

Lesson 12.

ANGER

If you kick a stone in anger, you'll hurt your own foot.

~ Korean Proverb



Anger is one of the most self-destructive things on this earth. Losing control of your anger may cause you to seriously injure yourself, someone else, or may even result in someone's death. Anger can also ruin your health. If you're angry with someone, you need to deal with it and then let it go!

If you're angry with someone all week, it means you're thinking about them all week! You are consumed with them. But chances are, they are not consumed with you. While you are thinking, plotting, and planning how to get some payback, they've moved on. I can assure you they were not thinking about you all week.

As you go through life, people will always come across your path who may try to push your buttons. However, you need to be in charge of your anger and not allow your anger to be in charge of you. Anger should be a choice, not a reaction. There is a saying in corporate America, "If someone can get you mad, they can get you out." What that means is, if someone can get you to react in a way that draws negative attention to you, they win.

They have done something that has caused you to hurt yourself in a way that possibly they may not have been able to do. It's that simple. Generally, when you get angry, you stop thinking rationally, when you stop



thinking rationally, watch out, because then you are out of control. And while you may hurt the person(s) you intended to hurt, you may also hurt others you didn't intend to. In the end, out of control behavior ultimately hurts you. If not this time, then possibly the next time.

Now, anger can be alright if it is channeled properly into energy that is useful and better your situation. But don't let it destroy you. Take the example of Michael Jordan, the great NBA basketball player. Several years ago, his father, whom he was extremely close to, was murdered. Obviously, Jordan was furious. But he didn't go out and kill the guys who murdered his father.

To do that would have ruined his legacy and no doubt landed him in jail for possibly the rest of his life. That would have been foolish. No matter how badly he may have wanted to harm those guys, no amount of harm he could have done to them would have brought his father back.

So what did Jordan do? He channeled that anger into something that would be a positive outcome for him. He put that energy into raising the level of his basketball game and pushing his Chicago Bulls to win another NBA championship.



That took self-control and self-awareness. It took being able to mentally focus on the “end goal” and transferring that negative energy into something that would create a positive outcome. It took a tremendous amount of dedication, restraint, desire, and motivation. It was an awesome feat. The bottom line: use your anger to help you, never to hurt you.

