

1. What emotion do you feel most often?
2. Have you ever gone through a big transition like Riley? (Even just transitioning from elementary to middle school?)
3. Can you name a “core memory?” Why does that memory stick out to you?
What emotion do you associate with that memory? (everyone answers)
4. Why did the core memory change when sadness touched it?
5. What personality islands do you have?
6. Riley feels pressure to be happy or “joyful” and hides her true feelings from her parents. Have you ever felt pressured to act happy when you weren’t?
7. Joy eventually realized the importance of Sadness. Why do you feel that other emotions are important?
8. What emotions do you feel are easy to express?
9. Are some emotions bad?
10. What are some ways you cope with sadness? Anger? Fear? Disgust?
(Everyone give one coping skill for one emotion)
11. When Riley gets angry at the dinner table, did that help her situation? How could she have expressed her emotions to her parents in a helpful way?

