

Le emozioni:

Accettazione di sé e solitudine



In che modo le emozioni posso sorgere? e come possiamo affrontarle o esprimerle?

La solitudine: Alone with everybody, Charles Bukowski (Love is a dog from hell, 1977)



The poetry

*The flesh covers the bone
and they put a mind
in there and
sometimes a soul,
and the women break
vases against the walls
and the men drink too
much
and nobody finds the
one
but keep
looking
crawling in and out
of beds.*

*flesh covers
the bone and the
flesh searches
for more than
flesh.
there's no chance at all:
we are all trapped
by a singular fate.
nobody ever finds the one.
the city dumps fill
the junkyards fill
the madhouses fill
the hospitals fill
the graveyards fill
nothing else
fills.*



The mean

The poem begins with a raw depiction of the human body, reducing it to its basic parts: bones, flesh, mind, and perhaps the soul. Bukowski highlights the failure of human and social relationships. The poem has a pessimistic view and uses direct and vulgar language, bringing out themes like the search for oneself.



Analysis of poetry

In the first part, the poet says he feels like just flesh, like everyone around him, with an almost melancholic tone. Then he talks about men and women: women express their loneliness through anger, while men numb it until they lose sobriety.



Analysis

There is a desire to find someone to share life with—the right person—but no one finds them. Everyone keeps searching, moving from one person to another, yet still feeling alone.

According to the poet, real connections are impossible because humans, being only flesh, are instinctively drawn to other flesh. He highlights once again the lack of true human interactions and expresses his resignation to filling the emptiness caused by the need to find the right person.

At the end of the poem, he says he feels empty. While the world fills up (with landfills, asylums, hospitals...), the human heart remains empty and alone—nothing else can fill it.



L' accettazione di sé: if, Rudyard Kipling (Rewards and Fairies, 1910)



The poetry

*If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too..*

*If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim...*



The mean

This poem by Kipling talks about the wisdom of facing life's difficulties, accepting yourself and the world without letting them bring you down. Even though it doesn't directly talk about "self-acceptance," it explores the idea of emotional maturity and understanding yourself.



" Accepting oneself also means recognizing and embracing one's mistakes or failures, without allowing them to define us, but rather using them as learning experiences."

