

## *Sentiment vs. Sentimentality*

When we are despondent,  
why do we welcome  
people's sentiments  
but are repelled by  
their sentimentality?

When we feel expansive,  
why are we inclined to  
express our sentiments  
rather than  
display sentimentality?

Is it because  
sentiment is feeling  
that invites action,  
while sentimentality  
is emotion  
without motion?

Sentiment is salutary  
and fecund;  
sentimentality is sticky  
and barren.  
Sentiment increases one's  
capacity;  
sentimentality rhymes with  
sterility.

Sentiment lives  
and walks;  
sentimentality languishes  
and wallows.  
Sentiment is profound  
and sincere;  
sentimentality is superficial  
and showy.

Sentiment perdures;  
sentimentality perishes.  
Sentiment communicates;  
sentimentality expostulates.

In a crisis  
sentiment  
will help you swim,  
whereas you will drown  
in sentimentality.

Rely, therefore, on  
true sentiment;  
but run from  
sentimentality.

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