It feels like my face is as rigid as a stone, and I cannot move a single muscle. And my eyes lack energy. I don't know how to talk, and I don't want to say a word. It seems like I am garbage; I'm not better than anyone else. But life always goes like this, huh? Every time we feel pain, anxiety, or even depression, it is just a normal emotion of our daily life, like happiness. It is an essential part of human life. None of us can stay in a state of happiness or depression for long. This means that we have to perceive and handle extreme emotions in the right way. Maybe someone lives with insecurity, ugliness, and fear. But that is the path they have chosen, and it is not a bad way for them as long as they do not bother anyone else. So, it is not necessary for all of us to live with positive emotions as defined by others as ideal for human beings. Negative emotions are also necessary for us. Ultimately, just like our skin, no matter how we define emotions, they are an integral part of us that none of us can completely escape from. However, we can choose how to deal with them. All we need to do is keep going, never stop, and be true to ourselves. Live our own lives with no regrets.

Summary: bad emotions are essential for our well-being, and it’s important not to avoid them but to stat true to ourselves.