



Seven Steps to Being Emo

Are you depressed? Alone? Friendless? Unloved? Abandoned by your family? Misunderstood by the whole world? Do you like, express your feelings and emotions through poetry? Music? Maybe you're Emo. Or just seven steps away . . .

April 14, 2009 - [PRLog](#) -- Are you depressed? Alone? Friendless? Unloved? Abandoned by your family? Misunderstood by the whole world? Do you, like, express your feelings and emotions through poetry? Music? You may be Emo. Or just seven steps away:

1. Understand Emo. Emo has many meanings. It's a musical genre combining hardcore music with sad, emotional lyrics. It's an abbreviated way to label someone emotional. It's a life style. It's a combination of some or all of these elements of style, fashion, culture. It's open for debate and often depends on someone's personal expression. The term "Emo" loosely describes emotional rock, and most Emo's like Indie music.
2. Appreciate Emo music. Emo song lyrics are usually emotional and are sometimes described as whiny and sensitive. Underground until recently, Emo music's popularity continues to grow. Listen to a lot of Emo bands. You may soon find yourself beginning to sound whiny and sensitive. Pick up an instrument, try to play the violin, an incredibly whiny sounding instrument. Take a shot at writing your own songs by letting them evolve from original sensitive poetry.
3. Test yourself. If you begin liking Emo music, and then find yourself downloading the songs, you're probably Emo. Getting inner Emo is all in finding out whether or not you have it.
4. Dress Emo. Once you discover your inner Emo, you need to get dressed. Wear tight jeans, tight shirts with Emo band logos on them, studded belts (two), and a well worn pair of Converse (black's a good start) sneakers. Girls: black skirts with striped socks or leggings. Leg warmers are OK. Accessorize with rubber bracelets and Emo-looking necklaces. Thick, black-rimmed glasses are OK for Emo guys. Stripes and checks are big.
Take inspiration from other Emos and make it your own. Don't copy. Vintage clothing and thrift shops can be good sources.
5. Get Emo hair. Dye it black or brown with optional blond, blue, crimson streaks, especially in the bangs. For girls, cut your hair very short, but keep your bangs long, swept drastically to one side and covering one eye. Or, leave it long with many choppy layers and highlights. For guys, spike up the back, and wipe down the front with a Bounce sheet. And dye your bangs a lighter color than the rest of your hair.
6. Get the attitude. Emo is often associated with bitterness, depression, insecurity and resent. But you can be Emo because you're sensitive, introspective, thoughtful, and quiet. Never be loud or in anyone's face; focus on your own emotional life.
7. Remember Emos are people! People may make fun of you, but don't let them grind you down! Remember that, no matter what, you're still a person.

Six Tips

- When applying eyeliner, try applying it to the inside of the lids and under the bottom lashline.
- Check clothing stores like Hot Topic, Vans, and Spencers (for accessories) to find most of what your looking.
- You CAN wear colors other than black. You won't go wrong with black, but don't wear too much or you might be labelled Goth.
- Don't try too hard to be Emo, you'll just come off as a poser.
- If someone asks if you're Emo, shrug or deny. If they have to ask, they've already formed their opinions.
- If you get publicly dissed big time, shout "Your scene is DEAD!" and run away like the fainthearted pantywaist you are.

Five Cautions

- Emo music is mostly indie and is hard to find in most music stores. Ignore negative criticisms by your non-Emo friends and possibly most of society.
- You don't need to cut. You can express your Emo nature in many less painful ways, and you'll risk being called a poser. If you do cut, you need to tell a counselor or someone else qualified to help. You'll hate the scars later.
- Don't try to change your true self.
- Avoid 'Panic At The Disco' or 'My Chemical Romance'; they're sometimes called Emo which, of course, they deny.

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