

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。

Sadness is a common negative emotion, which lives inside everyone of us. It makes us feel down and depressed, drains all our energy, and leaves us hollow and empty like a walking dead.

Why is sadness considered a negative emotion? That is because of the effects it could bring us, in both emotional and physical ways. Everyday, under all the academic pressure and worries, I often find myself drowning in sadness. It's an endless sea in the dark, with no light nor land in sight, just a sense of loneliness and helplessness that threatens to swallow me whole. Whenever I try to reach out and call for help, the waves of depression would drag me down deeper into the void, until I completely lose myself.

That is how terrifying sadness is to me. This emotion is much stronger than any other, as I would refer it as the most powerful emotion. When I'm drowning in sadness, its sea water would form in my eyes, and roll down my cheeks; it would make me shiver, tremble in a way that I never knew I could; it would snatch my breath away, stop me from gaining the oxygen that I so desperately need.

Other than that, sadness would also affect my daily life in more specific and obvious ways. For example, it isn't rare for me to lose appetite whenever I feel depressed. I wouldn't eat, refuse to consume any type of food, and in the end, I would appear drowsy and unfocused because of the lack of energy. I'd also refuse to communicate with people, and shut down any social interactions. This would lead me to loneliness, for I'd push my friends away, and forge a barrier around me. With all these sorrow and suffering, it is only natural for me to dislike sadness.

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But, sadness also obtains some advantages, and is no doubt an important and needed emotion. In the movie "Inside Out," Joy wanted to erase Sadness' existence, for she wanted the owner of the body, which was Riley, to be happy and cheerful at all times. Only when Joy had almost lost Sadness, that she found out the importance of being sad. Sadness is a strong emotion that could bring impact on those beside us. Our friends and loved ones would sense our lack of happiness, therefore come to our side and try all they could to cheer us up. Sadness, despite being a negative emotion, has the power to gather everyone, and guide people to help turning our frowns upside down.

Now that we've finished talking about the pros and cons of sadness, there's another important thing to discuss: what should we do when we're changed by sadness? What ways are there to help us reduce the suffering?

First of all, it is crucial for us to find a way to speak our thoughts, to cry, to release the emotion in our hearts. If we keep it in for too long, it'll become worse every second, and in the end, it will lead us to mental illnesses, such as depression. You could talk about your feelings with friends and family, write it down on a notebook, draw a picture to express your feelings, etc. No matter the method, just remember to not swallow your thoughts and try to handle it on your own, or it'll be harder and harder for you to be happy again.

Another affective way to deal with stress, is to find a distraction. Personally, I prefer using music and food as distractions. I would put on my headphones, prepare my favorite snacks, and enjoy the delicious flavor dancing on my taste buds while listening to my favorite band. According to some researches done by scientists and psychologists, it is true that music and food can work wonders on helping us to deal with negative emotions like sadness and anxiety.

Last, but not least, is to give yourself time to face your temporary fragility. Most people would see fragility as something

we need to hide, something that we should suppress. But on the contrary, we should face our fragile self truthfully. Remember that being fragile doesn't mean you're weak or worse, it is just a reminder that you are in need of a break. Thus, try to take some time to slow down and take care of yourself, for you have already worked hard enough, and is more than deserving to rest.

Sadness is something that we all fear, but it can also gather people, guide your loved ones to stay by your side. When you're drowning in depress, try to relax, give yourself a break, and accept the care and love from those around you. With these in mind, sadness would become nothing more than a tiny stone on your road of life, and you'd smile brightly again in no time.