Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CALM 20: *Inside Out* Assignment**

While watching the Movie, *Inside Out*, think of the following questions. Choose **3** questions to answer. You may use examples from the movie to explain your point of view.

*Due Monday November 16th.*

1. Explain how feelings affect moods and behaviors.
2. Examine personal responsibility and acceptance for the multiplicity and range of feelings and how they are expressed- personal responsibility for constructive expression.
3. Discuss the possible consequences of not constructively dealing with emotions
4. Describe external Influences on emotions.
5. Describe the interrelatedness and impact of emotions to other areas of health and wellness. How does this interrelatedness contribute to the dynamic nature of balance in life?