The first unit shows us the difference between the positive and negative. The first passage choose one of the negative emotion, shyness, to introduce us the different behavior of shy people and self-confident people. The former always suspect themselves or the others but the latter often hold the confidence for everything. Also, it gives some points to help people get out of the field of shyness, like setting reasonable goals and avoiding to make negative comments about myself. And the second passage tells us a story to show the difference. As for the parents of the baby, the father and mother shows completely distinct assumption for the development of the baby’s eyes. Bad prediction occupies the father’s mind, which is that the baby is bind. But the mother firmly convinces that the eyes of baby don’t grow completely, so, the child can’t see anything. Lastly, the result comes up as the mother’ predicts. The third passage stands in a scientific position to discuss the otherness of the two. It refers to many studies which prove that the optimism can behave better than the pessimism. And the negative emotion is even harmful to your body. Meanwhile we know that, optimism and pessimism always stay in our body, which struggle the leader role. And the outside will help the one win the combat, like a phrase or criticism.