

# **The video contains lots of questions. Can you please write your opinion about emotions?**

## **Emotions are often feared and avoided, because they are so painful. So, why focus on emotions? (Vincenza Armiento - Italian teacher)**

- Emotions can change every day. Suddenly anything can change your life for better or worse. Anger, for example, when it appears has no limits and leads you to do things that you might regret in the future or, positively speaking, helps you to take the best decisions. Speaking of fear, I think it's just a psychological emotion, it can appear and disappear based on the effect it produces on us, and that's why many people claim they are not afraid.
- Joy and love ... People often pretend to be happy, to smile and have fun they feel what they don't want to show others.
- Moreover, emotions can blind you not to see the reality and make fall you down into oblivion.
- Finally, emotions can change your life.
- (Giorgia Gravinese - Italian student) .
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- Emotions are part of our lives, it is impossible not to feel emotions, we would not be human otherwise. We often leave them out because we are afraid not to be understood. Emotions are not always positive, there are also negative emotions that make us feel bad and see everything like a big black spot. Emotions are a mix of "beautiful" or "bad" time, emotions that are negative or positive affect us a lot but also those who are next to us because they are easily transmitted. (Libera Armillotta - Italian student)
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- Because emotions tells , what you have to do, but your emotions can be tricky and can play a game with you, and they can hide your real
- feelings. My experience is, that you can't fight to your real feelings. I tried to fight, but I couldn't, so please trust your feelings, and (when it's not too painful) just join them. ( Anna Máté - Hungarian student)

Emotions can influence your everyday, but if you are strong you can overcome your fear. Sometimes it is hard, but there are a lot of situations when you overthink the problem. (Bence, HU)

Because even if they sometimes painful we need them to live a long and great life. From the bad experiences which are created some of the bad feelings we can learn how to survive in this strange world, and because of the good feelings we can enjoy life. Actually we can't not to focus to our feelings because they are everywhere, they bound our entire life.(Adam,HU)

- We have to accept the bad feelings too, and we have to learn to live with them even if it's painful. Sometimes we have to be sad for a day for heal, because this is the way we live.

- When we just let the bad feelings hang in our head, that time will be painful.
- When we try to look strong and happy, it's not true. We have to let the feelings outside. We should have focus on every feeling, and when we learn how we control and how we live with it, then we find the way to the mostly perfect life. (Szonja, HU)
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Generally I think that emotions exist to tell us our needs and to support our survival in life. It's not a solution to avoid the problem, you have to face with it and prevail. (Balthazar von Carstein)a.k.a. lazy hungarian student called Boldi

We have to accept the bad feelings because they can give us motivation to reach or earn something big. Without them life can be boring, if every thing OK then you haven't got challenges. Emotions are making your way in your life. You can learn how to control them but you cannot hide them. If you do that, one they you'll have an ebullition. (Máté HU)

Emotions are very important in our life. Everybody has emotions, because we can't live without it. Sometimes there are bad emotions, but it has a positive side too. Everytime we feel a bad emotions, we will be stronger, and you will be learn, how to control it. When we have a bad day, we can't show that we don't have any problems, because it isn't good for the health. Try to talk about everything, what is a bad emotions for you, and it will be good. ( Marcell / Hungary )

Because it give you information and help you and it's a part of our lives. Emotions are important it they tell you really need in every situation. Even if it's painful or bad, we have to live with emotions. We also have to accept with it because it gave us motivation, and we get stronger and we learn how to better in every situation. We really have to focus on our emotions to learn how to live with it to have an enjoyable life. (Vica, Hungary)

Because we need them in our lives, we use them to express things which words can't express, without emotions we couldn't live real life. When we feel something, it is for a reason. (For example: we feel guilt when we do something wrong) They show us what to do, what do not do. If we don't react them they can hit you. ( when you are too tired, you work too much sometimes you get sick for you to can have a little of relaxing.) (Hungary, Dorottya)

Emotions are one of the most important parts of our life, in fact if we hadn't emotions we wouldn't be human beings. They help us to communicate what we feel and what we are thinking. Emotions may not always be positive but we need them. For example, if a person is going through a bad time and the person is to say it to someone, the emotions warn the others that can help us to overcome it in some way.(Giorgio Sorace- italian student)

## **Do you think that talking and showing our real emotions will help us in our daily life ? (Fatma BOZTEPE- Turkish Teacher)**

- I think emotions are the main character of our lives for example if you feel happy you will want share that happiness with everyone and you will smile unintentionally. So we should focus on our emotions and these emotions must be our real emotions we mustn't refrain from tell our real emotions to other people otherwise we will feel uncomfortable or our fake emotions can cause another problem in our lives.To sum up emotions which are real we shouldn't be afraid to

adumbrate them. Egem ÖZZENGİ-Turkish Student

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- Imagine that you don't have feelings. What will you do in this life? You won't have a life goal to fulfill because you will never know the happiness after you achieve your goals. You will just do the basic things to survive. You won't be a human, you will be a machine without a soul. Our feelings make us who we are and without them we will just be a shadow on a wall that will disappear at the morning. Although we can stay there forever. We can write down our emotions as a novel for example or we can use them in a song and by that we will paint that wall with our colours. You may say "But emotions can cause a lot of pain to us, and they can make us suffer. So why do we need them?" Well, avoiding from those emotions will not give us anything. Because without pain, you can't reach love. Without sadness, you can never feel sadness. Without boredom, you will never be able to learn how it's feel like to feel confident. Without anger, you won't understand joy. Basically, without emotions, you will never be alive. |Defne Çelenk- Turkish Student|
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- Emotions are the reason that we are here today. I know feeling them might be so hard and exhausting but when we think about it, emotions are what we are. And we are still changing everyday and exploring new things about ourselves, like our emotions. And there is no such a thing as a bad emotion. But people shouldn't confuse this with feeling the emotion very much or very deeply. For example, anger. Many people think that anger is a bad emotion and they rather not to feel it or avoid it. But anger is an emotion that protect us from others. You need to feel the anger when you have to defend yourself for example in a injustice situation. Even the ones that said anger is a bad emotion, no one can think a life without feeling it. And it is the same with the other emotions. So, we should embrace our feelings instead of avoiding them. (Doğa Zerman, Turkish Student)
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- Your emotions means you actually. It shows who you are and like they said in the video our emotions shows us what we need. Like when you feel happy it means you're doing right things for yourself or you're happy where you are. When you feel angry that means someone is bad for you or you're in a bad situation. So, what I'm saying emotions describe us and that's why we can't even think of ignoring them. We have to listen them if we want to make things right for ourselves. We have to focus on them if we want to find where we belong and what we should do at the moment we're living and for the moments we'll live in the future.
- I know some people talks about their emotions a lot and I also know some that never shares what they feel. If you ask me which ones are happier I have to say the ones which share their feelings am I doing that no I never share mine but I started to try at least cause there are negative effects of course like when I feel sad or angry I ignore them when they are small then they get bigger and I yell at someone when that emotions got bigger so it makes situation more complicated and hard for me. So it's important to listen your feelings instead of running away from them they are only there to help you and makes your life better. (Yaren Akdemir Turkish Student)
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- Emotions are part of ourselves. They're not something that we choose or learn, they're part of our nature. They're the things that make us different from other creatures. We need to learn how to live with them, control and accept them. Emotions don't have to be positive all the time. Just like positive emotions we need the bad ones too. Ignoring or hiding our bad emotions only makes things worse. As we grow up our emotions appear even more. We discover new emotions that are born from the basic ones. If we can accept and learn to control them then we can be more mature, confident and mentally healthy. The damage given by the things that happen in daily life, the things that happened in our past or the damage given by people is limited with you. They can only hurt you as much as you let them. So we should all accept our emotions and learn to live with them to become a mature and healthy person. (Melisa Tozun - Turkish student)
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- Emotions are our strongest guide and the most powerful sources we have in life. It affects our

health, feelings and relationships. We need to be able to explain them. Because if we can't explain ourselves to people who we care they can misunderstand us, so we need to be aware of ourselves. Things that we had through in the past create our behaviors and feelings. They directly affect our lives and communication skills. In the beginning of childhood we have the basic emotions. Later on we learn the others. Bad and good ones. They take shape after. So emotions are the most important tools that enable us to enjoy our moment and enjoy our life. (Zeynep Aşkın- Turkish student)

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- Emotions play an important role in human life. We react differently to a different event. These reactions we give are our emotions. Especially the people who are extremely emotional use their feelings more than they have in mind. However, we always use our emotions to make wrong decisions and make mistakes. Because of this reason, we must use our emotions in right place and correctly. (Yusuf Ersel Kara - Turkish Student)
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- All of us have emotions, even animals. Emotions affect our decisions, goals and almost our lives but sometimes we must control feelings for avoiding to do wrong things but at the same time emotions tell us what we need. Our feelings that we hide make us feel bad. If we don't express our feelings, it becomes impossible to hide them so we make our feelings clear for people who are around us. And people who care about us behave more understanding and tolerating. In some painful situations we have to deal with our emotions and we should ask for help from our loved ones. Our feelings can change as we grow up so we learn to accept having different emotions. (Melek Nur Şahinşen-Turkish student )
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- There are emotions that make us feel good and there are ones that make us feel bad. Doesn't matter which emotion we have, showing our real emotions and sharing them with other people can make us feel relieved. Especially when we're feeling depressed, anxious or scared, suppressing or not accepting our emotions can cause us to feel worse, the situation can become unbearable and sometimes people even become psychologically traumatized because of this. Sharing our emotions, thoughts and concerns with people we trust and love will eventually help us overcome the problems we have and therefore make us feel at ease. We can share positive emotions too, like happiness. Expressing our happiness spreads positivity and we can even make people around us feel happy by our own enthusiasm. Basically, whatever we feel, instead of hiding our emotions, we should share them with others. We should always remember that there is a remedy for everything. (Damla Altunyurt-Turkish Student)
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- In my opinion emotions are a really important part of our lives. Not only they make us the person we are right now but they also help us emphasize and communicate with other people.
- Some emotions make us feel really good. So good that you feel like nothing can bring you down. And sometimes they make us feel so bad that it's like a shadow is following us and it keeps getting bigger so that we can never escape from it. Most people who deal with this situation usually try to cover it up. They make it look like nothing bad is going on, like there isn't a huge hurricane slowly sucking all of their positive feelings. They just sit there give the people around them a fake smile and say "I'm fine.". These are the actions that lead people to create a shield around them and never let others get into it. They don't let anyone get near them and understand their emotions, most people don't care to be honest. Why you ask? I think people don't want to share anyone's problems and heal them, they want to see you perfectly fine so that they can continue their lives without having to worry about yours. So one way or another you learn to live with your problems which makes the situation even more unbearable.
- Despite it being hard for most people, sharing our emotions with people we love and trust can make us feel relieved furthermore bring ease to our problems. It doesn't always have to be a bad emotion, spreading our positivity could actually make people around us happy. If you share your grief with other people they might help you overcome your fear of fighting your negative thoughts

and cheer you up. To come to a conclusion, no matter how you feel you shouldn't be afraid to share it with other people and remind yourself that it's ok to feel something other than happiness. (Itır Kayadibinli - Turkish Student)

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- Emotions affect to a big part of our life. As I say emotions affect what we do. There is a innate connection between emotions and our rationality instead of deciding with only our logic. As a result, emotions and logic will compromise to improve the quality of our life. For example we can be regretful because of a decision that we made while we're angry. Also, we can gain an accomplishment when we made an instant decision. Therefore, we should keep our emotions foreground to settle upon better. (Zemzem Turanalp - Turkish Student)
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- I think emotions are symbols of our emotions all the time. And also I think emotions definitely help us to express ourselves so we know they have important role on us. Imagine! There is a baby. He cries when he need something. It means we have already had emotions. I mean emotions are in every second of our life. When we buy something from grocery, when we chill with friends... In my opinion we can not live without emotions, we need them. (Can Özensel - Turkish Student)
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- Yes, I think so. If people show their feelings, the others can see a real picture of them, and I think It's important, even, it's hard. Some people say: If you show your feelings, that mean, that you aren't strong enough.... And? If you would show that you're a strong stone ( when it isn't really true) you wouldn't be so healthy inside. Outside maybe, but how do you feel at your deep yourself, this is the most important thing, I think.
- (Anna Máté - Hungarian student)

Sometimes. Unfortunately there are a few people how will insult you if you show them your real feelings. I think first you have to know that person whom you want to tell or show your real feelings. After it you can show them, but preaper for the negative feedbacks, then it will be easier to move on. (Adam, HU)

It can help, because if you cover your emotions you wont be a confident person. It can give a lot of power to you if you are confident and happy. Sometimes your biggest enemy is yourself. (Bence, HU)

Acting in a way that you do not actualy feel could make you feel disturbed and make you uncomfortable in time. If you are not showing what you really feel it would affect your communcation with people which cause lack of empathy. Showing people your emotions on the other hand could help you to maintain your real self among society. Additionally, in time it will give you self confidence since you reflect your emotions in a thoughtful way and in advance people that you communicate are also feel comfortable to talk about their true emotions. To conclude, talking and showing your real emotions would increase the chance of empathy and healthy relationship with others. (Mira METİN- Turkish Student)

The most effective thing to express ourself is our emotions, but just the real ones. If we are bad at talking and showing our real emotions, that means we don't feel confident enough. And it's really important to be sure about yourself in life but hiding your emotions prevents it. On the other hand, we use emotions to communicate with people and while conveying our opinions, they become extremely crucial for us. But if they are not real emotions, they could represent wrong ideas and people will think different about us. (Gizem Gümüşişik - Turkish Student)

Emotions are so important, that they can't be ignored in human life. People live under the influence of their emotions; and they behave according to the influences their emotions left on them. These behaviors may not always be born from the real emotions of people. But it is possible for every person to behave according to real emotions. Regardless, emotions come from the person himself. And person can shape emotions according to their own wishes. When a person becomes a whole with real feelings, it will have a positive effect on the relationship with other people around. So, real feelings are important for people;

this should always be important for both themselves and others. (Serra Akkaya -Turkish Student)

Emotions have always been showed to us as things we should be afraid of; which is something that could be true when you think about all the people who are looking forward to use you for their own benefits, or people who can make fun of you for who you are. Society teaches us that looking tough is the only way to live comfortably. Think about it, not only does it affect your behaviors, it also changes the way you see your friends, acquaintances etc. Wouldn't it be sad if you could no longer be able to express yourself to your loved ones? Real life would turn into a foolish social media where everyone looks up to being happy and perfect all the time. No matter what other people think, you're the one who's living your life. It's no crime to cry, it's as natural as being happy. Let your emotions speak out! ( Irmak Küçükoba-Turkish Student)

Showing our real emotions keeps us out of the situations where there can be misunderstandings. We do whatever we want to do and we say anything we want to say. In conclusion yes, showing our real emotions will help us in our daily life. When it comes to sharing our feelings to someone by talking it, there are more benefits than expected. Eventually keeping emotions to ourselves doesn't work everytime. We are humans and we live together. We have to communicate truly. For this, not talking about our emotions is the worst thing we can do to ourselves. (Melike Hatun Bayır - Turkish Student)

Your emotions show who you really are. However, sometimes they are avoided because of some bad events happened in the past. So, you may act different than your real emotions. Faking about how do you feel mean that you are afraid of letting people know real you. And by doing this, life won't be easy. Because emotions tell you what you need, and without emotions, the real ones, you don't have a purpose in life. Also, acting in a way you don't actually feel will make your conversations with the others much more harder; because the feelings that doesn't suit on you would make you uncomfortable. When you do this, most of the people move away from you. But the key of the solution of your problems about showing your real emotions is the people who tries to get closer and supports you. So, don't refrain from letting people know how you actually feel. Show your real emotions, because these are the things that you make 'you'. (İsmihan Avşar-Turkish Student)

It can help but not all the time. Sometimes you have to hide them or when you are upset take a big breath and take it easy. If you are on a funeral, you musn't happy because you have to give respect to the others! (Máté, HU)

If you fake your emotions to achive shomething you wanted or just fake them so that you don't feel vulnerable are not the proper way to deal with proplems at least for me, because if you fake them to protect yourself to become invulnerable in the eyes of others than my friend you just tricked yourself. While others think that you have no problem with shomething acually you do have problems and others won't notice it, although there will always be some good folks wo will watch over your and try to find out your messy thoughts. What about faking to obtain shomething well I think that's just not very nice. (Boldi)

I think it can help but sometimes not really. If you fake it, your feelings are just turn worse and worse. You have to be yourself and it will be okay, but about talking i think you have to say what's wrong, but do not overdo it. If you are in a big trouble or you are really sad and you need to talk with somebody, do it because it's not good to keep your feelings inside and hurt yourself. (Vica, Hungary)

Yes, I think, that if somebody doesn't show his/her emotions, then they can "hurt" him/her, but you always have to show your real emotions, because if you don't they will be worse. If someone has a problem, she/he is said if she/he can tell someone the problem people usually will be better. If people don' show their feelings, they show something else, they fake some emotions then once emotions will come out and show theirselves. (Hungary, Dorottya)

# How do we learn our emotions and reactions?

## (Vincenza Armiento - Italian teacher)

- Emotions in our life are countless, they govern our behavior and they can change our existence. We should learn to control them because some emotions can have positive or negative effects. The sorrow is a frequent emotion that reveals often a sensitive animo.
- The fear is a psicologic sensation that can lock our action and we should overcome it. The effects of a powerfull emotion as anger on our frail sense can be devastating, but ianger can be a incentive to achieve life's goals.
- Happines is a state of mind and it is a matter of achoice. It can be misleading but it is our “must” to try to be happy. In the epoch of mediocrity, indifference and individualism, the emotion generated by love is the strongest of all.
- True love overcomes all obstacoles and it is the fundament of what we believe in life..(Sipontina Rignanese- Italian student)
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- It's really important a massive support from people around us who love us. You can tell or show them how do you really feel, instead of ignoring or covering up your feelings. These people can be your family, your friends or your teachers. They can help you into this and your feelings will be more manageable. (Roberta Lapomarda - Italian student)
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- Emotions take huge place in our daily lives. If you are a cheerful person, im glad for you. But if you are often stressed out and nervous and you keep what makes you so stressed as a secret and cover it with fake emotions, your real mood makes you feel irresistibly sad and anxious, and that drives your day to be unbearable. Because in your mind somewhere, you constantly think or feel bad about your issues while your surroundings think you don't have problems at all. What i am trying to say here is, we should always have people we trust the most to share our feelings and secrets that makes us feel bad or happy, because it's the only way we can be truly relieved and peaceful. (Onur Ballı - Turkish Student)
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- Sometimes we can be pessimist about the world but we have to control our feelings and find hapiness in the little things.Okay, I see, the world is really strange, and we must survive, but everything have a lot of face. The world is not just black and white. ( Anna Máté - Hungarian student)

Mostly from our experiences while we were childs. We see others and learn from that or our parents tell stories.(Adam,HU)

You feel them all in your life, and learn how to controll them. It's not easy but not impossible. You can learn it from others or you can just look out for you or ask someone how he or she sees you. (Máté,HU)

You can learn it from the other people or from your parents. Emotions are in our everyday and you should not cover them if you want to be a

confident person. (Bence, HU)

Emotions help to say what we do not succeed. When we are embarrassed we can not talk and our skin becomes red (not at all) feel well because we are restrained in doing things. When we are happy everything is simpler, smiles and smiles, when we are sad the world looks dark, it's all black and we can not look beyond; when we are nervous, we want to break everything, and when we are calm we seek peace. When we have fun, we are looking for a company that has enjoyed us. We like to share them with the people we love, friends, love or family, with them we can outrun the emotions to the maximum. Emotions are part of our lives and we would not be human without emotions.

**(Sabrina La Macchia - Italian student)**

I think emotions are the face of our souls . They shows our mood , character and lifestyle . If we are happy or angry , we are effecting our friends , family and colleagues . We can try to don't show our emotiouns ,but we can't extinguish they . Emoutiouns are part of us , they influence our behaviour , we can't wipe our behaviours out . As a result they are our directive that say us what to do , and we have to live with they . ( Eren Kenar - Turkish Student )

In our lives, childhood. We have feelings in all our lives and we learn it how to control it and live with it. We hear stories from our parents or grandparents and we see others. (Vica, Hungary)

During our lives we always learn things, physical reactions we see on people's face around us, we always experiment and always learn something new, how to feel these emotions and how controll and use them. (Hungary, Dorottya)

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