

Essay on exercise in writing and emotion

[Life](#), [Emotions](#)



1. It irritates me. 2. Nobody understands my situation. 3. I want out of this situation. 4. My boss is an idiot. 5. I'm going to quit this job.

It is clear that all the sentences above belong to someone who is overwhelmed with emotions and wants to express his/her strong dissatisfaction. The sentences seem to include spontaneous and hasty decisions or statements. The content of the sentences does not present any information, it only expresses the feelings of the speaker and his/her emotions.

Undoubtedly, the way you express your thoughts and emotions in either oral speech or written form may say a lot about how you feel and what you are going to do next. Looking at the sentences above, it is possible to state that every sentence indicates some kind of dissatisfaction and negative emotions. Languages with all its aspects and functions serves as the main key for understanding what a person wants to express.

I have found several main characteristics of grammar and stylistic peculiarities of the above mentioned sentences which point out that a person is really angry or dissatisfied. First of all, the sentences seem rather short and abrupt. Obviously, it is hard to notice someone being eloquent and using long sentences while he/she is overwhelmed with emotions. Usually, emotions make a person be very direct and laconic. What is more, the structure of the sentences is rather simple and clear in comparison to even everyday conversational speech. I think that emotions kind of 'block' the ability to think over some complicated sentence structures when there is a need to express your feelings immediately.

Furthermore, the sentences of an angry person usually contain some emphatic stylistic devices. For instance, one can observe hyperbole in the second sentence presented by the word ‘ nobody’. Additionally, different kinds of vulgarisms can be involved – just like in the fourth sentence the word ‘ idiot’. Also inversion and emphatic constructions can be used while expressing one’s emotions, though these types of stylistic devices cannot be found in the given sentences.

As for me, my emotions influence greatly my speaking and writing style, mostly transforming my sentence structures and the way I speak. As a rule, I start to speak louder and express my thoughts more abruptly, making emphasis on those words which I consider to be the most important. I also use emphatic repetition and sometimes sarcasm. Moreover, I tend to intensify my sentences by involving emphatic constructions like ‘ it is smb who/that’, ‘ it is by/through smth that’. Surely enough, if there are several sentences, I do not use any conjunctions to connect them when I feel any strong emotions. That is why the whole speech or written text seem rather incoherent.

Generally, people’s speaking and writing styles are influenced by their emotions and the way they feel – usually they are just in hurry to express their dissatisfaction or fury, that is why their language seems a little abrupt and rude. However, there are some people who have already learnt how to take their emotions under control and do not reveal them. I am strongly convinced that every person should at least try to control his/her emotions as it will help to express their concern more clearly and in more extended

sentences. Emotions block our ability to think critically and rationally, thus sentences said under emotional impact may cause a lot of problems in the future.