

Don't get mad.



Get calm.

IN CASE OF ANGER READ THIS

What is my unmet demand? What benefit do I get from being angry?

- > Anger is a destructive emotion.
- > The first person damaged by your anger is you.
- > Actions taken as a result of anger are likely to be irrational and therefore harmful or not effective.
- > You can, if you choose, reduce the amount of anger in your life.
- > As you reduce the amount of anger, your quality of life improves.

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