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Breaking the Cycle of Violence

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## Do The Write Thing Essay, 2014

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Pain... What is pair? Pain is an unborable emotion. Why must we feel pain? We feel pain because of love!

While doing some research on violence story's for this particular essay, I came open a short story about a young girl named Julia. At the age of three, she witnessed her dad shoot her mom and then shoot himself. This dramatic incident changed her. She was found sleeping in a poul of blood in the middle of the body's of her parents. As time passed, she continued playing the same scene's of her parent's death over and over in her head dragging her straight into a deep forest of depression.

Why do we hart other's? It's because everyday were letting our anger grow and one day explode! When someone is crying or feeling alone, an adult or even a kid need's to go and console that person, if not, those tears will turn into hatred... Revenge!

What can we do about all this hatred? We need to reduce all risk factor's leading to violence! Tear's, fight's, argue's, swares... all that trash is our responsability now. If we want peace then we need to act before those fear's turn into War!