

# PERSONAL EXPERIENCE ESSAY EXAMPLE

There are many definitions that explain the notion of emotion. I have learned that emotions are complex internal subjective thoughts of the state, or the reaction of our body to our thoughts that are related to events in our environment. A definition that I take as my guide is that our emotions and our ability to show it or hide it ourselves are in fact – a reflection of our own personalities. All we do, how we live, our behavior, character is conditioned by our thinking and our feelings. It is said that the child is the parent of an adult man. This claim can be especially proven when it comes to emotions.

It is well known that the development of emotion is largely influenced by the factor of heritage, learning and observation of the environment, the attitude of parents and families. If a child grows in a functional family, where the relations between parents are healthy, as they are filled with love, a child will have the ability to develop and become an emotionally balanced person. A child grows not only from food but also from motherly love. The term mother's love is taken on a parole because it does not have to be a biological parent. The closeness and feeling of attachment and affiliation is important.

As a high school student I had to take a practice at the Pediatric Hospital where I have been able to see how important this physical contact with a small child is. There was a baby, about six months old, the baby went to a foster home. Preparing for the appointment of future nurses, we had the right to feed him. If we feed the child laying, while only mechanically sticking it to the bottle, it took the food unkempt. We did not held her in our arms.

At that time the professor warned us about such an important link in the growth of each child. What we learn in childhood will be like emotional luggage throughout our lives. Then the enrichment of the child's world, the ability of the child to demonstrate or the obligation to

suppress their feelings determines the entry into the adult world. The book "Emotional Intelligence" by David Goleman describes how important emotions are in our life. A young lawyer is described with an exceptionally brilliant mind, a big career, intelligent thinking. After an accident in which his emotional center is hurt, his life is almost disabled. Without the ability to feel and recognize anything, he is not able to make any decisions and therefore his career fails.

An emotionally mature person will be able to explain his own way of responding to certain environmental irritation. If he has learned some model of emotional activity that is harmful to himself, his personal spiritual development with many thoughts, efforts and help succeeds to change that model into what will give him more peace, progress in achieving personal and general fortune.

My son explained that in his school a girl was teased "because she had emotions". When I asked him what he thought about her emotions, he replied, -"she cries out if someone teases her." He did not understand why other girls did not cry. It was very difficult to replenish such a foggy theme and a child of 8 years to correctly present all of these new ideas. I tried to explain that our mood was like time, and emotions are just individual sunny or windy days. He understood - "so her emotions when she cries are her rainy day."