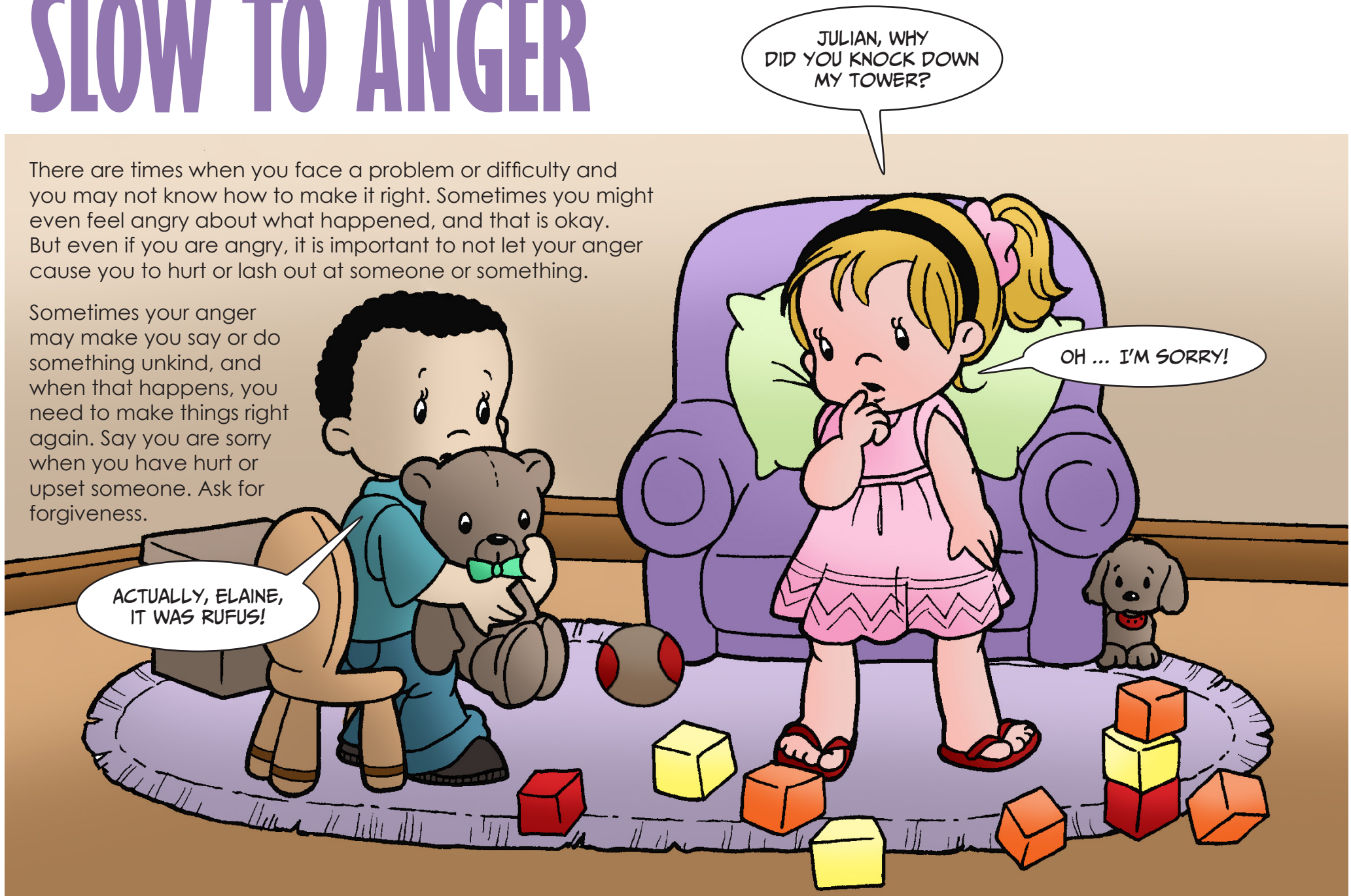


SLOW TO ANGER

There are times when you face a problem or difficulty and you may not know how to make it right. Sometimes you might even feel angry about what happened, and that is okay. But even if you are angry, it is important to not let your anger cause you to hurt or lash out at someone or something.

Sometimes your anger may make you say or do something unkind, and when that happens, you need to make things right again. Say you are sorry when you have hurt or upset someone. Ask for forgiveness.



When you feel angry, stop what you are doing and walk away from the problem. That is better than allowing your anger or frustration to cause you to say angry or unkind words.

The next time you feel anger or frustration over something that has happened, remember to be "slow to anger." Don't let anger be your first reaction; it will only hurt your friendships and also make you feel unhappier.



Work out differences and conflicts with kindness and patience. Use your words with care, and you will build stronger and better friendships.