# Article information:

[에세이] 미워하는 마음 – 아트인사이트  
<https://www.artinsight.co.kr/news/view.php?no=63180>

# Article summary:

1. The author experienced intense hatred for a person at their first job, which caused physical and mental distress.

2. The author realized that the hatred was draining them and sought medical help, which revealed a high level of sympathetic nervous system activity.

3. The author has since created a routine to avoid feeling overwhelmed by hatred and to take care of themselves.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

This article is generally reliable in its reporting, as it provides an honest account of the author's experience with intense hatred and how it affected them physically and mentally. The article also provides evidence for the claims made, such as quotes from the novel &lt;Broccoli Punch&gt; and details about the medical tests taken by the author. However, there are some potential biases in the article that should be noted. For example, the article does not explore any counterarguments or present both sides equally when discussing the issue of hating someone. Additionally, there is no mention of possible risks associated with intense hatred or how to manage it in a healthy way. Furthermore, while the article does provide evidence for its claims, it does not provide any sources for this evidence or further information on where readers can find more information on this topic. In conclusion, while this article is generally reliable in its reporting, there are some potential biases that should be noted when reading it.

# Topics for further research:

* Managing intense hatred
* Risks associated with intense hatred
* Coping with intense hatred
* Effects of intense hatred on mental health
* Treatments for intense hatred
* Strategies for dealing with intense hatred

# Report location:

<https://www.fullpicture.app/item/967a216e89dc1e013b075c8effddd935>