

Burkeman Sample Essay #2

Burkeman state that people always avoid the failure, and they even do not want to experience failure. In the other word, the happiness that you get is not real happiness, if you did not try to get familiar with failure, because negative emotions are usually more closer to reality. Then Burkeman talk about “negative path” which is take a radically different stance towards those things most of us spend our lives trying hard to avoid. Thus, I think that we can get the reality and real happiness, if we actually willing to experience more negative emotions. It is also better than people who is still in their fantasy with “positive visualization.”

Almost people just mentally picture things turning out well which is the “positive visualization”, when people face some difficulties. However, the disadvantages of “positive visualization” is that people will be depressed, if the things did not turning out well. Thus, the German-born psychologist Gabriele Oettingen designed to unearth the truth about “positive visualization” which is mean that “positive visualization” is kind of “positive fantasies about the future.” When it emerged, people actually reduce their motivation to achieve them.

According to the third paragraph, there is a better ideal to switch the “positive visualization,” which is “negative visualization”. “Negative visualization” is turning towards negative emotions and experiences. Beside, it is also one of the conclusions that emerges from Stoicism. For the Stoics, the main ideal is tranquility. Tranquility is totally different with positive thinkers, but by cultivating a kind of calm indifference towards one’s circumstances. It is mean that we need to be calm when we encounter some negative emotions and experiences, and we need to examining them closely.

The ceaseless optimism is just like a fantasy. Thus, we can try to think about the possibility of losing something. It might give you a surprise or benefit. For example, Psychologists think that there is one of greatest enemies of happiness is “hedonic adaption”, which is the new source of pleasure we obtain when we grow accustomed to it, and it ceases to deliver so much joy, so it is not a bad thing to think about the possibility of losing something.

Burkeman state a benefit of this kind of negative thinking is an antidote to anxiety, which is how we seek to assuage worries about the future. Beside, he also give us an example that offering reassurance a friend who is in the grip of anxiety and he will get more. Overall, using any ways to tighten the coil of his anxiety.

In conclusion, Burkeman want to said that the result of things are less than you feared. Do not be afraid to face it. “Positive visualization” only can satisfy your mentally

demand, but “negative visualization” can bring you more dependable calm and true reality. Besides, those fears are based on non-reasonable judgements about the future. The most horrible thing is that people do not want to face their fear or lose. For example, losing your friends are unlikely to get alone forever, because you can get more friends in the future. Thus, do not be afraid to face reality. Escaping from it is not going to help yourself.

SCORE: This essay received a score of 1.

RUBRIC LANGUAGE: A 1 paper shows that a student would benefit from both intensive and extensive instruction in all aspects of reading and writing. The response may not engage the topic’s demands, or there may not be a recognized response to the basic aspects of the prompt. The response may be very brief in nature. It often displays a pervasive struggle with word choice and coherence at the sentence level.

COMMENTARY: It is possible for papers that are scored very low to be relatively long as is the case with this essay. Sometimes, WPP essays are lengthy because their writers have incorporated a lot of material from the exam itself, such as this essay does. For example, in paragraph three, the paper reads, “*Negative visualization is turning towards negative emotions and experiences. Aside, it is also one of the conclusions that emerges from stoicism.*” Notice that many of these phrases, and others throughout the essay, have come straight from the Burkeman reading, perhaps with some very minor modification. By comparison, the student’s own words are often difficult to follow due to a lack of sentence control and vague word choice. Consider this statement from the final paragraph: “*In conclusion, Burkeman want to said that the result of things are less than you feared..... For example, losing your friends are unlikely to get alone forever, because you can get more friends in the future.*”