

114 學年度第 1 學期高中部英文作文比賽

Topic: "The so-called Bad Emotion"

Instruction: "Inside Out" (靈魂急轉彎) shows us that every emotion-whether Joy, Sadness, or Anger-has its own meaning and purpose. However, in real life, we often try to hide or suppress so-called "negative" emotions. In this essay, please: (1) Choose one emotion you consider negative or useless, and explain why you feel that way, and (2) Discuss how you deal with this emotion when it occurs.

1. 字數至少 500 字

2. 比賽時間：13:10~14:50，共 100 分鐘。

3. 不得使用任何形式的字典與電子載具，其餘依本校考試規定辦理。

The so-called Bad Emotion

When it comes to emotion, we often think of something in our mind trying to change what we truly think, or something we performed that bring exceptionally different feelings to others. Though we have many kinds of emotions, there is not an accurate definition saying which are good or bad. However, I do choose one emotion which I consider negative.

Jealousy, the one I consider negative, is showed by almost everybody around us. But why do we feel jealous? Is that someone possesses something and you do not? Or, someone gets others praises and you do not? From these, we can simply define jealousy as an emotion about when you are apart from what you long for, you feel jealous.

As a sophomore, I would admit sometimes I'll feel jealous. For example, one of my classmates always wears a smart watch.

Although I already have my cellphone, I still await to have a smart watch. Not having any persuasive reasons, I just want to get one. Later, I try to tell my parents my request. Sadly, they declined me without any hesitation. Meanwhile, they told me, "Don't take anything for granted. And always think about what you truly need, instead of anything you want. It is not whenever others have something, then you want to get one."

At first, I bursted into Tears. Two days later, it occurs to me that, perhaps I could be more unwind on account for I do not even need it from the beginning to this moment.

(more space in the back)

From my experience, of course that is not the only one, I would say jealousy is not totally bad but one way to express our feelings. While seeing others poses or have something that you really want, it is tremendously difficult to avoid being jealous. On the other hand, we can utilize our own power and capabilities to get it, instead of asking others for it or starting an argument with others. Thus, if I could go back to the time I longed for a smart watch, I would effectively communicate with my parents, maybe I could save my pocket money waiting until I could afford it. This way, perhaps my parents would give me a permission to decide it myself.

Emotions are gifts that almost all creatures have, we can use them to showcase how we feel or what we think. However, at the same time, we might lose control accidentally, and make others annoyed or confused. Therefore, whenever emotions occur to us, we should try to keep them moderate, or find some alternatives to balance the extreme expression. We should not put bias on every emotions, they have their values when different situations happen, but we must keep them in proper use.