



Wisdom From the Ages Managing Anger

**Health Promotion Program
Navy Environmental Health
Center**

**Be not hasty in the spirit
to be angry;
for anger resteth in the
bosom of fools**



Ecclesiastes 7:9

**Holding on to anger is like
grasping a hot coal with the
intent of throwing it at
someone else-
you are the one who gets burned**

Buddha

**The person who pursues
revenge should dig
two graves**



-Proverb



**You cannot shake hands
with a clenched fist**

Indira Gandhi

**If you become angry, do
not let your anger lead you
into sin and do not stay
angry all day**



Ephesians 4:26



**Men are like steel. When
they lose their temper,
they lose their worth**

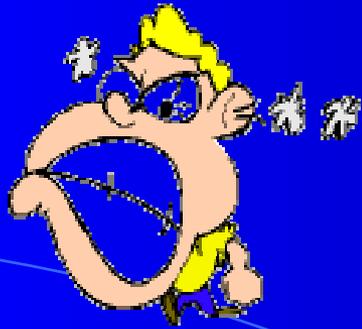


Chuck Norris

**If you are patient in one
moment of anger,
you will escape a hundred
days of sorrow**



Chinese Proverb



**For every minute you are
angry, you lose sixty
seconds of happiness**



Ralph Waldo Emerson



**Hesitation is the best cure
for anger...The first blows
of anger are heavy, but if
it waits, it will think again**

Seneca

If you are distressed by anything external, the pain is not due to the thing itself, but to your own estimate of it; and thus you have the power to revoke at any time

Marcus Aurelius



**Harbor no thought that
will burn**

Elaine ST. James

**When angry, count to ten
before you speak,
if very angry, a hundred**



President

Thomas Jefferson



**Speak without offending,
Listen without defending**



Caldwell Williams

**Everyone must be quick to
listen,
but slow to speak
and slow to become angry**



James 1:19



The most important and the only one that really removes the anger is talking. This has to be done at the right time, with the right person and place.

Dr. Katherine Kersey

**No matter what you
learned as a child about
anger, it is always possible
to change how you deal
with it today**



Dennis Daley

**Give up your shoulds,
stop laying them on
others, and see what
happens to your emotions**

**Dr.'s Arnold
& Clifford Lazarus**

**Things will truly seem
different to us when we
have quieted and
cooled down**



Montaigne
Montaigne

Considering your different response options and choosing the most appropriate whenever you are in a stressful situation, will reduce the number of occasions you will irritate others

**Dr's Redford
& Virginia Williams**

**If you are angry
change your perception,
change your procedure,
or change your behavior**



Tony Robbins

If you decide to use your enormous potential, you can put the brakes on anger, shift gears and take charge of your life



Lou Tice

**How do you become a very
angry person?**

Practice, practice, practice



Dr. Brad Bushman



**To rule one's anger
is well; to prevent it
Is still better**

Tryon Edwards