

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。

We are born with emotions as human because of the complex structures of our brain. With emotions, we can detect our responses to the external events. However, the value of emotions are defined by human somehow. Classified into two groups, the negative ones and the positive ones, emotions are seen as indicators that tell how good you're doing or what kind of problems that you run into. In my case, anxiety is considered the most useless emotion since it had brought numerous negative impacts to my life.

Anxiety is actually one of the coping mechanisms when ancient human dealing with dangerous and unknown situations. It helps them release the worst case scenario in their mind, preventing the unexpected accidents or ambush from harming them. In the modern society, however, starvation and fiercing beasts will no longer bother us. Instead, peer pressure, external expectations, and socializing have become new sources of anxiety that the new generation is faced with. From my past experiences, social media played a major role in making me anxious. When I was scrolling through Instagram, all that I saw was the perfect lives of influencers, celebrities, or even friends that I can only dreamed of. Frustrated and discouraged, I felt an emptiness in my heart, like an enormous abyss which could never be filled. At the exact same time, anxiety overtook my mind, leading me to self-doubt and overthinking.

In reality, nevertheless, the feel of anxiety

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won't change a single thing. We perceive those external events as dangers due to the primitive instinct of our brain, which cause anxiety to rise. After realizing this, I came across Stoicism, an ancient philosophical school aiming to help people finding inner peace and strength. Miraculously, my anxiety cured after learning to be aware of what is within my control and what is not. There are practice steps provided by the philosophers to help us ease the pain and anxiety. Firstly, noticing that you feel anxious right now. It's a simple yet fundamental step towards peace. Secondly, asking yourself whether the things you're worry about ^{are} within your control. In most of the time, unfortunately, we overthink about the outcomes of events that we have no control over, resulting in the unnecessary anxiety and suffering. By following these steps, I found true freedom and peace in my mind without letting anxiety rob me of my tranquility.

To conclude, it's okay to have negative emotions. It's not about suppressing them or being cold and indifferent. Conversely, be aware of your emotions when they rise yet do not let them dictate your actions or the decisions you're gonna make. Thankfully, Stoicism met me when I needed it the most, serving as a lighthouse which guides me through the sea of emotions without being swayed by them.