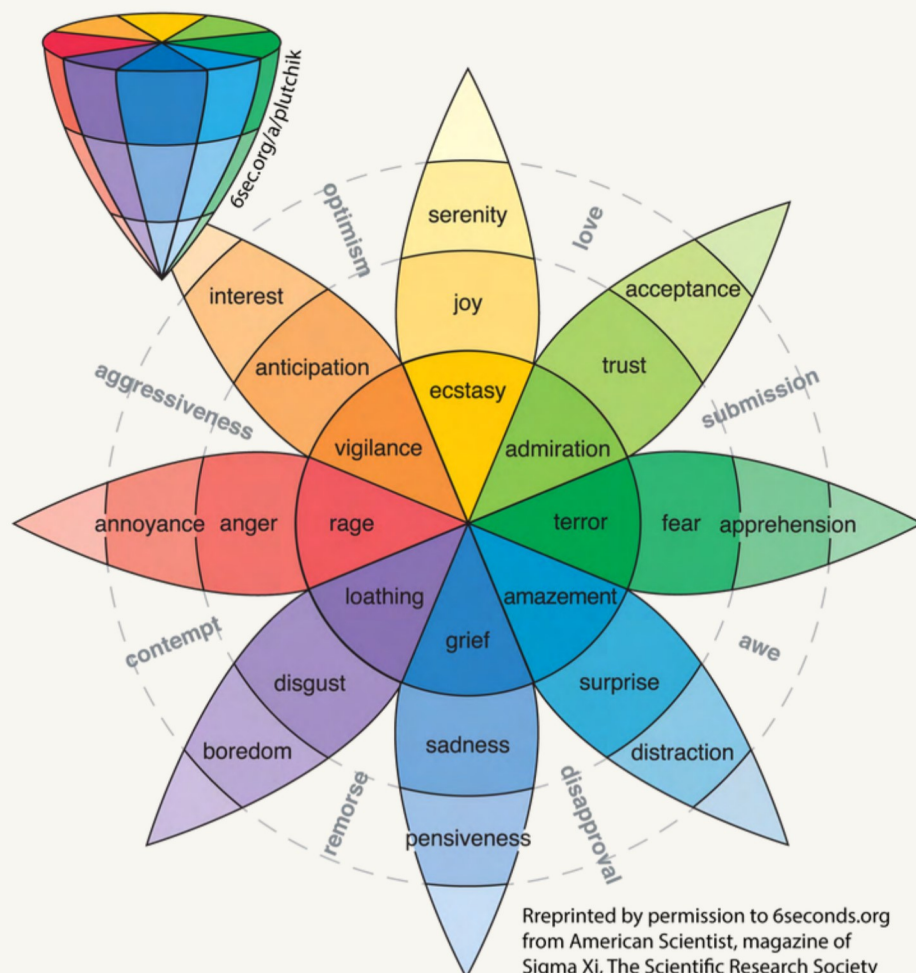
What feeling would you like to learn more about?

*\*Technically, feelings & emotions are different -- emotions come first, then as we start to process that (in our brains & bodies), we feel.*

# Is there a map for emotions?

There is a map for emotions! Robert Plutchik created this model in 1980. We use the Plutchik model at Six Seconds because it comes from the adaptive theory of emotion -- in other words, all feelings are there for a reason. Check out our interactive model: [6sec.org/wheel](http://6sec.org/wheel)

The folded version of the model is an "ice cream cone" that shows how feelings are more distinct & intense at the top... and more similar and faded as they become more cognitively saturated toward the bottom.





Things we love about the Plutchik model...

It's beautiful! We appreciate the artistry and elegant logic which leads us to want to dig deeper.

There's a clear logic: Each "petal" has opposite motivations, eg  
Trust    approach  
Disgust    avoid

It clarifies the functional purpose of emotions; Plutchik studied animal behavior (like Darwin) and made this model about how each emotion is connected to survival. Read the details on this on the interactive version.

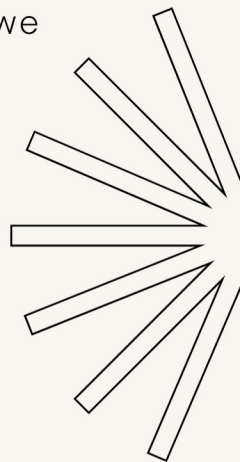
It shows how emotions can combine into secondary and even tertiary feelings.

Yes but...

While the logic of opposite motivations is helpful, we find that this plays into a widespread bias of "positive vs negative" feelings. In Plutchik's research, every emotion serves a survival purpose. So, in that sense, Sorrow or Fear are not at all 'negative' -- they are super important!

As soon as we start to treat some feelings as negative or bad, it's very difficult to also see them as valuable. To get the wisdom of feelings, we need a different frame:

**Emotions are data.**  
**They're all here for a reason.**  
**They're whispers of wisdom from us, for us.**



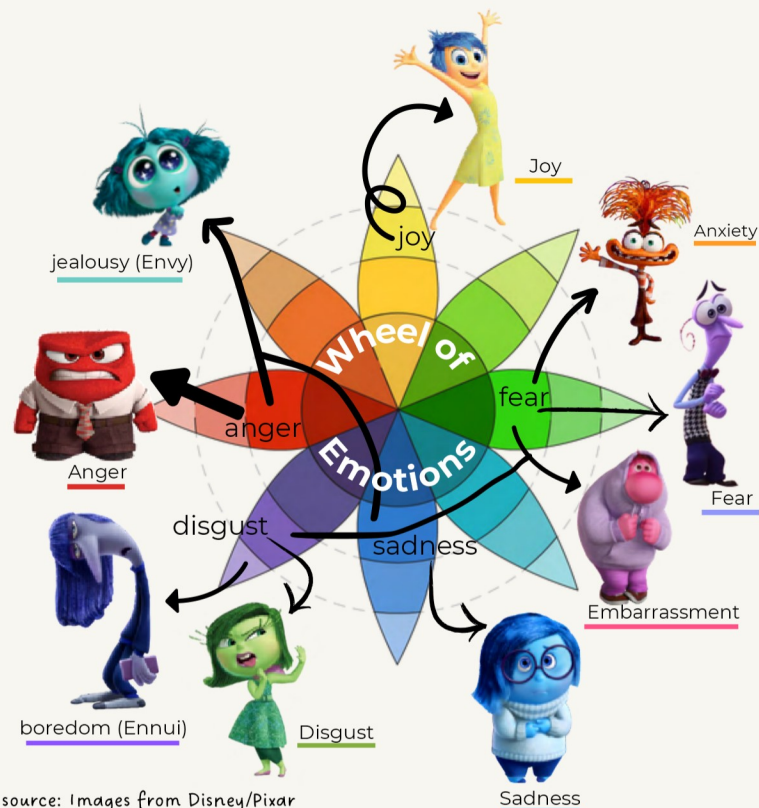
# Inside Out on the map

Where on the Plutchik model of emotions do the Inside Out characters appear?

The creators of the movie cast Primary, Secondary and Tertiary emotions in the film. This means that many of the characters like Anger, Joy, Fear, Sadness and Disgust are easy to place. But others like Envy and Embarrassment are more challenging.

Another frequent question that comes up -- “Why do the colors of the characters not match the Plutchik model?” The creators didn’t design the characters to reflect the Plutchik model, instead they used color theory and psychology concepts to make the characters.

What color characters feel “right” or “wrong” to you? What would you have done differently.?



# 2: The Layers of Feelings

## EMBRACING THE COMPLEXITY OF EMOTIONS

Now that you have the basics of emotional intelligence, let's explore more complex ideas that deepen our understanding of how emotions shape our experiences.

Three facts about emotions:

### **We feel emotions at different intensities**

*Emotions aren't static; we feel them at varying intensities, from a subtle unease to overwhelming panic.*

### **We feel combinations of emotions**

*It's common to experience multiple emotions simultaneously, such as feeling both joy and sorrow in a bittersweet moment.*

### **We have many different words for emotions**

*The richness of our emotional vocabulary allows us to articulate these nuanced feelings with a wide array of words, each capturing different shades of our emotional landscape.*





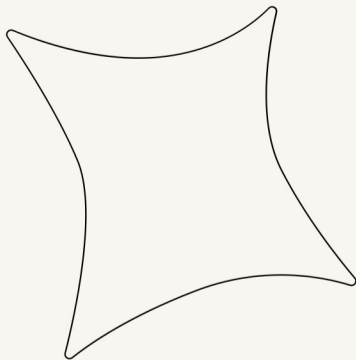
# Emotional Intensity

Emotional literacy is naming and understanding both simple and complex feelings. An easy way to improve *emotional literacy* is noticing and naming when feelings are smaller or bigger (intensity). There are HUNDREDS of words for feelings in English.

What happens when we build our emotional literacy to name our emotions more clearly and accurately?

Here are some examples of emotions in different intensities from Inside Out 2 characters -- and what they mean.

source: Photos from Disney/Pixar



teary    dismayed    devastated  
source: Images from Disney/Pixar

how big is your  
sadness feeling ?



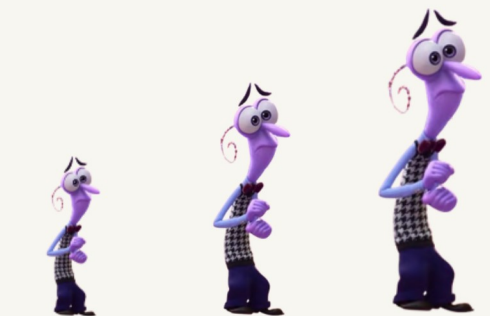
content    pleased    delighted  
source: Images from Disney/Pixar

how big is your  
joy feeling ?



bored    dismissive    revolted  
source: Images from Disney/Pixar

how big is your  
disgust feeling ?



insecure    frightened    terror  
source: Images from Disney/Pixar

how big is your  
fear feeling ?

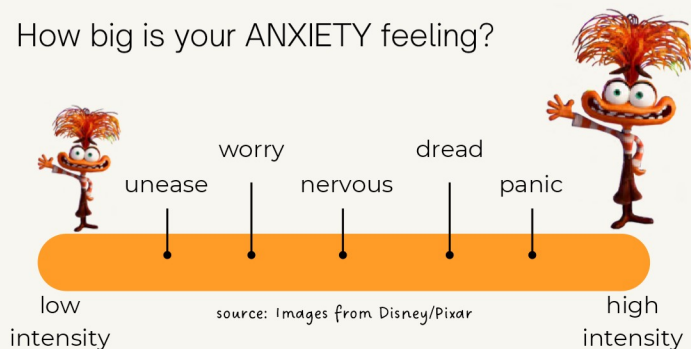


annoyed    mad    infuriated  
source: Images from Disney/Pixar

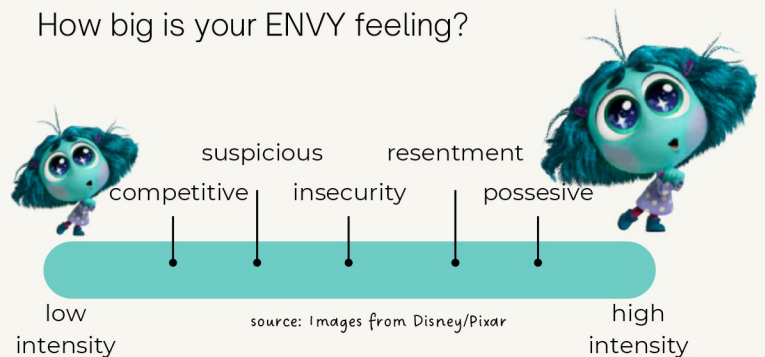
how big is your  
anger feeling ?

# Emotional Intensity 2

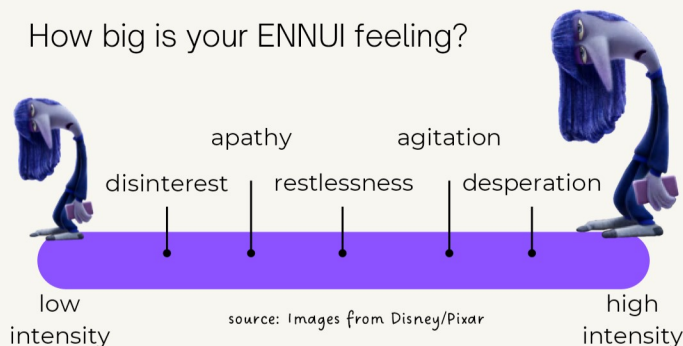
How big is your ANXIETY feeling?



How big is your ENVY feeling?



How big is your ENNUI feeling?



How big is your EMBARRASSMENT feeling?



# Even More Emotion Words

Here's even more words for emotions to grow your emotional literacy.

source: Images from Disney/Pixar



## **FEAR**

Insecure  
Timid  
Lost  
Astonished  
Startled  
Unsettled  
Hesitant  
Troubled  
Uncertain  
Frightened  
Horrorified  
Terror-stricken  
Terrified  
Panicked  
Petrified



## **ANGER**

Peeved  
Disappointed  
Miffed  
Annoyed  
Irritated  
Critical  
Hot tempered  
Vindictive  
Boiling  
Fuming  
Livid  
Infuriated  
Outraged  
Furious  
Explosive



## **JOY**

Peaceful  
Content  
Confident  
Pleased  
Hopeful  
Delighted  
Happy  
Cheerful  
Chuffed  
Thrilled  
Ecstatic  
Exuberant  
Wacky  
Goofy  
Hilarious



## **SADNESS**

Insignificant  
Overwhelmed  
Withdrawn  
Lonely  
Disturbed  
Gloomy  
Down  
Discouraged  
Defeated  
Heartbroken  
Miserable  
Anguished  
Grief-stricken  
Devastated  
Distracted



# Even More Emotion Words 2

Even more words for emotions to grow your emotional literacy.

source: Images from Disney/Pixar



## **BOREDOM**

Disinterest  
Indifference  
Dullness  
Tediousness  
Lethargy  
Listlessness  
Apathy  
Weariness  
Monotony  
Restlessness  
Malaise  
Fatigue  
Frustration  
Ennui  
Desperation



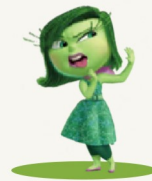
## **ENVY**

Curiosity  
Admiration  
Desire  
Covetousness  
Jealousy  
Resentment  
Bitterness  
Longing  
Scarcity  
Insecurity  
Discontent  
Vulnerability  
Rivalry  
Hostility  
Malice



## **EMBARRASSMENT**

Self-consciousness  
Awkwardness  
Blushing  
Unease  
Nervousness  
Shyness  
Discomfort  
Guilt  
Mortification  
Insecurity  
Shame  
Humiliation  
Inferiority  
Distress  
Mortification



## **DISGUST**

Dislike  
Aversion  
Displeasure  
Distaste  
Repulsion  
Irritation  
Contempt  
Disdain  
Revulsion  
Abhorrence  
Loathing  
Nausea  
Offense  
Horror  
Hatred



## **ANXIETY**

Unease  
Nervousness  
Worry  
Apprehension  
Restlessness  
Tension  
Insecurity  
Dread  
Fear  
Alarm  
Distress  
Panic  
Terror  
Paranoia  
Hysteria

# Can you combine emotions?

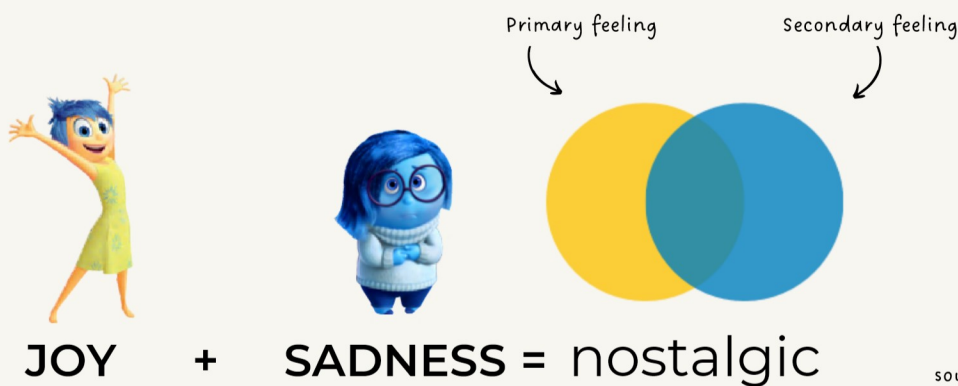


Emotions can sometimes feel confusing, arbitrary and, scary. One of the best ways to get more skilled with them is to learn what they mean and how they combine.

When we're in complex situations (life), we have a complex mix of feelings. They don't "cancel out," they layer up. Like Riley in Inside Out 2, many people struggle to make sense of complex feelings.

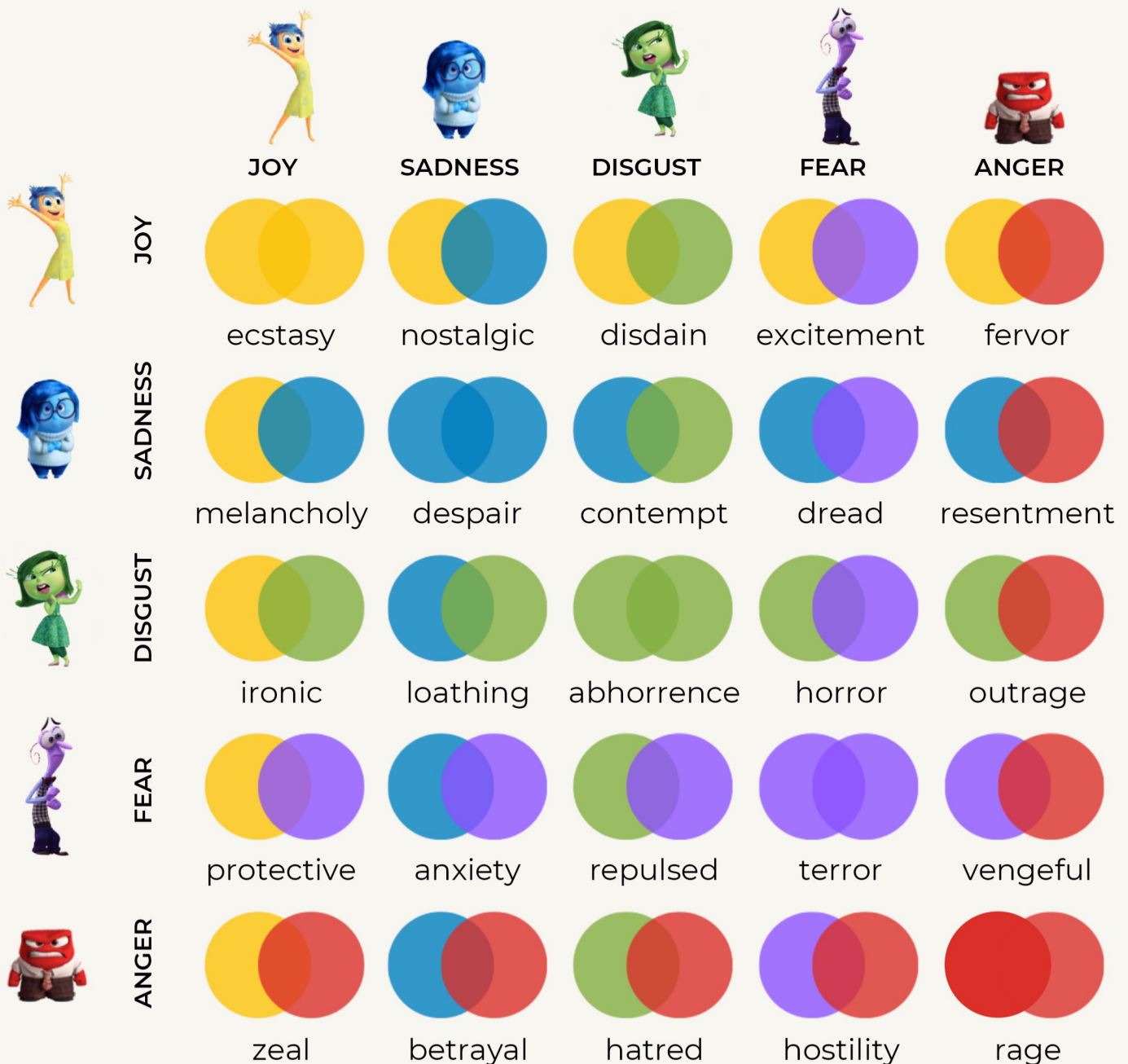
Even though we have many feelings at once, we can decode them into some basic components, each with a specific meaning.

In the graphic on pg. 14 the feelings on the left are stronger, eg "nostalgic" has more joy... and "melancholy" has more sadness.



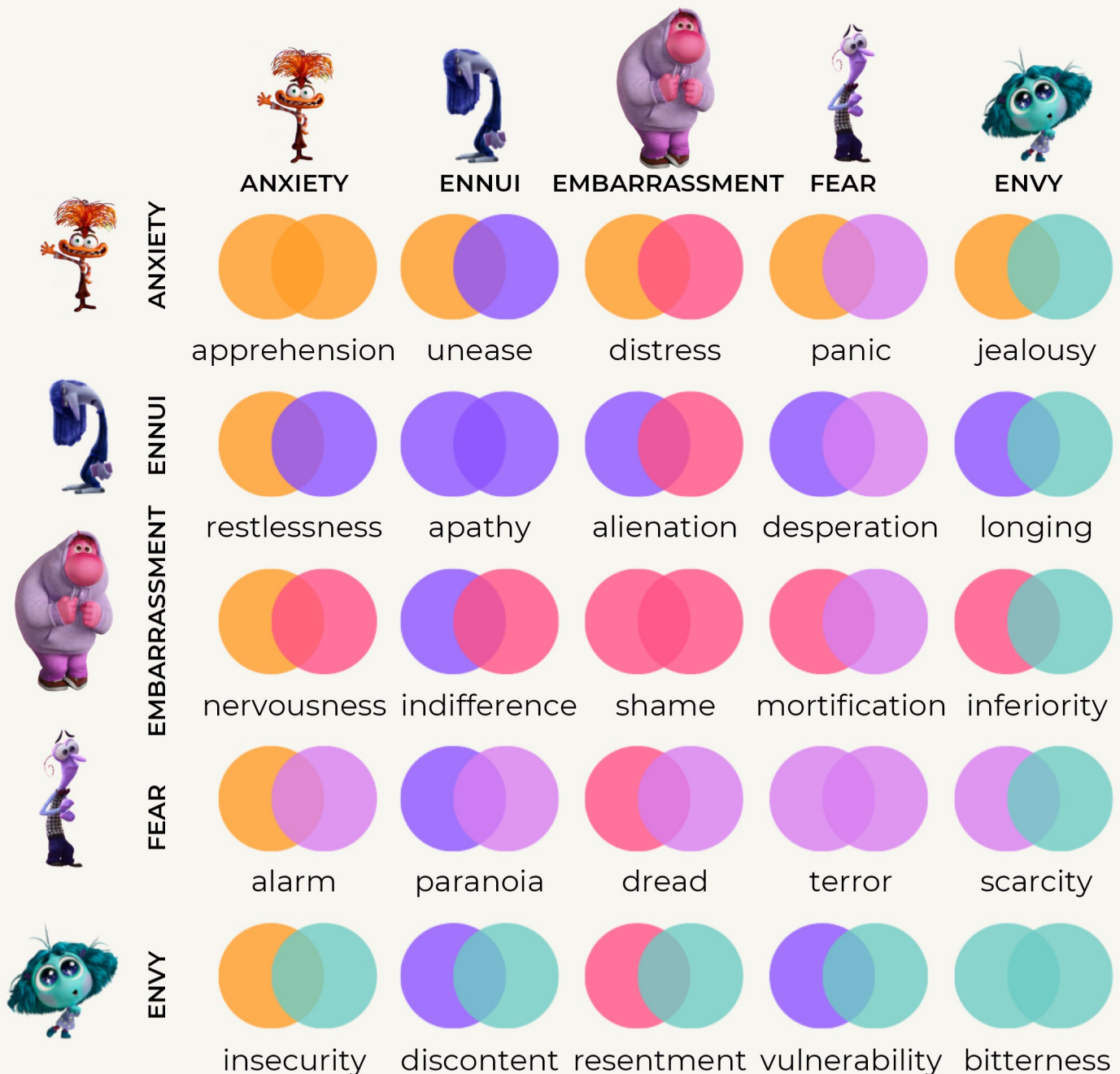
source: Images from Disney/Pixar

# Combining Emotions 1

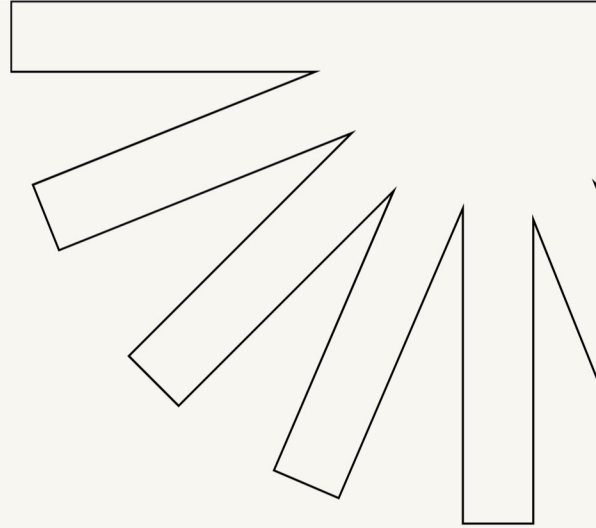




# Combining Emotions 2



# Emotional Amplifiers



Complex emotions help us with complex challenges. InsideOut2 adds combined emotions, but 1 is missing... what is it? To help Riley navigate big challenges (puberty, new school, new team, new friends, etc), the film introduces some "amplifiers" that pair with the original cast of characters.

InsideOut1 → InsideOut2

Fear → Anxiety

Sadness → Embarrassment

Anger → Envy

Joy → \_\_\_\_\_(what goes here?)

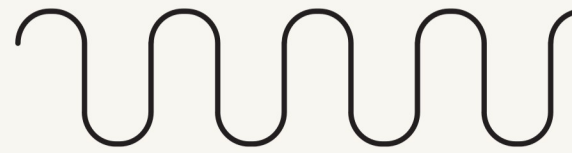


All of the primary emotions above are paired with EMOTION AMPLIFIERS, except for Joy.

What could Joy be paired with?

source: Images from Disney/Pixar

# Amplifying FEAR & SADNESS



Basic emotion: FEAR.

Amplifier: ANXIETY.

The basic emotion, Fear, is a signal that someone/something we care about is at risk. It's generally about a specific threat to a specific thing or person.

Anxiety amplifies that to a more generalized sense of "something could go wrong" so we need to prepare (or over-prepare) to avoid this unknown danger.



source: Images from Disney/Pixar

Basic emotion: SADNESS.

Amplifier: EMBARRASSMENT.

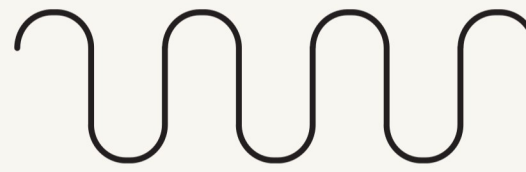
The basic emotion, Sorrow, focuses our attention on loss or distance to someone or something we love. It helps us clarify and connect with that.

Embarrassment amplifies that to extend to a loss of belonging or fitting in; it's not a specific loss, but a loss of esteem or standing.



source: Images from Disney/Pixar

# Amplifying ANGER & DISGUST



Basic Emotion: ANGER

Amplifier: ENVY (Jealousy)

The basic emotion, Anger, helps us notice an obstacle and energizes us to break through that.

Envy amplifies a particular type of obstacle which has to do with social status and energizes us to fight for or work toward that status (or to reject it).



source: Images from Disney/Pixar

Basic Emotion: DISGUST

Amplifier: ENNUI (Boredom)

The basic emotion, Disgust, helps us notice what is harmful or repulsive, prompting us to avoid or reject it.

Ennui amplifies a particular type of disgust that arises from monotony or lack of meaningful engagement, driving us to seek out or create more stimulating and fulfilling experiences.



source: Images from Disney/Pixar



# How do we Amplify JOY?

What about JOY?

The basic emotion, Joy, helps us notice what's going well, and energizes us to recreate that or bring it into the future.

An amplifier would extend Joy to a more abstract or generalized sense of "What's good."

\*\* To be parallel to the others, it would be a more social/relational aspect of this feeling.

Amplifier: ACCEPTANCE. We see it as parallel to the other amplifiers in the film because it has a strong relational component, and specifically connected to complexity/challenge (ie, Acceptance is actually part of TRUST on the Plutchik Wheel, so it's about safety and belonging, oxytocin-related) Take a look at the wheel [6sec.org/wheel](http://6sec.org/wheel).

In our LinkedIn discussion, many people thought GRATITUDE or OPTIMISM were also good answers for Joy's amplifier.



source: Images from Disney/Pixar

# 3 : The Lessons from Feelings

## APPLYING EMOTIONAL INTELLIGENCE TO INSIDE OUT 2

Inside Out 2 provides endless opportunities to learn key lessons and start practicing emotional intelligence in our daily lives.

In this section, we'll look at how to take your learning further with the Inside Out 2 characters.

- Examine the choices made by the movie's directors

- Learn how to navigate anxiety more skillfully

- Revisit memorable scenes and the key lessons they reveal

- Experiment with the Starter Questions to help solidify your child's learning about emotions and emotional intelligence

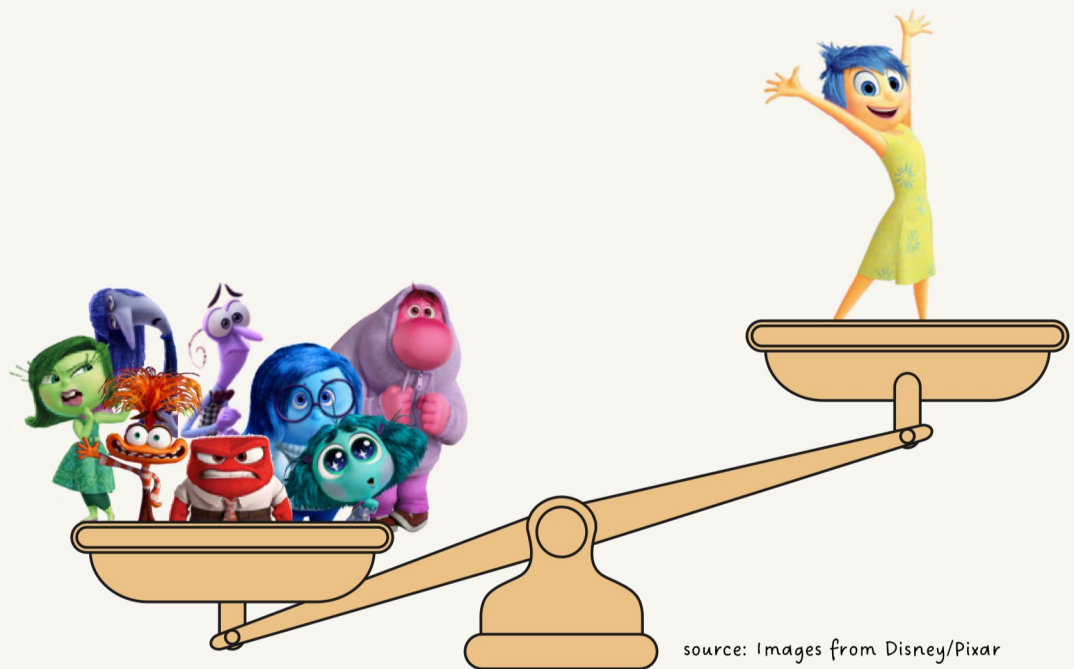
How will you use Inside Out films to learn more about emotional intelligence?



# Fewer positive emotions?

Q: Why are there so many more “negative” emotions in Inside Out 2? Why can’t we have more “good” emotions in the story?

A: There are actually no “good” or “bad” emotions. Emotions are data – they are messages from you, for you, and they each have important lessons to teach. In the story we discover that each emotion plays an important role in supporting Riley to face big challenges, helping her to grow and learn; the emotions need each other to do their jobs well. That said: at Six Seconds, we often use the Plutchik Model, which is more balanced.



source: Images from Disney/Pixar

# 4 tips about Anxiety

## RIGHT SIZE IT

One of the biggest lessons from the film is to recognize Anxiety doing its job-- to help you notice risks and keep you safe. We don't need to hate or banish Anxiety, just give it the right amount of attention. Ask yourself "how much risk is in this moment? how much attention do I need to give this situation? What is the right action to take to keep safe but not go too far?"



source: Images from Disney/Pixar

## GIVE IT A JOB

To prevent Anxiety from taking over, it's a good idea to give it a job where it can be helpful. When Anxiety starts to get overwhelmed, Joy helps Anxiety sit in a comfortable chair, give it a cup of "AnxiTEA" and then lets her worry about the math test Riley has coming up. Riley will need motivation to study and a boost of focus when she takes the test.

## NOTICE WHAT IT TAKES FROM YOU

When Anxiety takes over the control panel, she sidelines the other emotions. But she also overwhelms Riley and makes her Imagination work on risk assessment scenarios rather than other creative pursuits like art, expression and dreams. Anxiety can take us away from things we love to do. When you right size Anxiety you can get back to your regular creative passions.

## NOTICE EMOTIONAL AND PHYSICAL SENSATIONS

Inside Out 2 did a great job showing what an anxiety attack looks and feels like. Notice the lights, sounds, breath, flushed face, sweaty palms, heart rate. Riley uses several techniques to ground herself and recover from the experience including deep breaths, touching the bench seat, looking at nature, and recalling moments of joy and safety. All of these centering exercises are useful in everyday mindfulness practices.



# 10 quoteable moments

What quotes are you holding onto from Inside Out 2? Here are ten, with emotional intelligence lessons these standout moments can teach us.

## one

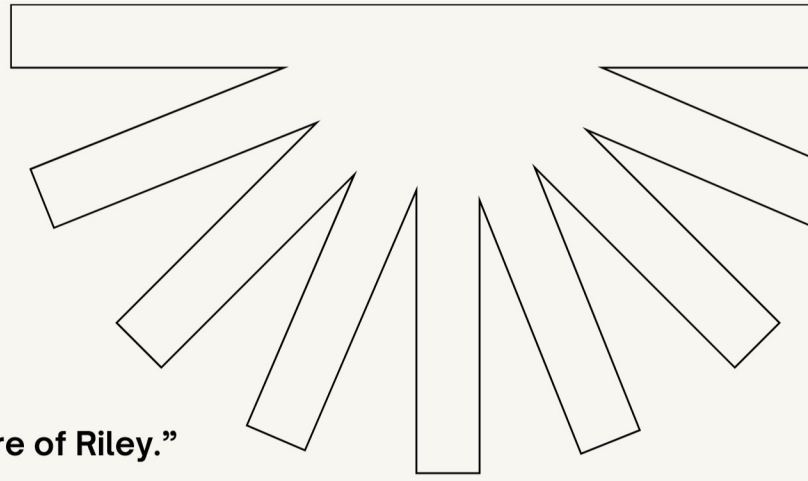
ANXIETY: **“I’m Anxiety. Where can I put my stuff?”**



source: Images from Disney/Pixar

Anxiety arrives with suitcases - we all have some baggage. Anxiety is important because it pushes us to guard from danger, but it can take up too much brain space. Can you recognize your own patterns of anxiety taking up too much space? When you see it arrive, recognize it and ask it: “What are you here to warn me about?”

# two



SADNESS: **“You take such good care of Riley.”**

JOY: **“Thanks, I try.”**

Joy is an emotion that pushes us to notice what’s good for us, and to create more of that. All emotions are energy: Joy’s energy is to expand, to step forward, to celebrate what’s wonderful and healthy in our lives. That’s why it takes care of Riley, and of all of us.



source: Images from Disney/Pixar

# three

ANXIETY: “Riley’s life is more complex now. It requires more sophisticated emotions than all of you. You just aren’t what she needs anymore...”

FEAR: “How dare you madam!”

JOY: “You can’t just bottle us up!”

ANXIETY: “Oh! That’s a great idea!”



source: Images from Disney/Pixar

Anxiety can block us from perceiving other emotions accurately. So when you have a big feeling, pause to notice the quiet ones too. Ask yourself, “what else am I feeling? And what else? And what else?” This “opens the bottles” so we can have the wisdom & perspectives from all our feelings and helps us make better choices.



# four

## ANXIETY

**“My job is to protect her from the scary stuff she can’t see. I plan for the future.”**

source: Images from Disney/Pixar

Anxiety does help us plan. Yet we cannot plan for everything: growth requires risk. So it’s important for us to honor anxiety - without letting it take charge.



# five

## FEAR TO ANXIETY:

**“You and I are going to be friends.”**

source: Images from Disney/Pixar

Anxiety is a kind of generalized version of fear. They both are here to help us protect against danger. Anxiety means we’re not quite sure what that danger is, but we sense something could go wrong.





# six



## ANGER

**“Joy, you've made a lot of mistakes and you'll make a whole lot more in the future, but if you let \*that\* stop you, \*we\* might as well lie down and give up.”**



source: Images from Disney/Pixar

Anger is a force for action, for movement. It can be fierce, but in this scene it's kind: that's persistence. One point is we need a range of emotions. Another is that mistakes are part of learning. When we stop making mistakes, it means we've stopped trying new things and learning. Emotions push us to go beyond where we were before.

# seven

JOY

**“Fear! You have a parachute?”**

FEAR:

**“Yes, I do.**

**The question is, why don't any of you?”**

The parachute is a reminder of fear’s purpose: to guard what we love. Sometimes fear works by pushing us to imagine how things could go wrong and rehearse “What if” scenarios. That preparation can be helpful, and, sometimes we can overdo it.



source: Images from Disney/Pixar

# eight

FEAR:

**"I bet Anxiety Would Have really good plan for that."**



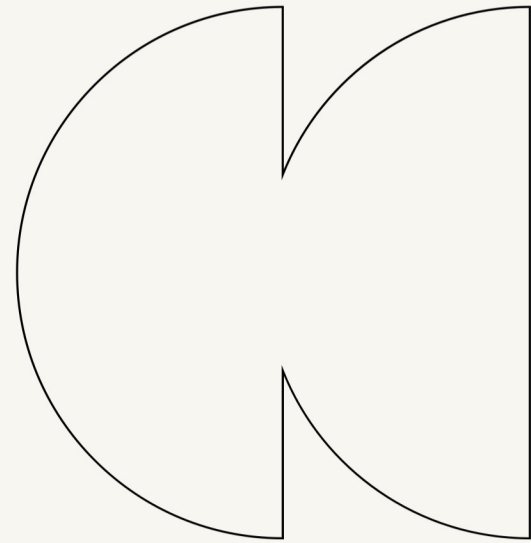
source: Images from Disney/Pixar

While fear is about a specific threat, anxiety is about the unknown. Anxiety pushes us to look beyond and see the risks - and to prepare (and sometimes over-prepare). Anxiety and excitement feel very similar because they're both about that stepping into the unknown.

# nine

JOY:

**“Maybe this is what happens when you grow up. You feel less joy.”**



source: Images from Disney/Pixar

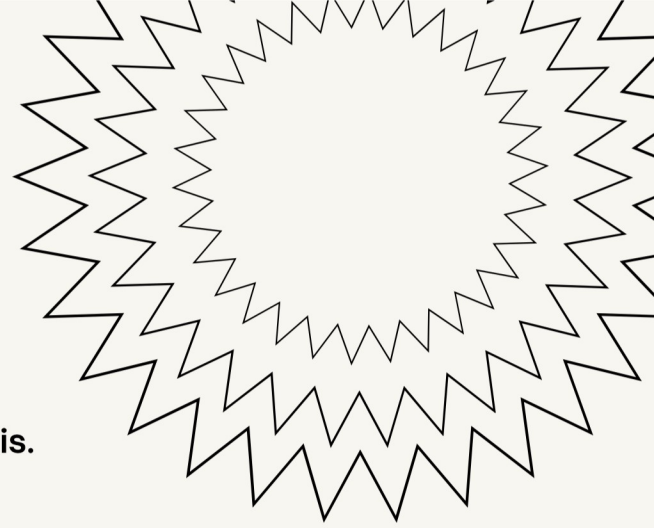
Do people feel more anxious and less happy as they get older? For many of us this seems to be true. We can be more intentional about finding moments of humor, wonder, delight and joy in the everyday. But we have to practice. Pay attention to what brings you joy and seek out more time for that.



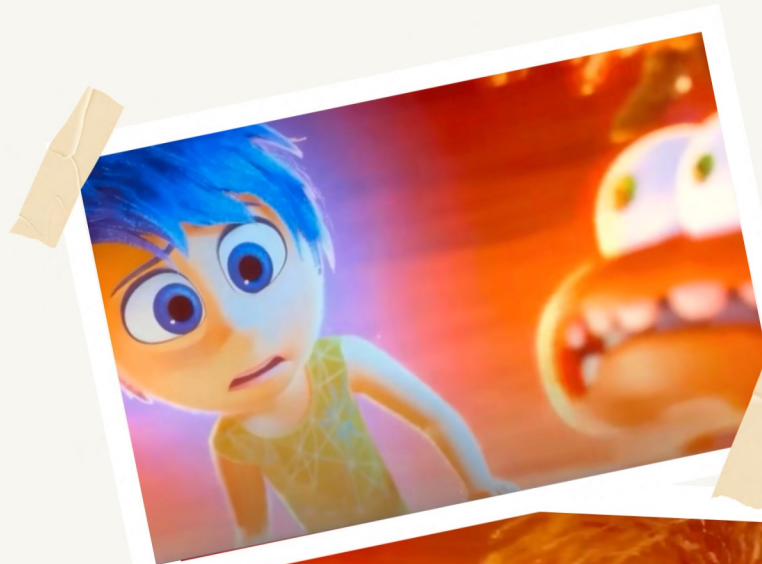
# ten

JOY:

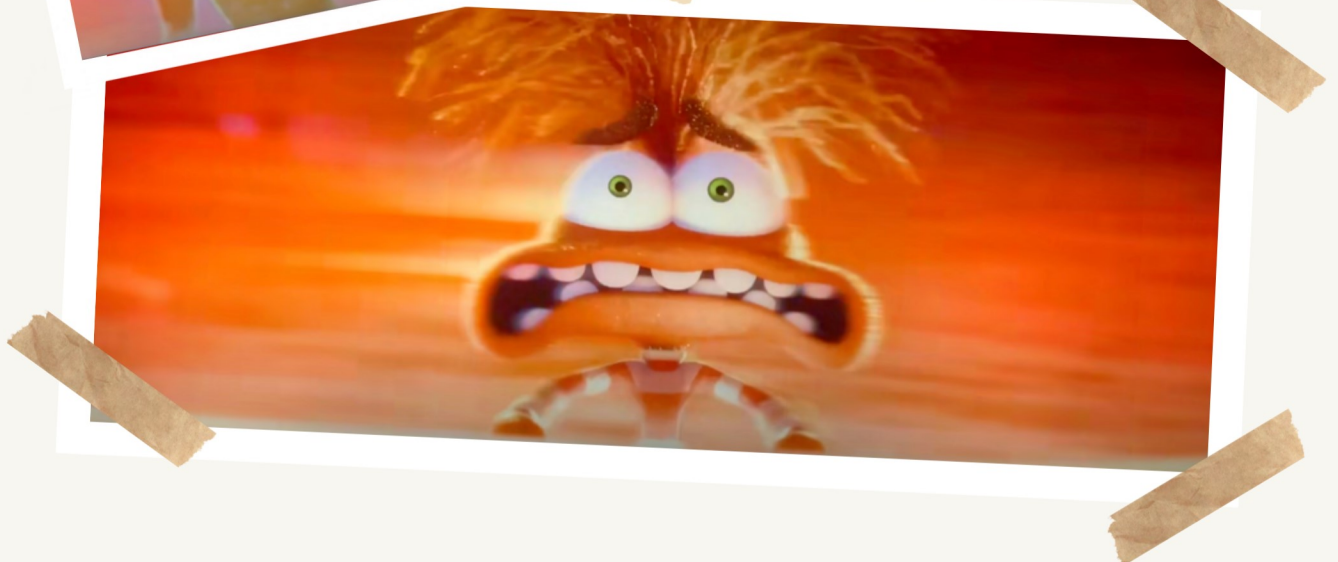
**“Anxiety stop!  
You dont get to choose who Riley is.  
Let Riley go.”**



Many of us respond to anxiety by trying to control (everything!) If we keep fighting for control, it's exhausting, and impossible. This scene offers an alternative: When you're spinning into the anxiety-spiral, lean into joy, self-compassion, and connection.



source: Images from Disney/Pixar



# 10 Conversation Starters to have with your kids

What moments of the movie felt real for you?

There were lots of emotion characters in this movie. What are some emotions that were new to you?

Joy is the lead emotion for Riley most of the time. Which one is usually at your 'control panel'?

What were some moments that made you uncomfortable?

What was one of your favorite emotions? What was good about them?

Riley makes bad decisions a couple times. What pushes her that way? What brings her back to better decisions?

Think about the meltdown that Riley had during the game. What did you notice?

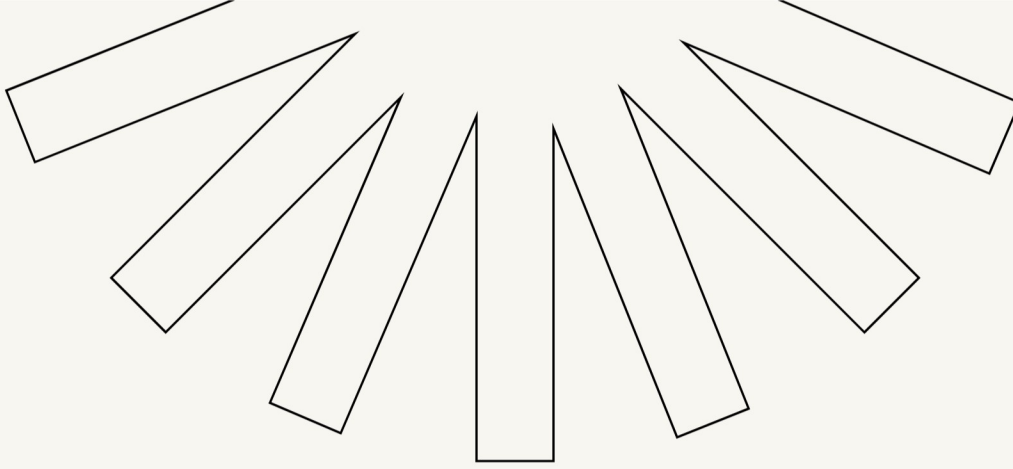
What did Riley do to help herself out of her meltdown? Which of those things could you try for yourself?

In the movie the emotions work as a team to help Riley. How do your emotions help you sometimes?

What is something you appreciate about your emotions?



source: Images from Disney/Pixar



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Our mission is growing the world's emotional intelligence.

Our vision is that by 2039, one billion people will be practicing the skills of emotional intelligence. Working toward that vision, we research and develop transformational, globally relevant, and scientifically validated tools and methods to measure and strengthen the key competencies to increase productivity and effectiveness in the workplace. The methodology applies to business, education, government and other organizations to create an optimal context for people to be and do their best.

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