



## CONTENTS

### THE 43RD INTERNATIONAL ONLINE TEACHERS SOCIETY ESSAY CONTEST

EMOTION I MUSINGS ON EMOTIONAL FREEDOM I Kathlyn Q. Barrozo I 2

EMOTION I MASTERING YOUR EMOTIONS I Kathlyn Q. Barrozo I 3

EMOTION I SHOULD WE GIVE FREE REIN TO OR REIN IN OUR EMOTIONS? I Kathlyn Q. Barrozo I 4

EMOTION I HOW TO AVOID BECOMING AN EMOTIONAL WRECK I Kathlyn Q. Barrozo I 5

EMOTION I ON EMOTIONAL BEAUTY I Joseph Arre I 6

EMOTION I EMOTIONAL INTIMACY - AN EMOTIONAL SUPPORT I Marian Baltazar I 7

EMOTION I EMOTIONAL OUTBURST - A SPONTANEOUS SUDDEN SURGE OF EMOTIONS I Marian Baltazar I 8