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Hate is a downhill

Although people learn different emotions but hate is the downhill in life. People who suffer from tragedy or experience the harsh realities of life are more likely to express hatred. There are different reasons that promote feelings of hatred including failures of life. People who exhibit hate moves towards the worsened state. This is because their emotions negatively undermined their ability to cope with various situations that could contribute to their satisfaction. Hate is downhill because it prevents people of all ages from using their full potential for living life to the fullest.

Hate is downhill in life because it promotes negative emotions of anger, envy, sadness, disappointment and hopelessness. Such emotions are destructive for human beings as they discourage them from living a happy and healthy life. Hate is a powerful negative force that prevents people from enjoying their lives. People who appear to be angry are capable of harming themselves because in the extreme case they get violent. Controlling anger is difficult for the people and it can undermine the quality of life. Anger provoke them to show hatred towards others that affects their relationship because people prefer to maintain distance from such people. Hate also promote feelings of envy that is destructive both mentally and physically. Hate makes people sad because they are always focusing on the things that they lack in life. They stay away from others due to the negative emotions that promote loneliness. Such people worry a lot that prevents them from living a happy life.

Hate is downhill in life because it is correlated to the feelings of disappointment and hopelessness. People who build hate are less likely to see the brighter side of life. They are inclined to count their problems and the impossibility of things. Their negative feelings result in elevated levels of disappointments. They stay believing that there is no end to their worries so they become helpless. They lack motivation when they need to take a risky action because of their preconception of failure. Disappointment discourages them from taking bold steps that are required in different aspects of life. Emotional blows of hatred cause disappointment that is further linked to blame, rage and resentment. Such people are unable to see their talents or utilize their potentials for achieving something great. Hate also creates feelings of hopelessness because the victims of hate believe that there is no end to their tragedy (Fischer, Halperin and Canetti). This undermines them from using their efforts and great energy required for the accomplishment of a dream. Hate increases the likelihood of emotional bursts that leads to mental and psychological illness.

Feeling of hate is further linked to stress, anxiety, irritability and resentfulness. Hate makes people more stressed because they continue to overthink. This ends their peace of mind and they suffer from unnecessary thinking. Hate also prevent them from having a good sleep because elevated levels of frustration stop the brain from relaxing. This indicates the impacts of hate on deteriorated quality of health. When a youth is unable to sleep well it is unable to take part in all of their life activities. Hate also promote feelings of irritability. An individual who established hate towards others is more likely to get annoyed. This has adverse impacts on his relationship with other people because such attitude convinces others to maintain distance (Fischer, Halperin and Canetti). The common example is of a student who gets irritated on little jokes will give the reason for staying away to others. Hate also promote the emotions of resentfulness because they believe that they have been forced to the current state by others. Resentment in relationships is complex because it creates dislike towards the companion or friend. The feeling of hate is thus linked to the recitative painful patterns that affect both physical and mental health. Hate makes people psychology ill and emotionally unstable (Abrams). Hate is downhill because it undermines the quality of life.

Hate is a powerful feeling that can offer some benefits to people. Someone who developed hate can use his anger in a positive way of attaining his goals. Anger is the product of hate that can serve as a motivational force for accomplishing important things. This indicates the possibility of transforming anger or hatred into positive energy. Anger can be pushed for facing the barriers and putting extra efforts that lead to a positive gain. This is also useful for building competitive strength in the people. Hate can be transformed to anger that can be utilized for reaching one’s goal or dream (Spring). This also assists people in realizing their individual power and using all energy for proving their competency.

Hate can motivate people to become strong and powerful. Hate acts as a positive emotion when people establish independence. People who develop feelings of hate are less likely to depend on others this will help them in taking independent roles. This is also due to the fact that such people lack trust for others. Their belief that everyone is selfish convinces them to rely on no one. This makes them strong and builds the capacity for solving problems. Hate is thus beneficial when people learn the art of using their individual strength rather than looking at others. People who exhibit hate don’t expect from others that makes them more realistic. They know that no one will help them in their competitive lives so they stop expecting from others. This is crucial for making them self-sufficient (Spring). This attribute is again linked to the personality development and accomplishment of life goals. Hate is used in a positive way to allow individuals to create their own opportunities. Anger is a significant emotion that offers insights into the self. This means an individual gets to learn about himself and his personality. Familiarity with strengths and weaknesses makes an individual more realistic. Having knowledge about one’s flaws can be used for improving self (Fischer, Halperin and Canetti). Becoming aware of one's weaknesses is beneficial because it encourages people to adopt ways to overcome them.

When hate is used in a positive way it can bring triumph and success. This can be seen in the case of a young black guy whose hatred is the result of racial discrimination. He can use his feelings of hate in a positive way and as a motivational force for attaining his academic and career goals. His hate convinces him to bring change by succeeding in life (Spring). Here hate can be seen as a positive force that provokes him to study hard and create a successful life.

Although hate is downhill in life it can be used in a positive way for attaining success. People who exhibit hate moves towards the worsened state. They lack motivation when they need to take a risky action because of their preconception of failure. Anger, anxiety, disappointment and demise are common factors that reflect why hate is downhill. However, hate can be beneficial if one learns to use it as a motivational force. Anger can be pushed for facing the barriers and putting extra efforts that lead to a positive gain.

Work Cited

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