

# IDEAS 43

**International Online Teachers Society  
Debate  
Educational Materials For  
Advance and Upper Intermediate  
Students**



**International Online Teachers Society  
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## MUSINGS ON EMOTIONAL FREEDOM

Kathlyn Q. Barrozo  
Class of 1991, University of Santo Tomas  
B.S. Medical Technology

I've been reading about this particularly groundbreaking method they call Emotional Freedom Technique (EFT) and which has been cited by numerous publications such as Women's World magazine and a number of online sites. Finding its bases on the practice of traditional acupuncture, EFT is touted to help "remove negative emotions; reduce food cravings; reduce or eliminate pain; and implement positive goals." (<http://eft.mercola.com/>)

In today's world, being wrought with stress is par for the course. Adults and children have to contend with a lot of emotional pressure and garbage from living in a highly-strung world. Thus, there is the existence of numerous physical and emotional ailments and the emergence of newer, often stranger ones. Therefore, the introduction and propagation of such performance enhancement techniques that rely on the body's own "defense mechanisms" are more welcome than can be imagined.

I believe any person would give simply anything to be void of emotional concerns, notwithstanding breakthrough techniques such as EFT. To be able to rid yourself of emotions is quite powerful, since you are more apt to focus your energies on more productive pursuits instead of mulling things?and emotions?over and over.

We have seen professional sports players, particularly those in golf, show little or no emotion. I have always marveled at how professional women's golf legend Annika Sorenstram has shown a remarkable expertise at reining in her emotions, even when the fairway and her game are not exactly performing at their optimum peaks. Every time she tees up, Annika Sorenstram has always had the same machine-like intention, and that is to change the course of golf. Mastering her emotions, Annika knows, is very important to be able to gain an equal foothold in the battle for supremacy in the field of golf. Thus, she has succeeded professionally despite her own share of setbacks in life, and has even emerged among the most moneyed professional sports players in history.

As women, we have the advantage of being more attuned to EFT because of the very fact that females show a greater leaning towards using their intuitive faculties. However, being women, we have been stereotyped as being too emotional and sentimental, perhaps owing to the fact that we experience near-death many times over when we give birth, see our children develop and grow and eventually move away. But as women, we also have the power to harness such experiences and enable them to provide us with greater resiliency and hope for the future.

Emotions can be controlled, difficult as that may seem. All we have to do is to possess the right emotional freedom techniques that will ultimately lead to emotional maturity and wisdom.

### QUESTIONS FOR DISCUSSION:

1. Is being emotional a burden or a blessing? Why or why not?
2. Why is it difficult to control emotions in women?
3. What could be the benefits of controlling your emotions? How about its dangers?
4. How do you deal with a particularly strong emotion such as anger?
5. Do you believe Emotional Freedom Technique actually works? Why or why not?



## MASTERING YOUR EMOTIONS

Kathlyn Q. Barrozo  
Class of 1991, University of Santo Tomas  
B.S. Medical Technology

How many times have we heard it said that some people are slaves to their emotions? I guess this all comes from the fact that we have hearts, which have been categorized as being the seat of our emotions. Yet, there are still a great many people who have been able to master their emotions, thereby allowing them to gain greater freedom to face life's odds and oddities with greater aplomb. I envy such people, because I have been unable to master my emotions, particularly the stronger ones.

I get mad easily, which has largely contributed to my elevated blood pressure and could possibly lead to a ruptured blood vessel or something akin to such. My older children have been pretty much concerned about this fact, so they try to help me as much as they can in enforcing discipline among their younger siblings. My older children understand better how the toll of single-handedly raising them can be extra heavy for me, so I do not hesitate to get them into the whole disciplining scheme because they have been luckier than their siblings in more ways than one: my husband was still alive when they were little; there was little for me to worry about then; and times had been a lot easier during their time. Thus, it gives me great joy when my older children enforce discipline among the younger ones, albeit in a more gentle fashion than I ever could.

I am also, like Dr. Sheldon Cooper of the popular TV sitcom *The Big Bang Theory*, inclined to seemingly "strange" forms of happiness. I connect with Sheldon because he finds humor in word play, and dwells on such uncanny humor for long periods. How many times have I caught myself smiling while doing the laundry because I suddenly remember a funny remark I've heard, or a funny situation I've seen?

This "emotional memory" has also brought about various degrees of shame and guilt at particularly embarrassing situations I have gotten myself into, or events where something could have been prevented if I hadn't been too stupid to realize what I had done wrong. I mull over my mistakes, allowing them to sink in too deep. I have only been saved through prayer for self-healing and self-realization, which have given fruit to acceptance.

As I grow older, I hope to more and more recognize that emotions should not subjugate me needlessly. Our emotions must be controlled, not allowed to rule our minds. After all, our physical set-up has been configured to provide us with a brain that has the upper position over the heart, not the other way around.

### QUESTIONS FOR DISCUSSION:

1. Do you believe yourself to be the master of your emotions? Why or why not?
2. Are you particularly affected by strong emotions in other people? How?
3. Why does less emotional garbage always help with day-to-day well-being?
4. What particular emotion do you consider hugely affective?
5. Is being emotional entirely bad? Why or why not?



## SHOULD WE GIVE FREE REIN TO OR REIN IN OUR EMOTIONS?

Kathlyn Q. Barrozo  
Class of 1991, University of Santo Tomas  
B.S. Medical Technology

David Borenstein once said that feelings are not supposed to be logical. This explains why a lot of people seem to lose their handle on their emotions: getting a grip on one's emotions is difficult. What becomes an ultimately better alternative is coping with whatever emotion we feel, be it fear, repulsion, happiness, pleasure or contempt. We may go through the whole gamut of emotions in our lifetime, but it is how we respond to them that will truly make a difference.

If you're one of those people who have to jump up and down or talk to anyone and everyone when something especially joyful comes to them, go ahead. Share whatever happiness you feel with others who best understand you. Just remember that there are people who get easily turned off by too much mirth in any one person; they become sarcastic and find some aspect to dampen your happiness. My advice is: just be happy with the people who know you best of all. Those who choose to subdue your joy with thoughtless sarcasm and remarks are probably just envious that you can still afford to laugh and smile despite life's many crises. Let them stew in their envy.

If you're one of those people who need to get others to understand their grief and their emotional turmoil, try not to be misconstrued as being too familiar with others. We do need a shoulder to cry on from time to time, but we have to make sure that the shoulder we get wet with our tears has been offered by someone who personally knows us. Best friends accept us in whatever form we may turn out to be, much like our very own parents who accept us unconditionally. Let us share our most painful moments with people we love; otherwise, we only end up sharing TMI (Too Much Information). And be sure that those we share our emotional concerns with are not burdened by those of their own. One can only take in too much garbage, you know.

If you're one of those people who need to break or hurl something when they're overly mad or angry, look around you first. Are you inside a closed space where any hurling and throwing around will not unduly hurt any other person but yourself? There's this restaurant in my province which has a wall towards which you can throw plates (yes, plates!) and hurl invectives at, as you choose. A novel concept, the wall has had many patrons, which shows just how angry some people can be. The plates can be had and hurled at cost to the customer, of course. So those of you out there who have too much angst ensconced inside, feel free to drop by the restaurant.

### QUESTIONS FOR DISCUSSION:

1. What advice can you give for channeling human emotions?
2. Have you been successful enough in harnessing your emotions? Why or why not?
3. How do you express your joy? Your sadness? Your anger?
4. Who do you trust to understand your emotions most of all? Why do you trust him/her?
5. Is there any particular person you admire for being able to rein in their emotions? What makes this person special?



## HOW TO AVOID BECOMING AN EMOTIONAL WRECK

Kathlyn Q. Barrozo  
Class of 1991, University of Santo Tomas  
B.S. Medical Technology

We, as human beings, are constantly exposed to so much stress in our daily lives that we sometimes feel overwhelmed by them. At work and at play, certain stimuli can and will have us express one emotion or another, in one way or another. Lucky are those who have been able to sufficiently get a grip on their emotions and channel their angst to more productive channels. They are less likely to cause harm to others and are also more able to assist others in channeling their own emotions.

We all have our own emotional problems. What sets us apart from others is the way we cope with our emotional problems and difficulties in life.

There are some who choose to face them squarely, studying which angle of approach to use in order to bring about a desirable outcome. Such people are strategists who successfully manage to find resolutions to their emotional difficulties after much mulling over. They believe that each and every aspect of their emotional problem is equally important, so they try to look for weaknesses in those aspects that could bring about great results.

There are others who choose to change them for the better. Such people are also good strategists, but they do not directly target the weaker aspects of their emotional difficulties. They try to refocus on something else instead. Such has been the example of people like Dr. Martin Luther King, Jr. who opposed the suppression of equality between black Americans and their white counterparts by mounting civil rights movements. He has become a national icon for modern American liberalism. He knew that violence should not beget violence, so instead of having angry retaliations against the whites, he chose peaceful civil rights movements to bring about what he had always dreamed of: racial parity.

And of course there are those who choose to escape from the painful emotional realities of life. They use avenues such as religion, marriage or plain daydreaming to be able to get away from it all. Escaping is not quite the same as coping; it merely drapes the emotional difficulty in a shroud of deception. It will not make the emotional problem go away. Those who rush into marriage because of an unexpected pregnancy or as a form of rebellion, those who use God as a whipping boy for their many troubles, or those who escape to Never-Never Land can not hope to bring about a most desirable outcome to their emotional problems.

Let us deal with our emotional concerns and difficulties in the wisest way possible. No amount of escapism can help us. What will ultimately prevent us from becoming emotional wrecks is acceptance and coping with our emotions in the best ways possible.

### QUESTIONS FOR DISCUSSION:

1. What problems could pent-up emotions bring about?
2. What problems could giving vent to our emotions cause?
3. Why is it important to face our emotional problems squarely instead of escaping from them?
4. What stimuli often cause you emotional turmoil?
5. How can emotional problems help us develop into better individuals?



## On Emotional Beauty

Joseph Arre  
Class of 2008, University of Baguio,  
B.S in Nursing

Emotion is a part of our everyday life. Whether it is based on our appreciation to food, our perception to music or our keen sense of style, we rely on our emotions to point us to what we want. Our sense of touch, sense of smell and sight has evidently affected our emotions. Man's character is significantly affected by how he feels. His feelings affect his attitude and how he perceives life. Emotions tell us that form finds function. Because of our emotions, we know that a chair's purpose is to express the function of comfort and to please its owner through its beauty and class.

Due to what we feel we find the beauty in all things and we become one with nature. We smile in awe and wonder when we look at the Aurora Borealis. We feel sad and emotional when we look at the pale colors of dusk and autumn. When we lack the understanding, we rely on our emotions in order to answer life's simple questions. Basic instinct and perception are derived from man's capacity to feel. Our feelings tell us when to have children, to be in love with someone or to strive for the future. Therefore, emotion is a crucial part of human existence and it drives us to become better in everything that we do.

According to Joseph Addison, an English essayist, "Man is distinguished from all other creatures by the faculty of laughter." Yes, it is true that the only creatures that are living which have the capacity to laugh are men. Other mammals have the ability to laugh yet they do so not as a sign of entertainment but as a sign of dominion and anger. Therefore, we human beings are the only ones which have the power to be entertained, to laugh at each other's jokes and to cry when there are hardships to face.

Aside from laughter, human beings are also the only living creatures who can empathize with other beings. We are altruistic creatures, capable of being generous and helpful to others. We try to help other people in whatever hardships they are enduring. We try to lighten their load as they strive against life's battles. It is due to our generosity and emotional attachment with other people that we attain unity with others. We become one with the world because we have the same feelings, same aspirations and same wishes.

Hence, emotions bring us one step closer to peace and to God. Emotion is known only as a universal language. Everyone feels joy and sadness. In fact emotions show our uniqueness and our innermost thoughts. Therefore, let others know how you feel and let the world see your uniqueness through your emotions.

### Questions during Lectures:

1. According to a Joseph Addison what is a sign of intelligence?
2. When do you feel sad? When do you feel happy?
3. Aside from laughter, what is another emotion that human beings have?
4. Emotions bring us one step closer to?
5. What do you do when you feel happy?



## EMOTIONAL INTIMACY - AN EMOTIONAL SUPPORT

Marian Baltazar  
Class of 1980, University of the Philippines College of Manila  
AB Political Science

The personal relationships that we have had talk about not only support, per se, but also emotional support included, thereby establishing and nurturing it into an emotional intimacy. This is very true with close relationships and if yo...u happen to be in this kind of relationship, then you get to experience emotional support. It feels elating and good to know if someone supports you emotionally for this only means that there is a person close to you who not only supports you but is also after your welfare and well-being too. It also shows empathy to the other partner's feelings in life instead of dismissing them or trying to condemn them. In fact, they would be more than glad to lend their ears to that special person.

They not only listen intently but also patiently trying to understand how their partners feel. Isn't it such a heroic act? It is entirely different from understanding what that person's problem is. When we talk about emotional support, it actually means understanding how the person feels. To confirm this understanding, the person needs to show the form of "active listening." Yes, that sincere desire to understand the other person is the emotional support that a person can give to his partner. This effort alone demonstrates and shows how much effort he does to understand how his partner feels.

We all have these social needs, the need to belong, or to love and be loved. Being loved is at its peak when we open up, share your true feelings, and find out that the other person accepts us and empathizes with us. This alone creates emotional intimacy between two people. When that need for love and that emotional intimacy are met, then people are happy and they become fulfilled. Most probably, the biggest factor in a person's quality of life is the quality of their relationships. Actually, if our social needs are not met, our moods get worse, even if we experience success in other areas of our life, as in our work too.

I must say that negative emotions are an inevitable part of life because there are times wherein we feel that life is not always fair or just. We face not only disappointments growing in numbers but also countless hurts that breaks our heart. People who do not experience emotional intimacy feel lonely, isolated and they experience chronic negative emotions. In spite of being financially stable having all the material needs and resources, people still succumb to addiction, violence, child abuse, depression, divorce, crime and other self-defeating behaviors. Most of them who suffer from these problems I must say are not experiencing hunger or not even homeless but they are suffering from chronic emotional stress.

When a person is in this state of negative emotions, it can only be healed or resolved through emotional intimacy. This can free that individual of his emotional pain that prevails inside the very hollow of one's heart; there is that closeness that is then created between two people. That person just needs the assurance of another person and that there is someone who stands by his side to go through all these things, that everything will be okay. The importance that emotional intimacy can play in a person's life is what will give that person emotional support which will make him a whole person in the real sense of the word itself.

Questions for discussion:

1. Have you ever experienced emotional intimacy? In what way?
2. What is the effect of being emotionally intimate in your life? Explain further.
3. Do you often feel negative emotions nowadays? What do you do during these situations?
4. How can you then develop that intimacy with someone whom you value as the closest to your heart? Elaborate on your answer.
5. How do you feel when you are emotionally intimate with a person? Does it create and give you that emotional support that you may need? How?





## EMOTIONAL OUTBURST - A SPONTANEOUS SUDDEN SURGE OF EMOTIONS

Marian Baltazar  
Class of 1980, University of the Philippines College of Manila  
AB Political Science

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.



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