

Level: A2 Pre Intermediate

Skill: reading



The Expression of Emotions



"I believe in the possibility of showing and expressing emotions. It has a lot to do with our emotional well-being. Also, let's say one doesn't always cry for the same reason. I'm not saying that crying is one of the ways the body processes an emotion. Sometimes it has to do with a letter your child writes to you and it moves you; sometimes it's related to the loss of a loved one. I mean, sometimes it comes from a wound, and sometimes it's the opposite, not because of something you didn't lose, but because of something you gain, and you get emotional and shed tears for something you gain or a word of love you receive.

I mean, not with winning in mind, but I mean something that starts to be part of you and adds to you, and sometimes it's because of something you lost. As often happens in all cases, one has the right to express their emotions. Men didn't have the right to cry like they cried when they were babies, which is like, well, babies are allowed because they don't control much of what they do, of course.

That phrase 'sleeps like a baby.' Ah, paradoxically, it was the phrase that least describes deep sleep. Do you know what it sounds like to me? It sleeps as if it's not guilty of anything. Of course, with the innocence that a baby sleeps with, let's say, it doesn't carry the burden of responsibility for its actions.

I can laugh when something gives me joy and is funny. I mean, nobody asks me to calm down and stop laughing like when they see me cry and try to get me to stop crying. Nobody wants me to cry because there are emotions that are well-received, those that are associated with joy, for example, laughter, how beautiful, I love seeing you laugh. And there are emotions that we associate with what we don't want. We don't want someone who is crying, but we do want someone who is laughing.

Are both emotions valid? Yes, they are very nice, each in its place. It's wonderful to see someone laugh wholeheartedly, but even that unmotivated laughter from certain people is not pleasant.

I think people who show their emotions and sometimes allow themselves to shed a tear, I respect them a lot. I believe that to express emotions, far from being weak, one has to be very brave."

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Vocabulary



- **Emotions:** Feelings that you have, such as happiness, sadness, or anger.
- **Belief:** Something you think is true or real.
- **Doubt:** When you are not sure about something.
- **Developed:** To make something grow or become better.
- **Independent:** Able to do things on your own.
- **Optimistic:** Being positive and hopeful.
- **Nervous:** Feeling worried or scared.
- **Realistic:** Setting goals that are possible to achieve.
- **Innocence:** Not being guilty of doing something wrong.
- **Respect:** Treating someone or something with kindness and consideration.
- **Brave:** Not afraid to do something difficult or face something scary.
- **Laugh:** When you make a sound because something is funny.
- **Cry:** To shed tears when you are sad or hurt.
- **Calm:** Makes someone feel less worried or upset.
- **Burden:** Something that is heavy or difficult to carry.