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SPCOM100

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06/10/2020

Journal 3: Emotions (318 words)

I grew up as the middle child between two loving (but quite loud) sisters, as a result, my parents would complement me on my more quiet and low maintenance demeanor. I wanted to continue to earn my parent's approval (**fallacy of approval**) so I would purposely hide my emotions and how I was feeling so that they needed to worry about me less in comparison to my sisters. I felt like if they needed to worry about me because of how I was expressing myself, I would be a burden and they would dislike me for that (**fallacy of causation).**

This attitude towards my emotions continued into high school, where I felt that almost all the emotions, I was feeling were **debilitative emotions** that interfered with my ability to effectively study. Because of that I would practice extensive **emotional labor** which resulted in me becoming less and less in touch with my own emotions. This was compounded by the fact that much of the time I was feeling quite negative, and I felt that if I was to express these emotions, I would be hurting my friends who were trying to help by listening. I became so untuned with my emotions that I created a **face** which was always excited and happy in order to please those around me. It worked for a while, but the stress of keeping up my marks up combined with the **physiological changes** my emotions had on me caused cracks to appear in the **face** I developed.

My friends noticed my discrepancies and helped show me that its ok to not be ok all the time. They showed me that by expressing my emotions, I could **reappraise** why I was feeling a certain way and improve how I was doing. It was because of them that I now understand the importance of recognizing your own emotions, and how doing so improves those emotions.