



Wisdom Nuggets: A Soft Answer Turns Away Wrath

Healthy Alternatives to Blowing Your Top:

1. Pray.

If the problem is chronic, or if the source of your anger is someone or something you live with every day, talk to God. Circumstances may not change immediately, but they will eventually improve. Don't ask God to change the situation or the other person as much as you ask Him to work in you. Don't give up! God won't let you down.

2. Memorize Proverbs 15:1 and quote it to yourself when you're angry.

Learning to control your temper is all about respect – for yourself and for others. It's amazing how a calm, respectful answer can defuse anger.

3. Walk away.

If a person is being irrationally rude, it's normal to feel hurt or angry. You cannot reason with an irrational person. It's better to remove yourself from the situation.

4. Put yourself in the other person's shoes.

Ask yourself: *Did this person mean to hurt me? Is it possible I took what they said or did wrong? Do I know the whole story?* If you still feel wronged, consider that the person who hurt you may be unhappy and they – unlike you – are not educating themselves in the fine art of self-control. Don't grant them the power to ruin your day or to control your mood!

5. Take up for yourself by being assertive, but not aggressive.

It's good to stand up for yourself (or for someone else) when necessary. It's not wrong to show anger – there are sad situations when anger is an appropriate response – but train yourself to behave respectfully and with dignity so that you won't regret your actions.

6. Let it go and focus on something positive.

If someone rudely zips past you in halls, throwing you against the lockers and knocking your books from your hands, don't yell threats after them or spend third period glaring holes into the back of their head. *Forget about it.* Let it go. Think about the Reese's cup in your pocket. *Don't let someone else's immaturity control your emotions.*

7. Don't mistake unexpressed anger for healthy anger management.

Unexpressed anger is when you don't say anything, but you fume for weeks. You silently punish someone for what they've done. If that someone is close to you, you quietly seethe so that they can tell something's wrong, but you never tell them what it is. This is called passive-aggressive behavior, and it's just as unhealthy as screaming – only it lasts longer.