

Taurus (Not 1)

Amanda Gorman take on optimism and pessimism is she is refering to your not always going to see the positive things in life but always know that pessimism is there. I also agree with her because in a way she is saying your not always gonna be postive everyday which not always a bad thing.

Optimism shouldn't be seen as apposed to pessimism because there are multiple different situations where one can outshine the other and that is not always a bad thing because not every situation should be met with optimism, not every situation should be met with pessimism, and being able to find that balance is essential in figuring out how to deal with difficult situations.

Not every situation can be met with optimism and allowing for some of the negative to seep in can help find a solution to a problem. One example of this is in the book *The Lost Hero*, one of the main characters, Leo, has an issue that he tries to solve with an invention, but only for it not to work repeatedly. Leo is optimistic and continues to try and solve the problem with his invention and it fails every time, until he becomes a little pessimistic and realizes that the answer was a different invention and eventually he solves the problem that has remained unsolved until he was willing to look at it from a less optimistic view. This evidence shows that not all problems can be met with optimism and that looking at issues from a negative point of view can help solve problems rather than continue to fail.

On the other hand, not every situation can be met with pessimism either because sometimes a positive outlook can help make a person happier and change their outlook on life. One example of this is in the book *Quiet*-a book about introverts and extroverts and what makes them different- the author talks about how introverts tend to have a negative view on life and that is something that can make them introverted. The author also talks about how introverts that gain more optimism on how they get things done, tend to be happier and more effecient in whatever they are doing. This evidence prove that even having just a little optimism can help with a person's well-being and let them learn to have a more positive outlook on life.

Finally, finding a balance between optimism and pessimism is important to figuring out how to deal with difficult situations. One example of this is in the book, *The Prison Healer*, there are two main characters: Jaren, who is overly optimistic, and Kiva who was extreemly pessimistic. The two had to work together to escape the prison they were in, Jaren being optimistic that someone was going to help save them while Kiva was very pessimistic and thought they were never going to escape the prison. Both characters had to understand where the other was coming from and find the balance between their optimism and pessimism in order to escape the prison. After trying and failing, the two eventually came up with a plan that allowed them to escape, Jaren's optimism giving Kiva hope that they could escape, and Kiva's pessimism teaching Jaren that the challenges they face were going to be difficult. The two found that balance and escaped the prison and were now free to wonder the world together. This example shows that beinng willing to be a little more optimistic or pessimistic can help solve a lot of problems that may have seem impossible before. Finding the balance between optimism and pessimism is essential to figuring out how to deal with any situation, easy or difficult.

Optimism and pessimism are not opposites of each other and there are multiple situations one can be better then the other, yet it is important to remember that not every situation can

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be met with optimism, not every can should be met with pessimism, and being able to find that balance is essential in figuring out how to deal with challenging situations.

Optimism and pessimism must converse with each other because they act as the two strongest balancing forces in one's personal life. Although often viewed as just antithesis, this overlooks the careful relationship between them that allows every decision to be made, and every action to occur. These two forces must reconcile with each other before we allow them to shape our lives, due to the immense power and strength of them both.

Every single thought we have has a balance of optimism and pessimism. Since birth, our minds are trained for personal growth, which means that a balance between risk-taking and risk avoidance must be found. An infant cannot learn anything about the world around it without moving from the parameters of its crib, which serves as a comfort zone. The optimist argues that the child must learn, and that everything will be okay. The pessimist sees sharp objects and heavy furniture all around the room, much as a parent has to, and urges the child to stay put. These two forces must be strong, because both make strong arguments: children can get hurt, and children must get hurt to grow. It is the conversation between the two that ultimately leads to a choice; a choice in which each is present, but one has agreed to be silent for a moment. This is not a theoretical scenario. This is psychologically proven in countless developmental studies on risk-evaluation of young children. In early developmental years, many assume that children are completely against risk-taking behavior, as they do not know of any positive outcomes it may have, and only know foundational emotions such as pain or pleasure. However, children actually take far more risks than the average adult, every single day. Learning to walk was a risk. Learning to speak was scary too. The optimist in a child must be stronger, or they would never be able to develop. There exists a tradeoff between these two forces, and in conversation with each other, they can decide who dominates and who allows the other to win temporarily. In a child, it is logical that the optimist dictates their decisions most of the time, and in an adult, the pessimist argues that the nice life they have built for themselves is now too important to be gambled. An adult, especially a parent, is constrained by the limits of pessimism. Parents who once skied double black diamonds today lead their families down peaceful, wide open green runs instead, because optimism can no longer argue that they have nothing to lose by trying. It can be argued that this phenomenon is better explained by an absence of optimism, where pessimism has won, but this does not account for the compromises that are constantly made. Without optimism, no adult would go skiing at all, and they certainly wouldn't take their children with them. If pessimism had won and there were an absolute trade-off between the two, life would be all or nothing, all of the time, which is completely false. Our optimistic decisions are always modified by pessimism, the quiet and protective restraint on our bold ideas, and vice versa. One cannot exist without the other. The two are intertwined, and have been present for everything we have ever done.

The relationship between optimism and pessimism is also strongly explored in more scientific fields of study, permitting more breakthroughs and innovation than would be possible if these forces worked against each other. In macroeconomics, all forecasting is somewhat cloudy, no matter how precise the formula or how educated the economist. This margin of uncertainty is where optimism and pessimism can work together to come to a conclusion. In a world riddled by uncertainty, there are varied outcomes, some of which are favorable and some of which are not. Optimism and pessimism must both evaluate the

perspective of the other before allowing a decision to be made. An economist surrounded by graphs depicting market failures and great augmentation of real GDP must consider both, allowing every idea of optimism and of pessimism to shape the prediction. If the economist allowed the two forces to act as bickering opposites, forecasting would be impossible, rendering the world even more uncertain than before and not permitting innovation or growth, both of which rely on having some degree of confidence in a market. This same concept applies to fields of research such as in quantum physics, where nothing can truly be determined, because the amount of dimensions in the world could be unlimited and electrons could be conscious beings, as theorised by the double slit experiment, where electrons appear to be aware when they are under observation due to differences in behavior. We must be aware of all of the positive and negative outcomes of all decisions that rely on what we believe to be the principles of the universe, even though these are continuously being reevaluated. a rocket launch relies on precision, and catastrophes can occur when this requirement is not met properly. Yet if optimism and pessimism spoke over each other instead of with each other, we would not be able to see both of them and decide whether or not to launch someone into space. Fortunately, in 1969 the words of optimism held more validity and likeliness, and we have now has twelve men walk on the lunar surface, an idea once believed to be futuristic and impossible.

Optimism and pessimism are misunderstood friends, with the complicated task of coming to an agreement where one is stronger, but modified by the other. These two forces working together is a blessing, and it has granted us the ability to grow as people and as a society. When these two ideas appear to be in conflict, we are lucky to have two things so different working together to allow us and our worlds to grow to the best that they can be.

-Pride and Prejudice (Jane and Elizabeth)

Amanda Gorman, a National Youth Poet Laureate of the United States, once said, "Optimism shouldn't be seen as opposed to pessimism, but in conversation with it. Your optimism will never be as powerful as it is in that exact moment when you want to give it up." While it may seem unrealistic to some people to view optimism and pessimism as anything but two opposing ideas, Gorman's claim is actually extremely valid. Gorman's claim that optimism and pessimism can coexist in the same person at the same time is valid, as people *can* feel both emotions at the same time and pessimism can enhance optimism.

Gorman's claim is valid in that people can feel both optimism and pessimism at the same time. The book *Be Happy*, written Hank Smith, a motivational speaker is a great example. In his book, he gives an anecdote about a prisoner of war who survived *years* of ill-treatment, even when many others in the prison died. His survival is credited with his attitude, but he does not describe himself as an optimist. In fact, he says that the optimists died first--they kept thinking they'd get out soon, and when their hopes did not match up with reality, they died of a broken heart. Smith describes that the man survived by having a mixture of optimism and pessimism. He had hope for the future, but kept himself from unrealistic expectations. This mixture of optimism and pessimism is consistent with Gorman's claim that the two are "in conversation with" one another. Therefore, Gorman's claim is valid; the two can coexist in the same person at the same time. Another example of the way optimism and pessimism can be felt by the same person at the same time is the character Elizabeth from *Pride and Prejudice*. When promising things happen, such as Bingley coming back to Netherfield, Elizabeth keeps an optimistic view of it, hoping that something would happen between Bingley and her sister Jane, yet she doesn't allow herself to believe too strongly that the two will get engaged. Thus, optimism and pessimism can be felt at the same time. They are not in opposition to one another. Therefore, Gorman's claim is correct; optimism and pessimism can coexist.

Additionally, the presence of pessimism can enhance optimism. As Gorman put it, "Your optimism will never be as powerful as it is in that exact moment when you want to give it up." Martin Luther King Jr. is a great example of this. King, despite all the outward opposition he faced and inward pessimism he must have felt, did not let these voices determine his actions. In fact, he let them make his optimism stronger. He shared his hope in his famous *I Have a Dream* speech, where he expressed his optimism that his children would grow up in a world without segregation where they could be anything they wanted to be. It would have been so easy for King to give in to the inward voice telling him that things would never change. He could have stopped trying, but instead he let this pessimism fuel his optimism and hope for the future; because his pessimism told him that things would never change, he let it fuel his optimism by choosing to fight for change so that this pessimistic idea would not be reality. Thus, pessimism can fuel and enhance optimism. Another example of this is the founding fathers who signed the Declaration of Independence. They had optimism, dreaming of a future in which they would be free to choose, yet there was pessimism, too. They knew that things would be hard, and they knew that they were starting an inevitable war that would very likely lead to their execution. Yet, they let their pessimism fuel them. They let it fuel

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them to do everything they could to prevent their cause from dying. Their pessimism told them that their cause would die, and their optimism told them that there would be a better future. They chose to let their pessimism fuel their optimism by choosing to fight, so that their cause would not die, for a better future. Therefore, Gorman's claim is valid because pessimism can enhance and fuel optimism.

In conclusion, Gorman's claim regarding the relationship between optimism and pessimism is valid; the two can coexist and pessimism can fuel optimism.

## Cancer (1 of 1)

Optimism actually can be given up really quickly and there's no chance you'll be able to feel as optimistic as you did at that time but that'll be for a completely different reason. Viewing optimism as a good thing can be kinda misinterpreted since majority of people see it as always seeing the bright side to things but sometimes the bright side isn't always the best side. Pessimism is a more better way of seeing things since you really don't know what could happen and being positive all the time can be seen in a negative light. I believe optimism and pessimism are completely different and share nothing similar. Optimism is portrayed as always being the right way of thinking but sometimes it can be the complete different story for other people who don't always see things that way. Optimism being shown from a person can be shot down really quickly for example "I came into this test thinking I was gonna do great but it just caused stress and to be pushed towards the on the pessimism side of things" test aren't really my thing but I've learned to just keep a neutral expression the entire way. Optimism isn't bad either since it can lead to great things for another example "me heading into my driving test after failing the first time but being confident in myself to do better and actually pass" pushing myself to do better helped me stay focused and push through. Optimism can be really great or pessimism is just the better option. Pessimism is majority of the time the best case scenario since not everytime is it gonna be the best day and that's okay. Pessimism is a great way to express how bad your day is going since you're not going to have the best day everyday it's just things that happen in life "death in the family is hard there's nothing positive to look forward" since things aren't controlled they just happen like death. Pessimism is better for predicting things that you know could go wrong "falling, frustration, sadness, failing" these cause pessimism to come through and take over someone but it shouldn't be seen as negative. This shows why Optimism shouldn't be seen as great and how pessimism is a better safe option. Pessimism is a great safe option if you don't know what's happening if you're still wondering what's to come and how you can control that in the world and for yourself. Optimism is just seeing things with brightness but it shouldn't since when has it ever been a good day for everybody. Pessimism is completely up to the person but so is optimism just they are complete opposites and show to be different everyday. This is why Optimism and Pessimism are completely different and shouldn't be compared since they both are portrayed differently.



Gormans claim that optimisim should be viewed in conversation with pessimism, rather than opposed to it is invalid. Optimism is not the same or similar to pessimism. Optimism is viewing things in a positive light, and pessimism is viewing things in a negative light.

I had a friend who is a complete pessimist. Everytime something goes even slightly wrong, he completely gives up and just sees the worst in his situation. There were many times where he would get a bad grade on a class assignment and then not try for the rest of the unit because he belived that there was no hope for him to learn the rest of the unit. This would lead to him getting bad grades on his tests, which would then further lead him to believe that it was over. If he would've just been able to be optimistic about things, then he would've known that one bad outcome in life should not be able to define your whole situation. If optimism is in conversation with pessismism, like Gorman says, then shouldn't he have known that their was hope? Optimism can not be in conversation with pessimism because their dictionary definitons are the complete oppisite of eachother. My friend always thought that he was completely done for after something bad happened to him. He was convinced that there was no coming back ever. He would fold over and give up when he didn't get what he wanted. This belief cause him to constantly fail at everything he did, and now he barely comes to school, has no real future, and I am no longer friends with him because of his pessimism. Optimism can not be in conversation with pessimism because of people like my old friend who never see hope in anything they do.

On the other side of my old friend, there are many people who are optimistic about everything. They are able to stand strong in the face of adversity because they know that there is always a way out. Optimism is the opposite of pessimism because people like this will be far more succesful than my old friend. They know that their is hope. They know that one bad grade does not define who you are in the class. Optimism is able to drive people to be great, while pessimism leads people to give up. They are not the same, they are complete opposites. People who are always optimistic about everything will force their way through troubles and they know that if they start to feel pessimistic about their situation, it can lead to them losing hope. Where people who are pessimistic about everything never even had hope to begin with, and lose motivation immediatley. The theme of optimism versus pessimism is hope. People who are optimistic will have hope, and people who are pessimistic will not. This goes agaisnt Gorman's claim that they are in conversation because the two are, by definition, opposites. If they were 'in conversation' as Gorman claims, the definition of pessimism would be, "when someone is not feeling optimistic." The true definition of pessimism is a tendency to view things in a negative light. Constantly viewing things in a negative light will lead to someone giving up.

Optimism is not in conversation with pessimism. They are oppisites. Optimism is being able to find hope in any situation, and pessimism is believing that there is no hope in many situations.