



Discussion

- Personality islands are what make Riley, Riley. Why is it important to understand our personality when we are in a relationship with someone else?
- Riley is disappointed with her new house, but Joy helps her realize the positives about it. Why is it important to always look for the positives rather than focusing on the negatives?
- “Go find the fun” is the advice that Joy gives to Sadness to try and cheer her up when Sadness claims she is having a break down. Why is finding the fun good advice when you are dating?
- Riley’s parents are trying to figure out what’s wrong with Riley. The dad isn’t paying attention to the conversation between Riley and her mom. Why is it important to have good communication skills with your significant other? Do you think that if the parents would have communicated with each other better that Riley wouldn’t have gotten so upset?
- Joy doesn’t listen to Sadness when Sadness is warning them that Bing Bong is leading them the wrong way. Why is being a good listener important in relationships?





- Joy isn't able to relate when Bing Bong is feeling sad. Why is it important when we are in a relationship to be there, even when we don't relate to what our partner is feeling?
- Riley's subconscious has all her biggest fears. Why is it important to know what your fears are before being in a relationship?
- Joy finally tells Sadness that her idea of scaring Riley awake was a good one. Why is it important to genuinely compliment someone? How does that help in a relationship?
- When Joy is in the memory dump, watching old memories and crying, she says that all she wanted was for Riley to be happy. Why is it important in relationships to realize that all you truly want is for them to be happy?
- Bing Bong jumps out of his rocket ship so that Joy can save Riley. In relationships, why is it important to be willing to sacrifice your needs or wants for the ones you love?
- Joy realizes that right now Riley needs Sadness. Why is it important to feel sad sometimes?

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For more resources to help teens and young adults learn healthy relationship skills, visit DibbleInstitute.org.

