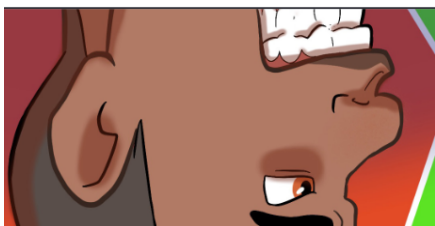


ANGRY TEMPER
 The judgment that the other person is wrong or has wronged me
 Feelings related to Angry Temper:

- IRRITATION
- RESENTMENT
- IMPATIENCE
- HATRED
- DISGUST
- REBELLION



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Some Tools for Angry Temper

- We can learn to express our feelings without temper.
- We excuse rather than accuse ourselves and others.
- Humor is our best friend, temper is our worst enemy.
- We choose peace over power.
- It takes two to fight, one to lay down the sword.
- If we can't change a situation, we can change our attitude toward it.
- Calm begets calm, temper begets temper.



More Tools for Angry Temper

- Every act of self-control leads to a sense of self-respect.
- People do things that annoy us, usually not to annoy us.
- We can control our mouth and speech.
- We can remove ourselves from a tense situation.
- Temper keeps us from seeing the other side of the story.
- We drop the judgment
- Feelings should be expressed and temper suppressed.

