

# Understanding Personal Feeling Paragraph

By: Santi Sulasti Panjaitan  
Dolli Rotua Sinaga

A personal feeling paragraph is a powerful tool that allows individuals to express their emotions, thoughts, and experiences in a structured and coherent manner. Writing such paragraphs can enhance both emotional intelligence and communication skills. This presentation will guide you through the key elements of crafting a compelling personal feeling paragraph.



# What is a Personal Feeling Paragraph?

A personal feeling paragraph is a structured piece of writing that focuses on expressing emotions and personal reflections. It often includes:

**Identification of Emotion: Clearly stating the emotion or feeling being experienced.**

**Context: Providing background information or the situation that led to this feeling.**

**Reflection: Analyzing why this emotion occurred and its impact on the individual.**

**Resolution or Conclusion: Offering a personal insight or a conclusion drawn from reflecting on the experience.**

# Why Write Personal Feeling Paragraphs?

Writing personal feeling paragraphs can be highly beneficial:

- **Emotional Clarity:** Helps in understanding and articulating one's emotions.
- **Stress Reduction:** Expressing feelings can be therapeutic and reduce stress.
- **Improved Communication:** Enhances the ability to convey emotions effectively to others.
- **Personal Growth:** Encourages introspection and personal development.



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# Key Components of a Personal Feeling Paragraph



# 1. EMOTION IDENTIFICATION

**Start by identifying and naming the primary emotion you want to explore. This could be happiness, sadness, anger, fear, surprise, or any other feeling.**

**Example: "I felt overwhelmed with joy when..."**

## 2. Context

**Provide a brief description of the situation or event that triggered the emotion. This sets the stage for the reader to understand the background of your feelings.**

**Example: "After receiving the unexpected news of my scholarship..."**



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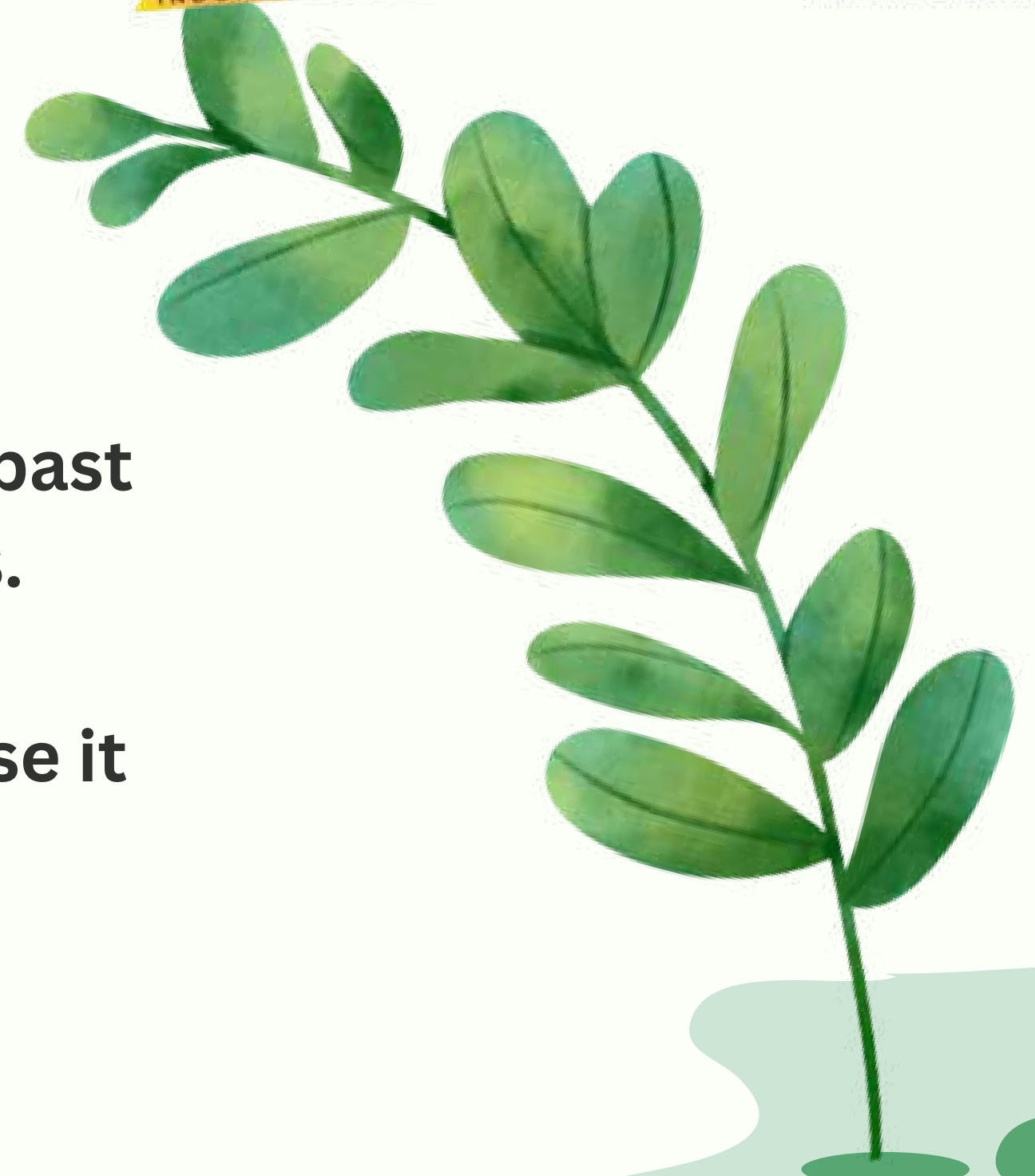
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# 3. Reflection

Reflect on why you felt this way and what it means to you. This could include considering past experiences, personal beliefs, or relationships.

Example: "This moment was significant because it validated my hard work..."





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## 4. Resolution or Conclusion

**Conclude with a personal insight or a lesson learned. This could also include how you plan to move forward or how this feeling has changed you.**

**Example: "This experience taught me the value of perseverance and gave me the confidence to pursue my dreams."**



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# Tips for Writing Personal Feeling Paragraphs

**Be Honest:**  
Authenticity is  
key in  
conveying  
genuine  
emotions.

**Use Sensory  
Details:** Engage  
the reader by  
describing how  
the experience  
affected your  
senses.

**Stay Focused:**  
Keep the  
paragraph  
centered on the  
main emotion  
and avoid  
digressing.

**Edit and Revise:**  
Review your  
paragraph for  
clarity and  
coherence.





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# Conclusion

Writing personal feeling paragraphs is an enriching practice that not only helps in emotional expression but also fosters personal insight and growth. By mastering this form of writing, you can better understand yourself and communicate your experiences effectively to others.

# EXAMPLE PERSONAL FEELING PARAGRAPH

**"I've always been a bit of an introvert, but moving to a new city for college has really challenged me to step outside of my comfort zone. At first, I felt overwhelmed and anxious in social situations, but I've slowly started to make new friends and build a support network. It's not always easy, but I'm proud of myself for pushing through the discomfort and taking risks."**



**IN THIS EXAMPLE, THE WRITER SHARES THEIR PERSONAL EXPERIENCE OF BEING AN INTROVERT AND STRUGGLING TO MAKE FRIENDS IN A NEW ENVIRONMENT. THE EMOTIONS OF FEELING OVERWHELMED AND ANXIOUS ARE SPECIFIC AND RELATABLE, AND THE WRITER ALSO PROVIDES CONTEXT AND DETAILS ABOUT THEIR EXPERIENCE. THE PARAGRAPH ENDS ON A POSITIVE NOTE, SHOWING GROWTH AND RESILIENCE.**



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