Part 1

**Contain**

*To hold or keep within limits; restrain. To halt the spread or development of.*

*To check the expansion or influence of (a hostile power or ideology) by containment.*

*[Middle English conteinen, from Old French contenir, from Latin continēre : com-, com- + tenēre, to hold; see ten- in Indo-European roots.]*

Contain means to hold or to restrict. Con meaning with or together. This was used quite appropriately In my piece, but the revelation of its old roots did not shed new light on my paper.

**Emotion**

*A mental state that arises spontaneously rather than through conscious effort and is often accompanied by physiological changes; a feeling: the emotions of joy, sorrow, and anger.*

*2. Such mental states or the qualities that are associated with them, especially in contrast to reason: a decision based on emotion rather than logic.*

*French émotion, from Old French, from esmovoir, to excite, from Vulgar Latin \*exmovēre : Latinex-, ex- + Latin movēre, to move; see meuə- in Indo-European roots.]*

The definition is to excite and to move. It is used to describe feelings that happen spontaneously rather than through conscious effort. “ex” as “excitement” was interesting, and so was “movere” as a root to describe the exciting motion of emotion. One could say a rollercoaster is one of the best forms of emotion there is, if using pure Latin roots.

**Predicted**

*These verbs mean to tell about something in advance of its occurrence by means of special knowledge or inference: predict an eclipse; couldn't call the outcome of the game; forecasting the weather; foretold events that would happen; prognosticating a rebellion.*

Used in my paper to describe movies being boring because of how easily they could be predicted. When movies all follow a common format it becomes all too easy to predict endings based on past knowledge of the formats used. “Pre” being before. “dict” meaning to foretell or dictate. I find the combination of these two to be more interesting than their parts. You’re basically saying what *will* happen before it happens.

**Argument**

*[Middle English, from Old French, from Latin argūmentum, from arguere, to make clear; seeARGUE.]*

In the old definition of the word, an argument was to discuss until there was understanding. The new definition is to bicker and fight each other. In the old context, this word would not have worked because I described it as people being on my side of the argument. My side of the “making clear”. Actually, that might have worked, but only abstractly now.

**Invasive**

*[Middle English, from Old French invasif, from Medieval Latin invāsīvus, from Latin invāsus, past participle of invādere, to invade; see INVADE.]*

The old definition, to invade, would be used to describe attackers invading a kingdom or castle; an unwanted presence making itself known through forceful means. While this does not change my definition or understanding of the word, it does enhance it greatly by offering new visuals to focus on. “Vad” is to “go”. “in” is to inside.

Part 2

The word that I find the most interesting is emotion.

**Dapper Rage:** He continued to declare his disdain for my management style with the words from a mouth that carried no respect for other humans. I made many attempts to appeal to reason, but reason was far beyond his understanding. The dialogue was tense and unnerving. Accusations and politics could not be ignored as the conversation began to move in a dangerous direction that could only end in an explosion. Trying to suppress the growing outburst I sat down. If this man had slowed down his pace, I might not have ever gone over the edge. But his profanity was over the top, I could not resist. My fist took a lurch for his head. He dodged, and my fist hit the wall with a loud pounding that shook the walls. Logic had given way to emotion. This was no longer a time for words. Rather, it was a time for action.

**Raw Emo:** The lack of sleep was exhausting, test scores were down. Unstable emotions and the attacks from one of the more disrespectful people I knew were not helping. It seemed like every day would be a new battle with this guy. A new thing for him to nitpick into. The group and I were working on some posters for an upcoming event and somehow we were out arguing in the hallway. He was swearing, I was attempting to remain calm. Some instructors nearby were listening in. This was not a battle of wits, but a battle of emotion. I knew I could pound this guy into the ground if I wanted to. He knew it, I knew it. We all knew it. But violence isn’t the answer. Right? It takes a lot to make me boil over. I cool off quickly, and my boiling point is very high and difficult to get to. Josh had a way of pushing me past my boiling point, a feat no one else could ever seem to accomplish. The months of annoyance by this guy… The swinging fist aimed right for his face. I would do it again without any regrets. He deserved a fist punch. If anyone deserved it, it was him. The punch missed my target, and I walked away. I was pleased that I did take a swing at him though. One of these days, he’s probably going to get his ass kicked from that mouth of his.

**The presence of energy:** The shouting is echoing off the walls. Eyes look onto the two young men waiting to see what will happen next. The air is tense like an overinflated balloon that could pop at the slightest touch. After months of stressful buildup the walls shake with anticipation for what is about to take place. The two participants fight against their instincts, trying to suppress what they want to do to each other. To be the first to act on the excitement would be the same as playing the part of the villain. They use words as soldiers use guns; to kill and inflict harm – to protect. Finally, the figurative balloon pops. Violence breaks out, and the air is let out of the room. The walls shake from punches. The muscles galvanize towards attacking. Fortunately it was just a balloon, and not a bomb. The tension is gone. No physical harm inflicted. The same way scar tissue closes over an open wound, the acquaintanceship would never be the same.

**Cure for anger:** To stop anger is to stop being moved towards action. The excitement triggers the emotion that forces the movement. When excitement reaches the fever pitch, it can no longer be contained. It must be released. Anger is caused by a lack of respect in most cases. Something I learned after nearly punching someone into a wall. This simple causal relationship makes perfect sense, because when I think of all the times I’ve been angry, it has been because of a lack of respect. So if you can find a way to respect yourself, you can cool down your own anger in a heated argument. I know that now. I didn’t know that when I swung my fist at my verbal antagonist. That moment of boiling anger could have been avoided if I had known what I know now.