Katniss was taught from a young age to be a survivor. In the district she demonstrates amazing control over her emotions. Since being emotional was a luxary she couldn’t afford. In the book the reader can see as she gains and losses control over her emotions.

In the hostel environment of the district, Katniss “learned to hold her tongue and turn her features into an indifferent mask," (Collins 6). Her main goal was survival, to live to the next day. She didn’t care what others thought of her. In the capital Katniss cared about what people thought of her, because it increased her likelihood to survival. This plus the comfortable life of the capital caused her to become more emotional. This is highlighted in the arena test when She is “Furious that with her life on the line, they don't even have the decency to pay attention to her," She wasn’t able to contain her anger and shot the apple in the mouth of the pig. She even excused herself, ran to her room ignoring the calling of others; the tears started going down her face before she can even reach her room. This contrasts from her emotional control in the district, when even at her fathers death she waited until she was alone before she shed a tear or show a saddened expression. She can’t even cover her expression. This is seen when Peeta confessed, she narrates her actions on the big screen saying “When I can see my face mouth half open in a mix of suprise and protest ... I allow my eyes to the screen long enough to see that the blush on my cheeks is unmistakeable (Collins 133).

In Conclusion, Katniss was forced into a tough life having to fight everyday for her life, but in the hunger games when she is as close to death as can be, she becomes vunerable and emotional. She became emotionaly driven in her actions.