# 有关情绪的英语作文范文优选9篇

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*有关情绪的英语作文范文 第一篇If they are not willing to work for you, they are free to say no, because you have to learn to detect pas...*

**有关情绪的英语作文范文 第一篇**

If they are not willing to work for you, they are free to say no, because you have to learn to detect passive aggression, and you may be surprised to find that you also have this hint in yourself. Dealing with the natural tendency of human beings to cover up strong emotions, you can simply remind yourself that it is healthy to express your true feelings and that negative emotions often motivate you Change yourself and make your life better. When you deal constructively with your feelings, negative behaviors are a way to avoid change, and you can leave them behind without being hindered by unexplained emotions.

中文翻译：

如果他们不愿意为你效劳的话，他们可以自由地说不，因为你要学会察觉被动的攻击性，你可能会惊讶地发现自己身上也有这种暗示，应对人类自然倾向于掩饰强烈的情绪，可以很简单地提醒自己，表达自己的真实感受是健康的通常被视为消极的情绪往往会激励你改变自己，让你的生活变得更好，当你建设性地处理你的感受时，消极的消极行为是避免改变的一种方式，你可以把它们抛在身后，不受未经探索的情感的阻碍。

**有关情绪的英语作文范文 第二篇**

Finally, we will feel pain, when we are treated unfairly, we will be angry, we must learn to deal with emotions, so that when emotions come, we can continue to move forward, we must tell ourselves to calm down, we can be angry for a period of time, but not straight, only when we calm down, we can think clearly, we can also find one The way to relieve our emotions is like going to KTV or just chatting with friends. We have to face emotional problems from time to time. If we do the right thing, everything will be OK.

中文翻译：

最后，我们会感到痛苦，当我们受到不公平对待时，我们会生气，我们必须学会处理情绪，这样当情绪来临时我们才能继续前进，我们必须告诉自己冷静下来，我们可以生气一段时间，但不是一直，只有当我们冷静下来，我们才能清晰地思考，我们也可以找到一种缓解情绪的方法，就像去KTV或者只是和朋友聊天，我们时不时地要面对情感问题，如果我们做对了，那么一切都会好起来的。

**有关情绪的英语作文范文 第三篇**

You have to control and guide your emotions, not abolish them. In addition, abolishment will be an impossible task. Emotions are like a river.

Their power can be dammed and released under control and guidance, but it can\'t be contained forever. Sooner or later, the dam will burst and release catastrophic damage. Your negative emotions can also be controlled and guided.

Initiative and self-discipline can eliminate their harmful effects They serve the structural spirit. Sometimes fear and anger can inspire strong action, but you must always submit that your negative emotions and your positive emotions are a terrible enemy before releasing irrational emotions. What teachers provide a crucial balance between emotion and reason - this is your willpower, or self, and this is one that will be more detailed below It will teach you how to show your willpower behind reason or emotion and enlarge the wisdom they express.

Your heart and your mind need a who can find in your self. However, only when you use self-discipline without self-discipline will your ego fill their role. In this case, your mind and heart will fight as you please.

In this case, people who fight deep inside are often seriously hurt.

中文翻译：

你必须控制和引导你的情绪，而不是废除它们。除此之外，废除将是一项不可能完成的任务情绪就像一条河流，它们的力量可以在控制和指导下被筑坝和释放，但它是不可能永远被遏制的，大坝迟早会破裂，释放灾难性的你的负面情绪也可以控制和引导性的积极主动性和自律性可以消除它们的有害影响，使它们为结构性精神服务有时恐惧和愤怒会激发强烈的行动，但你必须始终提交你的消极情绪和你的积极情绪在释放没有理性的情绪之前是一个可怕的敌人什么教师在情感和理性之间提供了至关重要的平衡——这是你的意志力，或称自我，这是一个将在下面更详细地探讨的主题，它将教你如何在理性或情感背后展示你的意志力，并放大它们表达的智慧你的心和你的头脑都需要一个，他们可以在你的自我中找到主人。然而，只有当你在没有自律的情况下运用自律，你的小我才会填补他们的角色。

在这种情况下，你的思想和心灵会随心所欲地进行斗争。在这种情况下，内心深处进行斗争的人往往会受到严重伤害。

标签： 新学期

**有关情绪的英语作文范文 第四篇**

An experience that I will never forget. A man should experience a lot of things. In these things, there are always some things that impress us.

I want to say that I have too many memories of these emotional things. I still remember my close friend. He took notes for me.

He helped me get great improvement when I had a cold. I was worried that my study was not good When I was in a low mood, he showed up and told me not to worry about my study. At last, he gave me a lot of help because my best friends helped me.

My grades didn\'t disappoint us. I really want to express my heartfelt thanks to him.

中文翻译：

一个我永远不会忘记的经历一个男人应该经历很多事情，在这些事情中，总有一些事情让我们印象深刻，我想说的是，我对这些情感的事情有太多的记忆，我仍然记得我的密友他为我做了笔记，他帮我在我感冒的时候得到了很大的改善，我担心我的学习不好，当我情绪低落的时候，他出现了，告诉我不要担心我的学习，最后他给了我很多帮助，因为我最好的朋友们的帮助我的成绩并没有让我们失望，我真的很想向他致以衷心的感谢。

**有关情绪的英语作文范文 第五篇**

Control your emotions. You have to control and guide them, not abolish them. In addition, the abolition will be an anti missile mission.

Emotions are like a river. Their power can be dammed and released under control and command, but it can\'t be controlled forever. Sooner or later, the dam will break, and catastrophic destruction will be released.

Your negative emotions can also be controlled and guided. PMA and self-discipline can eliminate their harmful effects and make them serve constructive purposes. Sometimes fear and anger can stimulate strong action, but you must always submit your negative emotions and your positive emotions to check your rationality.

Before releasing them, irrational emotions are a terrible enemy, and ability provides a crucial balance between emotion and reason- It\'s your willpower, or self. A subject that will be explored in more detail under self-discipline will teach you to put your willpower behind reason or emotion and amplify their expression. Your heart and your mind need a , but they can find a in your self.

Only when you use self-discipline in the absence of self-discipline can your self-discipline be used Will fill their role, and your mind and heart will fight as they please, in which case, those who fight deep inside are often severely hurt.

中文翻译：

控制你的情绪你必须控制和引导你的情绪，而不是废除它们。此外，废除将是反任务情绪就像一条河流，它们的力量可以在控制和指挥下被筑坝和释放，但它不能永远被控制住迟早会溃坝，释放灾难性的你的消极情绪也可以被控制和引导。PMA和自律可以消除它们的有害影响，使它们为建设性的目的服务有时恐惧和愤怒会激发强烈的行动，但你必须始终提交你的消极情绪和你的积极情绪来检查你的理性在释放他们之前，没有理性的情绪是一个可怕的敌人，能力在情感和理性之间提供了至关重要的平衡-这是你的意志力，或自我，一个将在自我约束下更详细地探讨的主题将教你把你的意志力抛在理智或情感的背后，并放大它们的表达强度你的心和你的头脑都需要一个主人，然而他们可以在你的自我中找到主人，只有当你在缺乏自律的情况下使用自律，你的自我才会填补他们的角色，你的思想和心灵会随心所欲地战斗在这种情况下，内心深处进行斗争的人往往会受到严重伤害。

**有关情绪的英语作文范文 第六篇**

In terms of emotion, what accompanies you all your life is not wealth and fame, nor youth and appearance, but your mood or mental state. In modern times, we control your life as a human being. Our emotions are like cars coming and going on the highway.

The kindness of neighbors, the kiss of children and the praise of others are like warm sunshine, which makes us feel comfortable. Rude words from strangers, fake goods bought from the store, or insulting remarks in jokes can make you feel bad and depressed. A good mood makes people happy, energetic and creative.

I used to shut up in the elevator for an hour and a half and had to call in order to help me finally be released. This is very interesting because I was in a good mood at that time, otherwise I would feel very painful. The bad mood will make you lose self-confidence, make you helpless, full of worries and worries, we are happy and sad, sometimes we are in a low mood.

At this time, we should summon up the courage to change our mood Will accompany you to the palace of success, to the palace of love, happy mood accompany you to spend a fuller life, so, no matter where you go or what you do, you should remember to keep a happy mood.

中文翻译：

在情绪上，一辈子陪伴着你的不是财富和名望，也不是青春和容貌，而是你的情绪或精神状态在现代控制着你作为人的生活，我们的情绪就像在高速公路上来来往往的汽车一样，邻居的恩惠，孩子的吻，别人的赞扬就像温暖的阳光，让我们感到舒适。陌生人说粗话，从商店买的假货，或是开玩笑时说的侮辱性的话，都会使你心情不好，心情低落。好心情使人快乐，精力充沛，富有创造力。

我曾经在电梯里关了一个半小时，不得不打电话为了帮助我最终获释了，这很有趣，因为我当时心情很好，否则我会觉得很痛苦糟糕的心情会让你失去自信，让你无依无靠，心中充满烦恼和烦恼，我们喜怒哀乐有时心情低落这个时候我们要鼓起勇气换个心情好心情会陪你走向成功的殿堂，去爱的殿堂，快乐的心情陪伴你度过人生中更充实的生活，所以，无论你走到哪里或做什么，都要记得保持一个快乐的心情。

**有关情绪的英语作文范文 第七篇**

Treat yourself well. I used to believe that love means putting others and their needs first, before my own, but I do think it makes sense. In this sense, being a giver is one of the ultimate acts of being a loving person.

I began to realize that I must first give myself and love myself, when you put everyone and others above you Everything, you no longer value yourself and your needs, when you can\'t meet your needs, you don\'t take care of yourself (emotionally, physically, spiritually, spiritually, you can\'t be the best you can be for someone special in your life, so essentially, you can\'t love them as much as you can. Here are some things to consider. Do you take care of yourself physically? Do you nourish yourself with the right food, get enough sleep, exercise, and maintain a healthy weight? If not, I bet you have low energy, you are tired and stressed, and your self-confidence is not the highest (because you may not feel the best now, think about how much you can give others when you are not tired, and you are happy with what you see in the mirror You don\'t get stressed out because of stress.

Are you emotionally and psychologically healthy like humans? We\'re so complex that ups and downs are normal, but overall, assess your emotions. If it\'s in a healthy place, you can manage your emotions in a healthy way, great, but if you comfort yourself, there\'s a negative for you Attitude and energy, recognizing that it doesn\'t just affect you, but it\'s the same with other people. When you\'re emotionally and psychologically unhealthy, everything you do is vibrant, and everyone around you will feel the impact.

In this sense, your spirituality means having an ultimate goal that is consistent with your true self. Do you wake up for you every day The excent of your life is about, and appreciating, all the richness you already have. If not, you may not be listening and living in the long-term life yoeally desire, which may affect the nature of your inner existence and, in turn, may not allow you to show your best for the world.

中文翻译：

善待自己我曾经相信爱意味着把别人和他们的需要放在第一位，放在我自己的需要之前，但我确实认为这是有道理的，从这个意义上说，做一个给予别人的人是做一个有爱的人的终极行为之一，我开始意识到我必须首先给自己和爱自己，当你把每个人和在你之上的一切，你不再重视你自己和你的需要，当你不能满足你的需要，你没有照顾好自己（在情感上，身体上，精神上，精神上，你不可能成为你生命别的人的最好的自己，所以本质上，你不尽可能地爱它们。这里有一些事情需要考虑，你是否在身体上照顾好自己？你是否用正确的食物来滋养自己，有足够的睡眠，运动，保持健康的体重，如果不是的话，我敢打赌你的能量很低，你很累，压力很大，你的自信并不是最高的（因为你现在可能感觉不到最好了，想想当你不累的时候，你能给别人多少，你对镜子里看到的感到高兴，你不会因为压力而紧张，你是否像人类一样在情感和心理上都很健康，我们是如此复杂，跌宕起伏是正常的，但总的来说，评估一下你的情绪，如果它是在一个健康的地方，你可以管理你的情绪在一个健康的方式，伟大的，但如果你自我安慰，对你有一个消极的态度和精力，认识到它不仅仅影响你，但其他人也一样，当你在情感和心理上都不健康的时候，你所做的每件事都会充满活力，你身边的每个人都会感受到影响，从这个意义上说，你的灵性是指有一个最终的目标，并与你的真实自我保持一致你每天醒来时是否为你的生活而兴奋是关于，并且感激你已经拥有的所有富足如果不是，你可能没有倾听和生活在你内心真正渴望的长期生活中，可能会影响你内在存在的本质，反过来，也可能不允许你为这个世界展现出你最好的一面。

标签：

**有关情绪的英语作文范文 第八篇**

Emotionally, it\'s not wealth and fame, nor youth and appearance, that accompanies your life, but your emotions or the mood that controls your life. In modern times, our emotions are as changeable as the cars on the highway. The kindness of neighbors, the kiss of children, the praise of others are like the warm sunshine.

A stranger\'s rude words, a fake bought from a store, or an insulting remark in a joke will make you feel bad and lose heart. A good mood makes people happy, energetic and creative. I had been in the elevator for an hour and a half, and I had to call for help, and I was finally released, which was very interesting because I was in a good mood, otherwise I would have felt very painful.

Bad mood will make you lose self-confidence, make you helpless, heart full of trouble and trouble. Our mood is complex, sometimes we are happy, sometimes we are depressed. At this time, we must summon up the courage to change a mood.

A good mood will accompany you to the palace of success, to the palace of love, to enjoy the happiness and harmony in life with a happy mood. We can live a fuller life, a more interesting and more meaningful life Therefore, no matter where you go, no matter what you do, always keep happy mood ^ ^ ^).

中文翻译：

在情绪上，伴随你一生的不是财富和名望，也不是青春和容貌，而是你的情绪或控制你生活的心境。在现代，我们的情绪就像高速公路上来往的汽车一样变化无常，邻居的恩惠，孩子的吻，别人的赞扬，就像温暖的阳光一个陌生人说了一句粗话，一个从商店买来的假货，或是在开玩笑时说一句侮辱性的话，都会让你心情不好，让你心灰意冷。好心情使人快乐，精力充沛，富有创造力。

我曾经在电梯里关了一个半小时，我不得不打电话寻求帮助，最终我获释了，这很有趣，因为我当时心情很好，否则我会觉得很痛苦。坏心情会让你失去自信，让你无依无靠，心中充满烦恼和烦恼。我们心情复杂，有时我们高兴，有时情绪低落，在这个时候我们必须鼓起勇气一种心情的改变一种好的心情会伴随你踏上成功的殿堂，通往爱情的殿堂，带着快乐的心情去享受生活中的快乐与和谐，我们可以过一种更充实的生活，一种更有趣、更有意义的生活，所以，无论你走到哪里，无论做什么，都要时刻保持快乐的心情^ ^）。

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