

Optimists and Pessimists

The population of the world is estimated around eight billions. Let's imagine we split that number into two different groups. The first group, we can call them optimists. With the other half, pessimists can be formed. These two illustrations basically present two main types of people around the world. Optimists are the types of people that always think positive to the future. On the other hand, pessimists have less positive thoughts than optimists. Mentally and physically, these two groups of "happy" people and "cheerless" people have some different points of view. They also feel differently and express themselves contrastingly.

As a matter of fact, optimists and pessimists have a copious opposition. With their vision, those two different groups of people explore the world in contrast. Optimists always think life would be better and things will work out great for them even though they are in a really bad situation. Mentally, Optimists are less stressful than other group. In their opinion, living with positive attitudes can really help them believe in the new future. By believing in the future, optimists usually feel more confident than pessimists. The "cheerless" people also have their advantages. Since seeing things with a different point of view, pessimists always concern about what things may go wrong before taking any risks.

Not only are the differences between how they think different but also the way they feel are different. For instance, pessimists often feel bad, guilty or maybe irritating after some bad situations are over. On the other hand, optimists will be more relaxed. These two opposite groups

feel particularly because of how they think. Their feelings are also affected by their surroundings. The word "surroundings" here also include the family or anyone that they spend time with.

Based on how they feel and think contrarily, pessimists and optimists express themselves differently. The majority of "happy" people will always face a bad situation with a smile on their face. It doesn't mean that pessimists will always cry when they face the same situation. Pessimists rarely act confidently; but optimists are. Expressing their feeling or thoughts may be easier for optimists. It's hard for pessimists to express themselves because pessimists think more deeply into a problem before challenging the problem.

We can't tell which groups of people are better because optimists and pessimists have advantages and disadvantages. Both of the groups are there for a reason and they support each other. So if someone can combine all the goods from these two groups, you can be a better person. Why don't you try to figure out how you think, feel and express yourself differently than other people and maybe figure out which group are you belong to or maybe both ?