

## 20. Our Emotional World



### Try this.



Note your feelings about the following and write them down.

- (1) Your own behaviour from the time you wake up in the morning till you go to bed.
- (2) Pictures of natural disasters in the newspaper.
- (3) News about a cricket match in the newspaper.
- (4) Anger at your classmates.
- (5) The tricks that jokers play in a circus.

Human nature has many different aspects. Sometimes, a person gets very angry; at other times, he is ready to forget and forgive easily. At times, he is jealous; at times he is loving. Sometimes, he acts selfishly, but sometimes he is willing to make a sacrifice for others and comes forward to help. Anger, joy, sorrow, jealousy, disappointment, fear, etc. are all emotions.

### Coping with our emotions

Just as man is able to think, he is also emotional. We should be able to strike a balance between our thoughts and emotions. When someone hurts us, we feel sad. This is natural; however, we should know how bad to feel about it. If someone does something wrong, we get angry; however, we must not lose our temper. It is natural to desire something but we must not be greedy for it. If we think properly, we can control our emotions. Emotional adjustment involves coping with your emotions, being able to control them and expressing them in a reasonable manner.

When we learn to cope with our emotions, our personality becomes balanced, our ability to understand others increases and we can overcome adverse conditions. Then we become free from faults such as blaming others unnecessarily, calling them names and not being able to tolerate their success. We become happy and our ability to relate to others improves. We learn not to be stubborn.

### Can you tell?



What would you do ?

- (1) Ranjit and Abhay are fighting over who gets to sit on the first bench. They are both very angry. They are close to throwing each other's bags.
- (2) Hemant wants to take part in the kabbadi competition, but he is shy. He is nervous about telling it to the teacher.
- (3) Rekha accidentally took Nisha's notebook home.

Anger is an emotion just like happiness or sadness. All of us get angry about something at some point of time. We get angry if something does not happen according to our wishes, or if we are insulted. Similarly, we also get angry if we see someone being ill-treated. If we get angry very often, or if we cannot control our anger, it can have adverse effects on our body and mind. We become short-tempered and stubborn. Our attitude of co-operation and understanding decreases and we hurt others. We face consequences such as headaches, loss of sleep and dullness.

### Can you tell?



Are the following persons coping well with their emotions ? Put (✓) if they are, put (×) if they aren't.

- Ramesh told Suresh that Amit had said something bad about him. Suresh decided to react only after confirming the facts. ☐

- Chhaya and Meena usually make equal progress in their studies. The teacher praised Chhaya's essay. This made Meena angry and she decided not to speak to Chhaya. ☐
- Dinesh took Manoj's pen and pencil from his bag and hid them. Later, he said, 'Sorry' to Manoj and promised not to do it again. ☐
- Sunita wanted to go to the market with her mother, but for some reason, her mother had to leave early. Sunita was angry with her mother. But later, she asked her mother the reason why she had to leave early. Her anger subsided when she learnt the reason. ☐

### Awareness of our own flaws

Children are often heard to say 'My handwriting is beautiful', 'I am good at maths', 'I like science' or 'I like poetry'. This means that people's likes and dislikes and capabilities can be different. Just as we gradually understand what we can do, we must also understand what we are not able to do. We may be good at some subject, art or sport and just as bad at another. We must know our flaws as well as our talents, so that we can improve upon them. Just because we are unable to do something, it does not mean that we stop trying to excel at what we can do.

### We can change.

No person is entirely good or entirely bad. We must always think about the good qualities or virtues in our friends first. We must help each other to get rid of our flaws. If we speak about our flaws as openly as we speak about our talents, it will be to our advantage.

Once we know the flaws in our nature, we must try to correct them ourselves.

Neha talks the most in her group. Her friends began to avoid her since they never got a chance to speak. Neha realized this. Then, she began to watch out how much she spoke. She told her friends herself, "Stop me if I talk too much." Gradually, Neha began to listen to others and brought about a change in her own behaviour.

### Can you tell?



- (1) Manoj says, "I'm going to school!" and instead goes to the playground to play. Is this correct?
- (2) What will you tell a friend who has a habit of borrowing things and not returning them on time?

Aspects of our nature that bother us and others can be changed. However, we ourselves must try hard to change them. Otherwise, these aspects may take the shape of flaws in our personality.

### What we have learnt –



- Emotions must be expressed. There must be a balance between our thoughts and emotions.
- Anger must be controlled, otherwise it can have adverse effects on our mind and body.
- We must be aware of our flaws as well as our talents.
- We can try to correct the flaws in our nature.

### Exercises

#### 1. Fill in the blanks.

- (a) Just as man is able to think, he is also .....
- (b) We must always think about the ..... in our friends first.

#### 2. Answer in one sentence.

- (a) How does a balanced personality develop?
- (b) Why does our attitude of co-operation and understanding decrease?
- (c) What must we do after we have found the flaws in our nature?

#### 3. Answer in short.

- (a) What is meant by 'coping with emotions'?
- (b) What are the harmful effects of anger?
- (c) Why must we know our flaws?

#### 4. Write how you will react :

- (a) Your teacher does not listen to you.
- (b) Your parents ask for your opinion while making decisions.
- (c) Your friend got a big prize.
- (d) Your classmates praise you.
- (e) Rohan insulted you in class.

**5. What will you do in this situation ?**

- (a) Rohini won a prize in an essay competition.
- (b) Kavita refused to eat her tiffin because she was angry.
- (c) Veena keeps herself to herself at school.
- (d) Makarand says, “I can’t help it if I have a stubborn personality”.

**Activity : Complete the following table. Figure out your own personality with the help of your teacher.**

No.	Characteristic	Self-observation			
		Always	Often	Sometimes	Never
1.	I get very angry.				
2.	I talk continuously.				
3.	I help others.				
4.	I show concern for others.				
5.	I fight a lot.				
6.	I appreciate others.				
7.	I cry if someone says something bad about me.				
8.	I like to be happy.				

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