

## Task 7: Emotional activity

*Love your  
friend as you  
love yourself*



Every day we wake up alive; we start clean and fresh for our new morning and chores. It doesn't take long for the brain to start sending signals of all kind: "get dressed", "need breakfast" and so on. But we also start thinking of how much we *missed* our friend, after a weekend we did not see them at school. We are *thankful* for the food we have for breakfast and in our lunch box. We get *worried* about a test today. We may feel *excited* for a performance or competition today. We may *hesitate* about what to wear to look handsome on a wintry day. We have *faith* and *believe* that we will be lucky today again. *These are feelings* which go through our mind constantly. Some are joyful and fun. Some could be scary and dreadful. Sometimes we even get stressed out and might get sick as a result of too much stress load.

Machines do not have feelings. **Machines have motions but not emotions!** They can work day and night with provided energy and proper maintenance. Our body is a much more sophisticated machine. We have already seen that point earlier. Feelings differentiate us, human beings, from machines. Actually our intellectual and mental capacities differentiate us from many other living organism, as well. It is one of our greatest blessings which we need to cherish and appreciate greatly. It takes some maintenance to keep our emotions "lubricated" properly. We do not want envy, hate, jealousy and fear to darken our days. We want to "open the window" of our heart and let fresh and clear air breeze to wake up our soul and lovely energize our spirit.

Feelings and emotions can be managed. Let us pay some attention and develop some techniques how to maintain our feelings in order to have fun and happy days to live through.

Here are some initial questions to address:

1. Think about your current emotions and feeling. Try and list them divided into "good" and "bad" feelings.
2. Are any of these making you especially proud? Tell us more about them.
3. Are there any hard feelings on your list? Do you wish to challenge yourself by overcoming them?
4. Write down some words (maybe a poem or a drawing) to describe your emotions.
5. Decide to assign some discipline and awareness to your feelings to help you have a happier life. Choose one of the "bad" feelings you have listed and imagine what feeling you would like to have had instead. What do you think would it take to achieve this goal?

Hints and examples

- Do you love and/or admire someone or something?
- How about dislike or hate?
- What do you believe in?
- Do you know of any superstitious beliefs?
- Do you have any obligation or conscience to issues?
- What is your feeling of self identification with various groups?
- What makes you happy and joyful?
- How do you handle grief, sorrow, disappointment and jealousy?
- How important is excellence and competitiveness to you?
- Do you feel that faith and God play a role in your life?

Here are some ideas of things you may want to consider:

- Write a story of your love.
- "Love to do what you have to do" - make it work for you.
- Write an essay titled: "Live with love, bust the lust, to last".
- Describe how you keep yourself happy.
- Describe how you solved a problem of jealousy.
- Write about feelings of hate you had and how you live with them.
- Write about some of your fears and the way you overcome them.
- Describe your feelings towards faith and God.

List your feelings:

Good feelings	bad feelings