My Views Towards Negative Emotions

Before trying your best to get rid of your negative emotions, you should find out what the negative emotion is. Is negative emotion sadness, fear, anger or loneliness, and why we should get out of negative emotions? In fact, negative emotions help us avoid things which are dangerous so that sometimes it is helpful for us humans dealing with danger.

Nevertheless, if you are overwhelmed by such negative emotions for a long time, they would damage your physical and mental health. Hence, we need positive emotions to balance our negative emotions, let you respond from negative emotions. Below, I will introduce some methods I use when facing different kinds of negative emotions.

When I face fear, I would take a deep breath because breathing deeply could keep my nerves relaxed while I'm in a state of tension. Additionally, I can suggest to myself psychologically that these things are not so scary. This can reduce my fear of such things. If none of the methods listed above work, I would try to relax by listening to some music that can soothe my mood or play some simple games.

Unlike the above, sometimes I also face negative emotions of anger. At this point, I will adopt a completely different approach. Firstly, before I speak or do anything, I prefer to stop and think for a moment. I may regret my words and actions or hurt others' feelings due to my actions. Secondly, I will take some measures to reduce my negative emotions, such as going to the game center and playing arcade rhythm games. Also, I sometimes try to exercise or calm down and have a cup of tea.

With the above techniques, I hope you can also handle some of the negative emotions you are facing correctly.