

Emotional Expression: Poems and Pacific Voices

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Abstract

This essay is a collection of opinions and stories that deal with four major emotions, anger, happiness, sadness, and love. A collection of poetry that expresses those feelings as well as a set of original poetry written by the researcher are set into the text. The original poetry is an alternative medium that the researcher hopes will represent some of the views of the young adults of the Pacific concerning emotions and expression of emotion. The poems were inspired by surveys and interview responses, with hopes to create an image and feeling that may connect with Pacific voices. The group of creative pieces is meant to represent the perspectives and stories of the youth in dealing with emotion, but is not meant to directly represent one specific story, instead more of a collective identity. The research consists of eight personal interviews, a survey given out to forty-five students at the University of the South Pacific in Samoa, work with friends on music and poetry, and finally much time dedicated to creating the inspired works of music and literature. The paper and research is intended to give an outlet for a group of young adults to share their stories, their emotional experiences, and to have their perspectives heard.

i long for the day
when I can shed my skin
and take the whole world
by surprise
lift the rocks that encircle me
and hurl them towards the sea
stomp my feet deep into the fire
below
pluck the stars from the sky
and create a basket of light
so the world can see
how much you mean to me

“Basket of Light” by Konai Helu Thaman

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Anna Lane Harmless

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Introduction

I have always been a sensitive person, very concerned with the happiness of others, but never overly emotional or good at expressing my own feelings. This last semester in Samoa has been an awakening experience, a real jolt that allowed me to come to grips with my emotions and personal opinions concerning many aspects of my life. Honestly, it has probably left me with more questions than answers but I think that those questions are equally important in the search to find how one really feels about ones self and their life. Towards the end of our stay, I was grappling with my decision about what to focus on for my research, wanting to do something with music, because that is one of my passions but still thinking that emotional expression is a very interesting subject in need of a voice. After a while I decided that attempting to mix the two, a research project with some sort of creative conceptualization, would be the best. Although I feel this made my project slightly more difficult, I think that having both aspects more properly conveys the feelings and opinions that I gathered and gives them a more interesting tone. Poetry is an effective and popular literary medium for expressing emotion and although I had done little writing previously, I really enjoyed the attempt and am very happy with my final products.

Emotions make us human. They give meaning to our lives and allow us to care for ourselves and others. Without emotion, we would be like machines that function to serve a purpose but without any real meaning. Traditionally, the Pacific is not a place where emotions and feelings are openly discussed (Juang and Matsumoto, 235). This paper is an attempt to enable the communication of personal opinions on emotions and the expression of said emotions so that the voice of Pacific youth may be heard in a

modern context. In such a rapidly changing society, their thoughts must be voiced loud and clear in order to deal with change in a positive way.

The paper first explains the methodology that was used to gather the information for the essay. The body of the paper, *Pacific Voices*, discusses each emotion in a separate section, showing what the researcher learned from the informants about each subject. An introductory section begins the discussion of emotions and the need for expression. It will report the findings and opinions gathered concerning the importance and difficulty that come with expressing ones feelings. The second section will briefly report the findings on happiness, what makes people happy and what they do to make others happy. Section three deals with sadness, what things make people sad and how they deal with feelings of unhappiness. The section on anger follows and will discuss how people deal with anger as well as the importance of forgiveness. The final section addresses the issue of love. Although love might not be considered an exact emotion, it is definitely a mixture of emotions and deserves to be recognized as a major part of our emotional beings. Each subheading contains corresponding poetry, either written by the researcher or other Pacific writers, that reinforces the specific emotion or in some way restates the opinions that were gathered.

Methodology

The research for this paper was completed over a three week period at the University of the South Pacific (USP) in Alafua, Samoa. The information was gathered with the use of two sets of survey questions, a set of personal interview questions, and participant observation. Reading of Pacific literature and poetry as well as listening to Pacific song were equally important to better understand the ways in which emotions can be expressed. Both surveys were cross-sectional and meant to explore the opinions and ideas of students who attend USP. Most of the questions were open-ended to attain personal definitions and anecdotes while some were formatted for forced responses.

The first set of surveys was given out in the last days of March to random people in the computer lab at USP. Fifty surveys were returned and the questions were meant to gather information on depression, stress, and emotions. For the use of this paper, the questions and responses dealing with happiness will be utilized but the other information gathered is unnecessary to the study. The second set of survey questions were given out on the sixth, seventh, and eighth of May in the same setting as the first survey. The surveys were completed in the same location because of familiarity with the place and the researcher's hopes that more people would be willing to do a second survey. Although only forty-five surveys were gathered, over fifty were handed out. This may seem negative but in reality the results of both surveys are less concerned with quantity or number of responses gained and more concerned with the quality of responses.

Eight personal interviews were completed over a week long period. The set up of each interview was formal with a list of questions for each informant but the actual goal was that each interview would feel more informal. The questions were not asked in any

set order in hopes that the conversation would take its course naturally allowing the informant and interviewer to discuss and converse comfortably. This more semi-structured nature was very important in talking about emotions and life experiences so that the informant would more easily open up to the researcher and give honest answers.

A large amount of time was spent gathering and writing music and poetry. In a place like USP there is a vast array of music from all of the islands and the best way to gather music is ask people for their music. The researcher was able to obtain music from Samoa, Tonga, Tokelau, and Fiji in order to learn more about the different style of Pacific music as well as the stories that are told in the songs. Themes discussed in the song were explained by different friends around campus. The rest of the sources were found in the S.I.T. office with numerous books of poetry and other literary works that demonstrate expression through writing. Reading this literature as well as responses from the surveys and interviews, gave inspiration to the hours spent in writing poetry and song. In the end, seven original poems and one song were completed to be used in the paper.

In general, the constraints that occurred mostly dealt with the questioning process and how those questions were answered. With surveying amongst a bilingual group, it is difficult to assure that the questions are properly understood and therefore will be correctly answered. Fortunately, the survey questions were not concerned with numbers or any sort of exact data so if there were answers given that did not seem to make sense, it did not ruin any results. Also, even in writing a survey, the researcher should be aware that some people will not answer the questions honestly but instead will say what they think needs to be heard. The survey returns had some varied answers and some surprising ones, some that gave too much information. This caused the researcher to

think that many of the surveys were answered honestly or at least with no concern for the judgment of their answers.

The second issue with question arose during the personal interviews. During a few of the interviews, it was difficult to get the informant to answer certain questions. The fact that the interviewer had to help spur on answers created responses that did not seem fully honest. Honesty is the last issue and major constraint witnessed by the researcher. When asking a person about their personal opinions and life, honest answers are hoped for, but should not be assumed. For any person, it can be hard to share emotional stories and opinions, especially if they are stories that do not want to be shared. It would have been useful for the interviewer to assure each informant that their stories would only be used, if at all, in the paper, but that otherwise, full confidentiality would be kept.

Pacific Voices

Emotional Expression

Where would we be now
without words
to communicate our thoughts
and build bridges across
our misunderstandings
I have seen many wordless faces
suffocating in their own silences
I have tried to decipher
your wordless dreams
and to interpret
the unspeakable you had
no words for but yours
is an impossible
wordless world

Words consoled me
in my saddest hour
kept me company
in my worst moment
of loneliness...

I believe in words
Say something!

“Words,” by Tate Simi from *a deeper song*

This poem from Tate Simi displays the importance of our human ability to convey our emotions and say what we feel. Words give us the ability to express our different emotions whether they are of sadness, happiness, loneliness, or anger. Words allow us to communicate those emotions and to console others in times of trouble. Emotions are one of the most important aspects of our lives. They give meaning to life and the way in which we communicate with the people around us. In an interview with my young Samoan friend Rosa, she stated the importance of emotion in a very sensible way, “I guess things would be quite boring without emotions. There would be no variation. Everyone would be the same, all dull and common. People cry and laugh, it adds more spice to life.” Rosa is in her foundation year at USP and I was very impressed with her maturity and ability to express her opinions. She was one of the only informants who

said that she finds it easy to talk about emotions but that finding the right person to talk to is very important, someone who will listen and take you seriously.

Finding the right person to share your feelings with is a very important factor in one's ability to voice how they feel. In my second survey, when asking who do you talk to about your problems, most of the responses mentioned friends, relatives, god, or no one, citing that they prefer keeping their problems to themselves. My friend Vivian told me that he is comfortable talking with certain people out of his friends but that he rarely discusses personal problems with his parents. "If I talk to someone, I'm mostly asking for advice, but it's hard to find someone who is neutral, who doesn't take sides."

Vivian's point about finding the right person to talk to is very important. It highlights the need for safety and a kind ear that will not judge the way you are feeling, someone whose perspective is non-biased and understanding.

My friends Marica and Saimone both commented that here at school they will go talk to friends if they are experiencing problems but that at home in Fiji, it is easier to keep things to yourself and deal with it alone. Marica explained about expressing oneself in Fiji as well as how she deals with personal problems, "In our culture, in Fijian culture, we tend to keep things to ourselves... I just keep it to myself first and think about it. Think and think and think until I find the courage to tell someone." Her use of the word courage reminded me of Vivian's response. Clearly, it is hard to find the right person to talk to, and sometimes harder to make yourself go find that person. Sometimes, it may be easier to deal with problems alone but other times it is too much to handle. Although Saimone agreed that it can be very difficult to share your problems with others, he also expressed the importance of letting others know how you feel. "Sometimes we close

ourselves from others because we are so upset. It is good to share, to take it out. Keeping it all in will only take you down. It's good to be free." I thought that Saimone's use of the word free was very interesting and a different way to state that being able to tell someone your problem helps to take some of the burden off your shoulders. If we all did not have a way to share our thoughts and feelings, all of that extra baggage would not allow us to be happy with our lives.

I wrote the following poem in order to convey some of the ideas that I gathered through the surveys and personal interview sessions. The poem expresses the information that I obtained which deals with anger and sadness, as well as who informants feel comfortable expressing themselves too.

What are these feelings
Sometimes they are good, but sometimes bad
What am I supposed to do with them
Sometimes I want to cry or break something
But I should probably keep them inside
But then what if they have to come out
Maybe I should hit something, nah
Should I talk to someone, someone who will understand me
Yes, but who
Mom, no, dad, NO, friends, maybe
Someone who understands, who won't judge what I'm feeling
Yes

"Feelings" by Anna Harmless

Happiness

In life, it is important to find happiness. Some people find happiness in their friends and family, some find it in their faith, and others find it in the joy of being alive. In my first survey, I wanted to find out what makes people happy. There were a wide range of responses like seeing a loved one, drinking with friends, a smiling face, good food, and many more. Many of the answers mentioned love, seeing the person you love, being with your significant other, and finding love. To me, this suggested some

correlation between happiness and love because there were so many responses that made a connection between the two. In the second survey, I posed the question “which emotion do you feel the most” and created a forced response to choose one of the following: sadness, happiness, or anger. Out of forty-five surveys, thirty-three cited happiness as the emotion felt most often.

In my interview with Rosa she told me the story about the happiest day that she could remember. While living in Fiji in 2005, she was part of a string ensemble that was set to perform a concert. Her father was the founder of the group and their performance went very well and was widely attended. “I liked it [the concert] because the repertoire was Pacific island music but it meant more to me because my dad founded the group. Seeing him happy made me happy.” This story is important because there were different aspects of the day which made Rosa happy. She was happy because her group performed well but she was also happy because she was able to please her father. This not only shows the importance of being happy for ourselves but also the need to make the people around us happy.

Making other people happy is something that most people do everyday without even realizing it. Smiling and joking with friends are simple things that can brighten a person’s day in an instant. In the personal interview, I asked the informants if they ever do things to make other people happy and to tell me some of those things. Vivian told me that he doesn’t enjoy being in places that feel tense or depressing and that he enjoys making people happy by being stupid and making jokes. Praneet and Kone also cited jokes as a way that they make people happy. When I asked Praneet if he tries to make other people happy and how, he instantly replied, “Yes, I cook! I bake.” Kone told me

that she tries to make her family happy by doing lots of jobs and chores and helping her younger cousins with school work. She said that the easiest way to make people happy is to “just be nice to them.”

The following poem is meant to show the simplicity of being happy and sharing happiness with those around you. It only takes a little effort to turn a someone’s bad day around. We should all strive to show kindness and make others happy.

Let me spread my happiness
so that all of the world can laugh and smile
A small gesture, a word of encouragement,
or a smiling face
is all it takes
to share the joys of life
“Joys of Life” by Anna Harmless

Sadness

Alone
In a desert
The question...
Alive or dead
Oh no there’s no time
To understand
No food
No water
No life anywhere
I’m scared and lonely
Out here
Wondering silently
I dream of a cool breeze
From far away
“Alone in a Desert” by Maliana Alainu-uese from *Nuanua of Tokelau*

I found this poem in a book of poetry by young writers from Tokelau and found it very fitting as a representation of how a cause of sadness can be expressed. My second survey addressed sadness, what makes people feel sad and how they deal with those feelings. The most common responses cited missing family and the loss of loved ones. Other responses included when something unexpected happens, when friends are angry,

having a broken heart, and loneliness. When asked how they deal with those feelings, the most common responses were listening to music, talking with friends, drinking, and sleeping. A large number of people cited drinking as something they do when they feel sad which surprised me because I did not expect such honest responses.

Although the two stories that I would like to share with you have to do with death or near death experiences, not loneliness, I think that death and loneliness are very connected. When someone dies, we are sad for many reasons, one being that we will never see that person again and will miss them. In some ways, we are lonely without their presence. My friend Vivian told me about the way he felt when his grandfather passed away two months ago. He said that it was the saddest thing because when he was younger his grandpa was always around to take care of him. When Vivian got older, he would go to him whenever he was upset or having a personal problem because his Grandpa was really good at listening without judging. Vivian told me why it is so hard when someone dies. "You're so used to having the person around for your whole life and letting that person go is sad."

Marica also told me about the saddest day in her memory. Although she did not lose a loved one, the fear of losing someone close to her, her mother, was equally upsetting. She said they were at home one day in the kitchen and her mom collapsed. She said her mom was sick and she stood up and collapsed. "...I thought she was going to die. Losing her would have been a bad thing, she is my everything. That was the saddest I've ever been."

I wrote the following poem to communicate the theme of missing home. Many of the people I have met in Samoa are from all over the Pacific and have expressed sadness because they want to see their family and go back to their homeland.

Why are you crying, he asked her
Did someone break your heart
Did you lose something
Who hurt you
No one, she sad
What then, why are you sad
No response
I am lonely, lonely in this foreign land
This unfamiliar place, so far from home
My family across the sea
I miss my island
Me too, he said
 "Homesick" by Anna Harmless

Anger

 Last night
 I was angry
 This morning
 I am angry
 that I was angry
 last night...
 I wish
 I had contained
 my anger
 then... "shit"
"Regret" by Tate Simi

In the second set of survey questions the most common way to deal with a person who makes you angry was to ignore them. Some other responses included forgive that person, talking to the person, yelling at him or her, and talking to someone else about how it made you feel, but ignoring the person was by far the most common answer. I asked similar questions in the personal interview sessions about what you would do if someone made you really angry. Praneet said that if someone makes him mad enough he will tell them straight to their face. Rosa gave a similar answer. She said that she would

tell the person off but added, "...two things, I would cry or I would tell them off."

Saimone's response was more passive aggressive in nature. He said that "I don't want to hit that person but might punch something else or kick the dog. [I would] Go away and not speak to them." Marica's response was interesting as well. She said that when someone makes her mad she first has to go to her room and cool down before she goes to talk to the person who angered her. "[I] don't want to just go and shout at them because that won't bring anything good out of it." Her response is interesting because initially it might seem as though she is avoiding a problem but really she just wants to collect her thoughts so that she does not blow up on that person. She said that if she were to yell at someone, she would regret it later, much like Tate's poem.

At times it is hard to not be angry with a person who has wronged you but it is also important to be able to forgive that person if possible. All of the people I interviewed agreed that forgiveness is a very important part of life and that there is no point in staying mad at a person. When I asked Praneet about the importance of forgiveness he said, "In a way it helps to start over again, if you don't forgive there's a lot of baggage and you can't move on." Tetalo cited the importance of forgiving and forgetting as well as learning from mistakes. "It's like if your friend happens to make a mistake, put yourself in their shoes because what if you made a mistake some day." Marica put it simply when I asked, "do you believe it is important to forgive people, why?" She said, "Yes, so you can have peace with yourself." Saimone made reference to his god, "God is loving and forgiving and he wants us to forgive others." Almost everyone who I interviewed considering staying mad at someone to be a waste of energy. If you care about that person, you will talk out the problem or just forgive them. If you

do not care about the person so much, maybe you can forgive them but not forget what happened. In any case, it is best to forgive in order to move on with your life.

The following poem represents some of the different reactions in dealing with anger, the emotional baggage that anger may cause, and the importance of forgiveness.

You make me so angry
It builds up inside and I want to hit something or scream
But I don't
Too much anger hurts, there's no room for it
No room for the added weight
Instead I sit alone, ignoring the problem, and you
Listening to my own thoughts and thinking
Eventually I forgive you, forgiveness is important
God thinks so, don't you
"Forgiveness" by Anna Harmless

Love

to be in love is to be part of the universe
to be one with the earth the moon and the sea
the sky and the sun
to feel the pain of the forest
the homelessness of animals and birds
to marvel at the work of coral and insects
and to hear music in the roar of thunder and the surf
so when my body opened and closed around you in my dreams
you were only surrendering to the earth
what belonged to her
"Spring Morning" by Konai Helu Thaman

The poem "Spring Morning" is from *Songs of Love*, a collection of new and selected poems by Konai Helu Thaman. Her words and imagery are so strong that in reading the poem I feel like love is the most important thing in the world.

In the second survey on emotional expression, when asked "who are some people that you love," I was given a solid range of answers that I thought created a nice list of the different people in our lives who we might love. Most responses named friends and family as the people who they love but many were more specific. Some named all of

their family members, brothers, sisters, parents, grandparents, and aunts and uncles while others also included god, Jesus, and even enemies. Many responses also included girlfriends or boyfriends but there were a few that gave more unique answers. One survey cited “those who I know love me” as the people who that person loves. One answer said “I love everyone” while another said “many people.” Another survey said, “Family, friends, and those that need love.”

In creating the survey I was not completely sure what kinds of responses I would get to my questions pertaining to love. After looking at my first few results, I realized that I would have plenty of different answers to work with. I really believe that people like to talk about love. As much as they might giggle on first glance at a question with the word love in it, they are really happy to give you their answer and share what they know and think about love.

I wrote the following poem to express some of the responses that I gathered from my second survey. The question posed, “what is love,” created such a stir and such wonderful answers that I felt a poem would be the best way to portray the answers that people gave me.

Love is a state of happiness
A feeling of affection
Supporting someone no matter what
Showing them you care
Love is giving your full trust
 Love comes from the heart, body and soul
 When your heart and soul feel for a particular person
 Some people don't know what love is
 But they know you can't buy it
 Love is kind, patient, faithful and lasts forever
 Love is passion
 A friendship set on fire
 The same as going crazy
 Feeling sparks for someone

Love is happiness
“Expressions of Love” by Anna Harmless

This poem shows some of the different ideas about what love is and what it means to different people. Some of the responses referred to a feeling of emotion towards another person but most of the responses were unique with few exactly matching responses. On reading the responses I knew instantly that I wanted to express the different opinions in a poem that I felt would represent the whole of the answers. The first and second stanzas are meant to represent some of the basic ideas about love, a constant, every supportive love. The third stanza is meant to represent the passionate side of love, the initial spark that is felt but sometimes lost.

The personal interview also had a section on love, one portion in particular that discussed the different types of love. Many of the people who I interviewed said that they thought there are different kinds of love. Rosa mentioned that you might love your parents in a different way than you would love your friends and that you would probably love your husband or wife differently than how you love your parents or friends. Tetalo and Marica who had both been to some sort of counseling activity, put on by their church, told me about the three different kinds of love, friendly, committed, and emotional. They described friendly love as the feelings that are felt between a person and their best friends. Committed love is the love you feel for some of your family as well as the person you want to be with for the rest of your life. Emotional love is more about passion and that spark you feel for someone who you might have fallen in love with. They learned that committed love was the most important especially in regards to finding a person to marry. When I asked Marica what she thought about the whole thing, she

told me that she didn't think it was true. She thinks that you should feel all three types of love for the person you want to marry for it to last forever. I agreed.

The following poem was written by my friend Tevita. He did not want to do a personal interview so I asked him to write a love poem instead. The original version of the poem was written in Tongan but I decided to use his English translation because I did not want to display the Tongan version improperly or create any errors in his writing.

Tevita is a quiet character, very smart but very shy. At times he seems so sad. When he wrote this poem I felt like I was seeing a different side to him, still with sadness but with an unknown ability to express himself.

Luv
Buy with tears
Cry in peace
Hunger for truth
Lay beneath your skin
 Thy heart and soul
 Longing for sunshine
 Shadow of my enemies
 Never defeat my luv for you
 Luv might give you happiness
 Unfaithfulness leads to tears
 Like a willow trees webbing
 Nothing less but luv can
Untitled love poem, Tevita Tukia

Finally, I would like to conclude this section of the paper with one more original poem. This was the first poem that I wrote and continues to be my favorite. It is about unspoken love, the bond that exists between two people, love that cannot be expressed with words.

You don't say a word
but your laugh is worth
a million stars
the southern cross, orion, and the rest
What is that silence

what are you thinking of
i can tell there's something
i want to know, or at least i used to
You say i ask too many questions, always why
Maybe i'll never know the answers
maybe the music and dancing will do
maybe the cicadas and night are enough
and how safe you make me feel
when you don't say a word
 "Silent Love" by Anna Harmless

Conclusion

All of these emotions
running through my head
what should I do with them
do I let go or hold on tight
When you leave a place
do you leave those feelings behind too
or should you carry them with you
What if I forget them or lose them somewhere along the way
How will I remember those lost emotions
 "lost emotions" by Anna Harmless

Humans have the ability to remember feelings. There are memories of good, bad, happy, and sad times. We remember when someone has hurt us and we deal with it, either forgiving and forgetting or holding on to that pain. I have learned many things from my friends in the Pacific about emotions. It is hard to express emotions, especially the sad ones. Happiness matters most and sharing it with others is required. Anger needs time to cool down and think things through. Forgiveness is the only solution to ones resentment towards others. Above all else is love. Love makes you feel all of these emotions and is the greatest passion of all. Our love and consideration for all is the only thing that will hold the world together.

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Appendix A- Surveys

Survey #1: Mental Health Awareness

7. What is something that makes you happy?

Survey #2

Emotional Expression Survey

If you do not understand a question please ask me. Write anything that may help to explain your answer like stories, song lyrics, drawings, etc.

1. List as many emotions as you can.

2. Do you ever feel sad? (Yes/No)

What makes you sad?

What do you do when you feel sad?

3. Do you ever feel mad? (Yes/No)

What makes you mad?

What do you do when someone makes you mad?

4. What is love?

5. Who are some people that you love?

6. What makes you have a bad day?

7. Do you ever talk to someone about your problems? (Yes/No)

Who do you talk to?

8. Which emotion do you feel the most? choose one (Sadness) (Happiness) (Anger)

9. What word means **love** in your language?

10. How often do you tell someone you love them? choose one answer from below
(once a day) (once a week) (once a month) (twice a year) (once a year)

The purpose of the previous questionnaire is to survey students who attend the University of the South Pacific at Alafua to identify some of their feelings, thoughts, and opinions on emotion. The survey is meant to show some of the ways in which they express themselves when dealing with sadness and anger, as well as looking at their ideas about love. The survey will be distributed to a random selection of students, coming from many different countries around the Pacific including Samoa, Fiji, Tonga, and Vanuatu with an age range starting at around nineteen. It matters less the age of the person or what island they are from. The information gathered will hopefully shed some light onto the opinions and ideals surrounding emotion and love amongst the students at USP.

Appendix B- Interview Questions

Semi-structured Interview Outline

I want to hear your stories and opinions so that they can be used in my final paper which discusses emotions and expression amongst young adults in the South Pacific. Is it alright if I use the information from this interview in my paper?

Name

Age

Country

Tell me about something sad that has happened in your life.

What do you do when you are upset about something? Is there anyone you talk to about your problems?

What was the happiest day you can remember?

Do you ever do things to make other people happy? What kinds of things?

Is there anything that makes you mad?

What do you do if something or someone makes you really angry?

Was there ever a time you were mad at a friend?

If yes, why?

Did you ever forgive them?

Do you believe it is important to forgive people? Why or why not?

What are some words that you think of when you hear the word love?

How would you describe love? Are there different kinds of love?

Have you ever been in love?

If yes, tell me about the person: how did you meet, are you still together, what is your favorite thing about him/her, etc?

Do you think there is one person for everyone?

Do you ever feel overwhelmed by your emotions?

What do you do to relax or make yourself happy when you are feeling sad/angry/stressed?

Do you think it's easy to talk about your problems and emotions or difficult, why or why not?

What role does music play in your life concerning your emotions?

How does music make you feel?

Why are emotions important?

The previous questions are meant to be conversation starters in hopes that the dialogue flows smoothly between the interviewer and the interviewee. The interviews were held in informal settings and either handwritten or typed note taking will be done. The questions are meant to give the researcher specific stories and in depth answers to some of the questions that are somewhat similar to those from the Emotional Expression Survey so that the stories of the interviewees may be used in the final paper.

Appendix C- Lyrics for my “love song”

(Chorus)

How is this love?
How am I feelin’ when
It’s the only reason that I’m gettin’
To keep on movin’ on
Findin’ someone other than you
What am I to do
What is my reason to
Tell you that you’re not the one I’m havin
I need to find some love
Someone out there, something new

(Verse 1)

Some say there is only one man for each woman
But I’m not so sure they’ve tasted all the sea
How to know you’ve caught the right...
One fish in the waves
Is not the question you should ask me

(Chorus)

(Verse 2)

Do you want to get old and grey with me
Do I want to get old and grey with you
Will you take sweet care of me
When the raindrops fall
Tell me what are you, gonna do

(Chorus)

(Verse 3)

So you say you’ll keep me safe and dry forever
Through the storms and cloudy weather you’ll be near
That I’ll be your only one
Fish in this big sea
What more do I need to sooth my fear

(Chorus)