

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

It's often easy for us to feel emotions throughout our daily life. When feelings started to hit - it's often uncontrollable and happened like a quick storm. Unexpected while also affective.

Thinking of emotion that makes me felt useless it's definitely "Sadness". Sadness is such a strong emotion that it can completely change a person's personality. Sometimes it even occurs dangerous mental illness and cause mental health problem. Growing up, I never really get the good - or importance of feeling down.

Sadness can leads to feeling helpless and makes you look down on yourself, lose productivity, and find doing everything pointless. Looking back on myself, I can see how sadness has effect my days in middle school. I used to go to boarding school during my middle school years. It's not an easy thing for a fourteen, fifteen years old kid to leave its parents and study far away from home. Throughout these years, there's up hills and down hills. But in the bottom of my heart, there's a sadness living inside me. It sticks to me so much. I can't get rid of it, and it's the feeling of homesick. Homesick is the kind of feeling that you don't usually notice its appearance, but when you do, it can hit you so hard. Living in boarding school with my friends has always be one of my ^{biggest} ~~dream~~ ~~where~~ ~~I~~ ~~was~~ ~~young~~ until I actually did. The loneliness and the feeling of not belonging is what trigger me the most. I always felt the sadness of

(more space in the back)

leaving my hometown, ^{which is} the place that gives me warmth and a sense of belonging. Leaving my parents is also something really hard to accept. Dealing with problems in daily life has never been an issue for me, but when there's a small problem pops up I'll get so frustrated. It's because of the feeling of knowing that I am on my own and that no one will come and help me immediately. It's the feeling of no one is at my back, and I need to face ~~every~~ everything on my own. It also the feeling of not having a trusted friend to talk to. I felt so empty and sometimes find it pointless to keep studying. It the realest feeling I get that I can't avoid or ignore it.

~~Through that period of time,~~
Living through the time of homesick is hard. I started to make up lies saying that I was sick just to avoid going back to school. I also started eating huge amount of food and hide my feelings from my friends, my teachers, and even my parents. And I go went to school purposeless because the only thing I ever think about is how happy I'd be if I went back home.

It's all ends in the last year of middle school, because I ~~forget~~ found something I had forget ^{for} years. It's to feel passionate about life and everything I do. I realise it because a classmate in my school. She's so hard working and always try the best at doing anything. She made me realise that everything can be challenging, but there's always a way to face it. I started to try to find beauty in daily life, and I found out that homesick is just a stage in life. It's just an emotion that drag you down when you're not strong enough.

It's understandable to feel homesick and all the sadness and other emotions that it brings to you. Homesick is just one kind of sadness. Sadness can comes in many different ways, and sometimes you don't even realise that you're feeling this emotion. You may say that it's a negative or useless emotion, that's so over.

But in my opinion, sadness makes look back to myself. Looking deep into the bottom of heart. Feeling homesick makes me realise that I'm not as strong as I thought. Although it's been a hard time suffering, it's makes me learn more about myself and help me grow stronger and ^{more} independent.

Afterall, I think emotions are somethings I embrace and are also somethings that I'd be appriate looking back when I learnt from it. Sometimes emotions may seem pointless, but ~~everything~~ ^{everything} happens for a reason, and so is it.