



EMOTIONAL OUTBURST - A SPONTANEOUS SUDDEN SURGE OF EMOTIONS

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I am 100% sure that everyone has experienced an emotional outburst in one way or another, considering that we deal with different persons and situations in our life and most often than not, we encounter this spontaneous sudden surge of ...emotions inside of us. Of course there will be times when you don't or will never know when you can maintain your calmness. There are actually situations and circumstances that are beyond our control and sometimes without knowing it; we are trapped with our own emotions. When we get caught in a situation or in an imbroglio, wherein we are so meddled and mixed up as to how we can resolve that fiasco we are in, and then we experience an inner turmoil building inside us that sends shiver to our spine, we get into the realization that we cannot handle that situation. Then we end up so heated that we cannot control our emotions, so we release this sudden upsurge of emotions, then we go.....boooooom!

What then causes emotional outburst? Your answer is as good as mine. It is definitely our emotions that play a crucial role in this outburst. This spontaneous sudden surge of emotions comes immediately after our response to an action. Even a normally rational person can occasionally have emotional outburst too. I would surmise that they also experience an overflow of feelings and knowing that they wouldn't know how to deal with it can lead them to an emotional outburst. This has happened for it was due to the fact that there was too much pent frustration and stress after other solution that they have tried failed. It sure is debatable whether or not venting helps though

This rational and logical people are not used to dealing with large amounts of emotion, aside from the fact that they really lack the ability to just "drop it". So, what about your experience regarding this so called emotional outburst? More often than not, each one of us have experienced in one way or another the "wrath" of a colleague in our workplace who is undergoing through some emotional outburst regarding a confliction of issues over a work related issue. For some other reasons or not, they felt the need to shout and stomp their feet at their fellow worker. This and many more are due to this non-logical course of action in which response have been labeled as an outburst.

I, myself have undergone situations like these and the most recent incident was during the demise of my loving mother. I was appalled upon the very sad news that she has finally joined our Creator. I felt an intense feeling of grief when I saw her lifeless body. I felt that upsurge deep within me as tears welled down my eyes and it turned into a shriek of a loud cry, which led me into wailing. In fact, there are a thousand and one situations that we can think of to describe an emotional outburst, feeling that spontaneous sudden feeling of emotion is an unforgettable experience indeed.

Questions for discussion:

1. Where you caught in an imbroglio or any situation that sent you into an emotional outburst? Describe how it happened.
2. Were you able to figure out how an incident has led you to an emotional outburst? Explain your answer.
3. Do you believe that we can avoid having an emotional outburst? How?
4. How do you deal with your emotional outburst? How could you overcome it?
5. Describe that scenario when you were caught in an emotional outburst.