

⑤ "We need never be ashamed of our tears."
- Charles Dickens

Isn't it surprising that this quote comes from a man?
Don't we all know the prejudice that boys and men
don't cry?

Well, I've seen a lot of sportsmen crying. I can remember
the ~~soccer~~ soccer team of England, which didn't make
the qualification for the European Championship 2008.
But not only the sportsmen themselves were crying!
When you took a look up to the stand, you've seen
a lot of spectators crying too... and I won't imagine
how many ^{of the} English were crying at home in front of
their TV. This shows us, that ~~we~~ in some situations
we are taken by surprise by our feelings.

I think the effect of surprise is very ^{still} important
when we talk about crying. Society doesn't allow
us to cry, so we try to avoid crying and
hold back our tears. This often works, but when
we ~~are~~ ^{got} surprised by a situation, we haven't
got time to prepare ^{and hold back our feelings}... and nevertheless start
crying.

This doesn't have to be the death of a person.
It can simply be a broken leg or ¹⁵⁰ a movie-
scene that moves us. As a consequence
we have to talk about being physically and
psychically in pain.

I think there are a lot of reasons for crying.
Another example is being helpless. It's a
natural process that we start crying when
we feel helpless. We feel helpless and are
afraid when we're lost in the desert, we
feel helpless when our girlfriend/boyfriend

~~It~~ splits up ^{too} with us ~~and~~ and we are sometimes
helpless when we are happy. We don't know ~~how~~
to express our joy. ~~There are~~ There are so
many parents who start crying when their
first baby is born. And what a coincidence
that ^{for the baby} the first way of uttering is crying and
screaming. Birth and death, the bases of
life, are connected by the act of crying.
When ~~we~~ ^{our parents} die, we are the ones who cry.
But the reason is sadness instead of happiness.

All in all we can ^{see} that crying is a
way of dealing with feelings. It's a liberation
of our ~~our~~ soul/mind from feelings (whether
they are produced by positive or negative).
It's a natural process which is ~~usually~~ stronger
than our will. So we never have to be ashamed
of it because it's human. ^{400 words}