

Emotions

3

Feelings



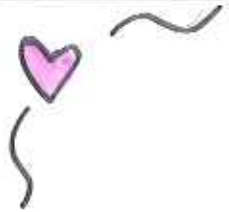
INSTRUCTIONS: Step 1: Use markers to fill the box above with your cover illustration. Include the book title in your design.
Step 2: Fill out Author's Name & Book Title in boxes below.

Jacqueline Juarez

Author's Name - If Classbook "Miss Smith's Class," If Individual Book "Cori Smith,"

Emotions and feelings.

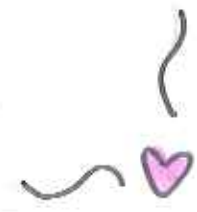
Book Title



Emotions

1
3
1

Feelings



BY Jacqueline Juarez

DEDICATED TO

Anyone who comes across this
poetry book.



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HAPPINESS

Happiness

Many people long for it.

Many people crave for it.

But no matter how old you are

No matter where you are.

You will experience happiness.

It's a great feeling

To experience happiness

To be filled with such joy.

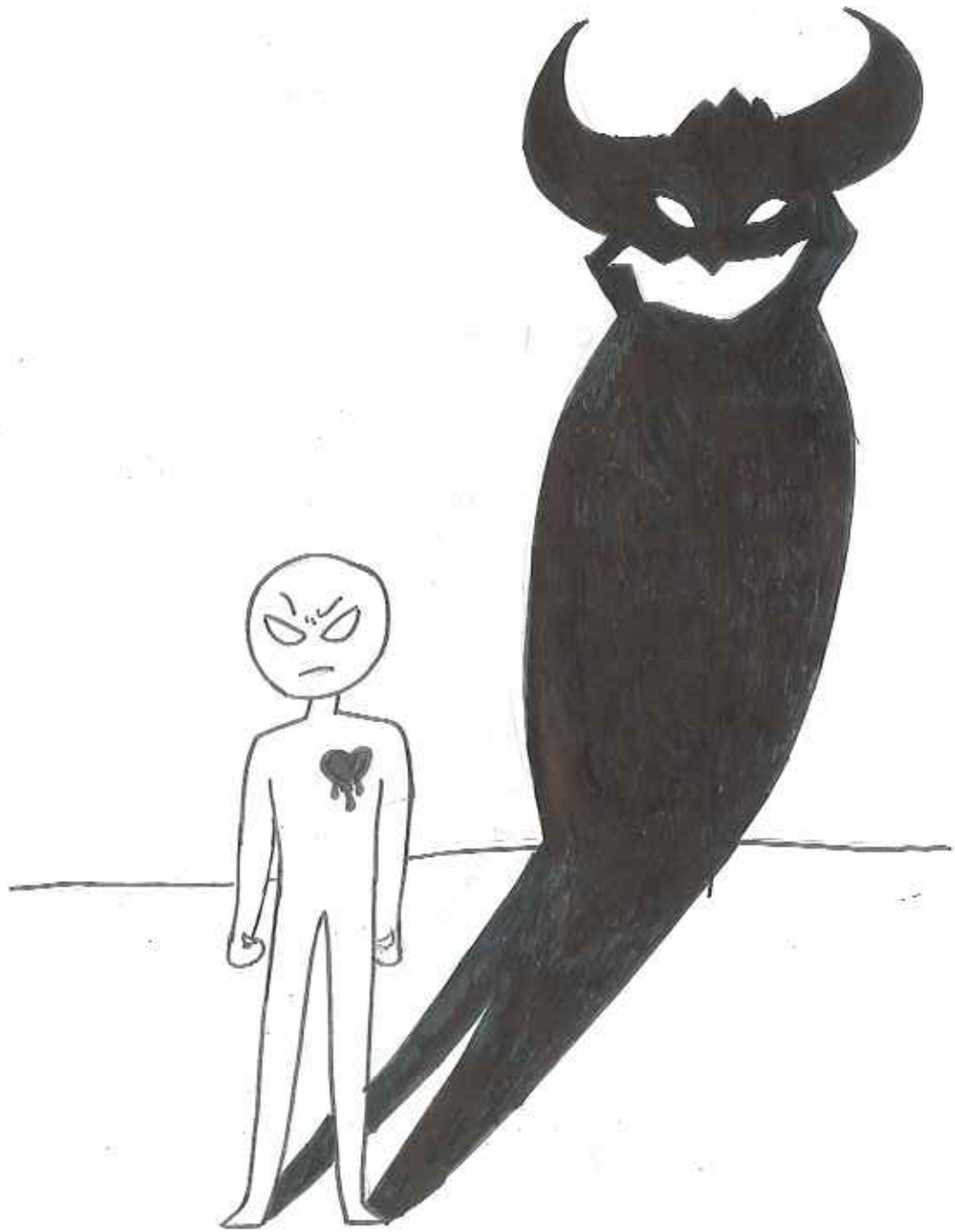
Until your heart is content.

To wear a smile on your face.

To leave your worries behind

Even if it is just for a moment.

It feels amazing.



ANGER

Anger.
A powerful thing.
But like many powerful things
There's a catch.

Nothing seems better
Than getting back at that person.
All you can think about
is revenge.

Anger can unleash the beast
inside someone.

And then it stops.
The feeling is gone.
And you're left alone.
With nothing
But an empty heart.

There is nothing more satisfying
Than sweet revenge.

The way you talk
The way you walk with such confidence
The way someone cowers below you
In fear...

It's a great feeling
A feeling of power
A feeling of control.

But little did that person know
Is that Anger
Is a dangerous thing.

It may boost up your confidence.
Make you feel proud of yourself.
Make you fearless
But it can turn you into a monster.

Seething in rage
Until you can't take it anymore.

You lash out
Rage blinding you.
Frustrations blocking out any logic sense.
Anger tearing into your heart
Until it's black.



Confidence

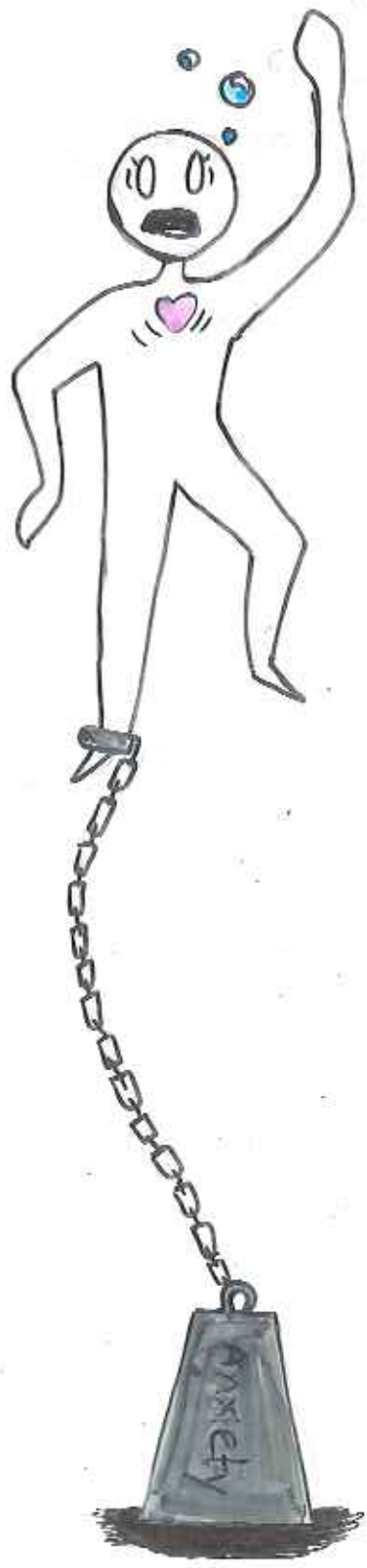
Confidence is an amazing feeling.
And for some people
They won't let anything hold them down.
They'll plow right through.
Ignoring all the hate that's being thrown around.
Nothing fazes them.
The brave souls.

But unfortunately,
I am not one of those people.

I have a big ego.
But I am delicate as glass and paper.
One small thing
Can make my confidence waver.
And crumble to dust.

I can go from Ms. Thang
To the bottom of the world
I am not proud of that.

It'll take a lot to bring up my confidence up.
But when it does,
It feels great.
To be in a position
Where no one can stop you
Even if it is only for a while.



ANXIETY

Anxiety.

A feeling that is commonly known.
And feared.

A feeling
That controls you.

That feeling you have in your stomach.
The worries in your mind.
It's scary
It tears you apart.
It's anxiety.

When your skin heats up.
You look at the piercing eyes staring at you.
You can't breathe.
You're suffocating.
You're dying.

You open your mouth to speak
But no words come out.
You're speechless.
Not from shock
But from fear.

You fear of what people think about you.
One mistake
And you're paralyzed
From your own embarrassment.
And shame.

Your face turns red.
Kinda like a cherry.
Your face is on fire.
And you can't stop it.

Anxiety is everywhere.
And it can't be stopped.



Calm

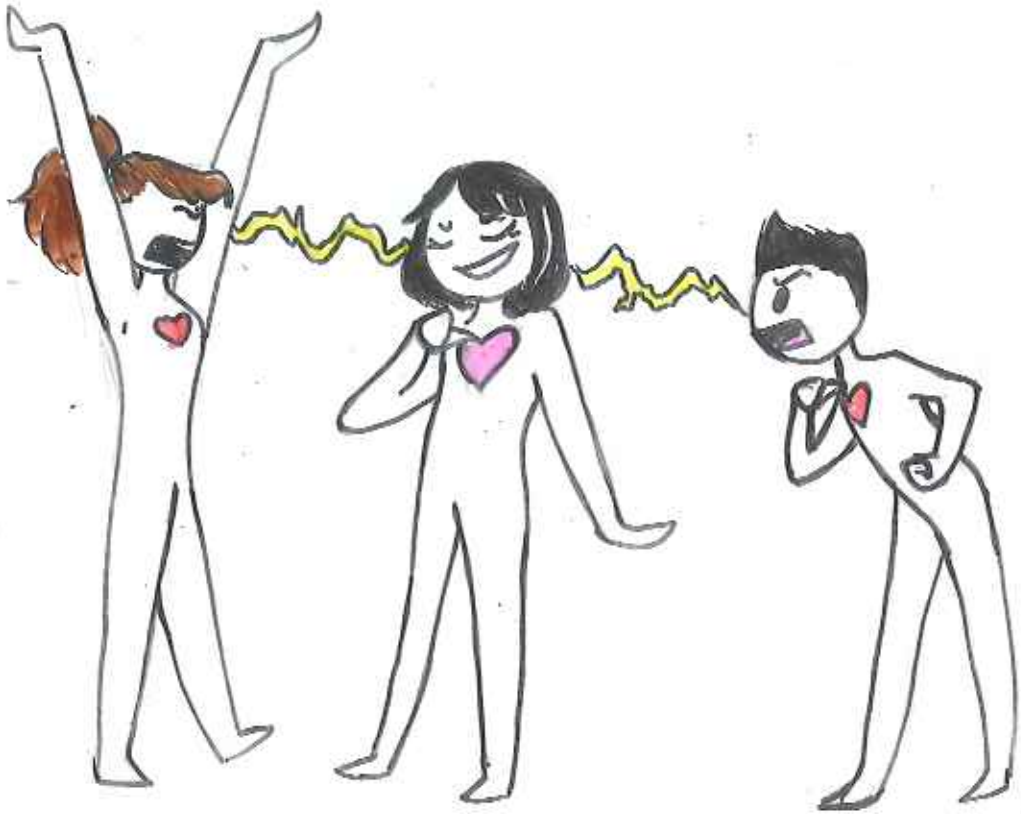
Nice and tranquillo
Gently sleeping below stars
Soothingly hush silence.

Timid

Shy, fearful
Squeamish, Slow to act, easily frightened
No courage or confidence
faint-hearted.

HATRED

You see someone who
you despise with every
cell in your body.



Competitive

The feeling you have
When you're about to play a game
The thrill that passes down your body.
Your heart, pumping faster with exhilaration.

That feeling you have,
Impatiently waiting
To clash with your opponent.
You want to show
Who's boss.

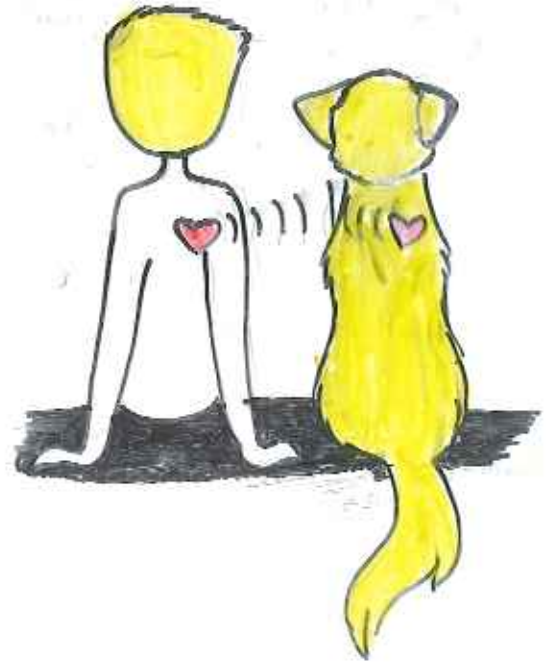
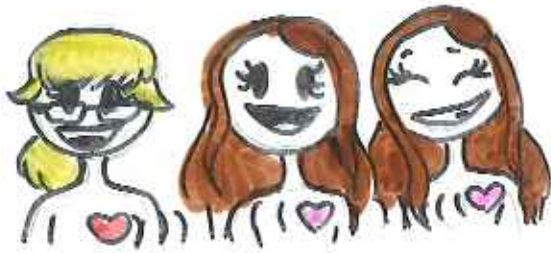
That is the feeling of competitive.

Being competitive has advantages.
But it also has its disadvantages.

But it is a great feeling.
One of the best feelings.
It makes us stronger.
But it can also make you weaker.

But the burning urge to win.
The thought of losing
To be the toughest
To be the best.
To prove wrong to the people who doubted you.

You want to know who's the best.
But deep down inside
You know who's going to win.
And that's you.



♥ Friends 3 Best friends ♥

Friends.

Friends are one of the best things
in your life.

Friends welcome you
with warm smiles.

Best friends welcome you
with hugs and punches.

Friends are the closest thing to family,
and you never want to lose that.

Except the fake ones.

The ones that don't care about you.

The ones that secretly dislike you.

But still bother to smile at you.

But true friends...

They're different.

Without them,

It's like you're lost

and can't be found.

You're helpless.

And scared.

But a true friend

is one that you can depend on.

A true friend is one that will always

stick up for you.

A true friend will be at your side

no matter what.

Now that's a true friend.

A friend that you can count on.

A friend that you can trust.

Friendship isn't about

who you've known

the longest.

It's about someone

who came into your life,

said, "I'm here for you!"

and proved it.

I Get Emotional



And you get emotional
too.

ABOUT THE AUTHOR

The Author of this poetry book attends a school in Minneapolis, MN, called Lake Harriet Community school. The Author is from Minneapolis. Loves to draw and animals, secretly loves Poetry. Loves to read and finds power in Emotions. And Has a crazy obsession with Jason Voorhees. He is her rolemodel. She also watches Vanossgaming. Because He is also life. Along with Jason. And Go subscribe to Axis B!

