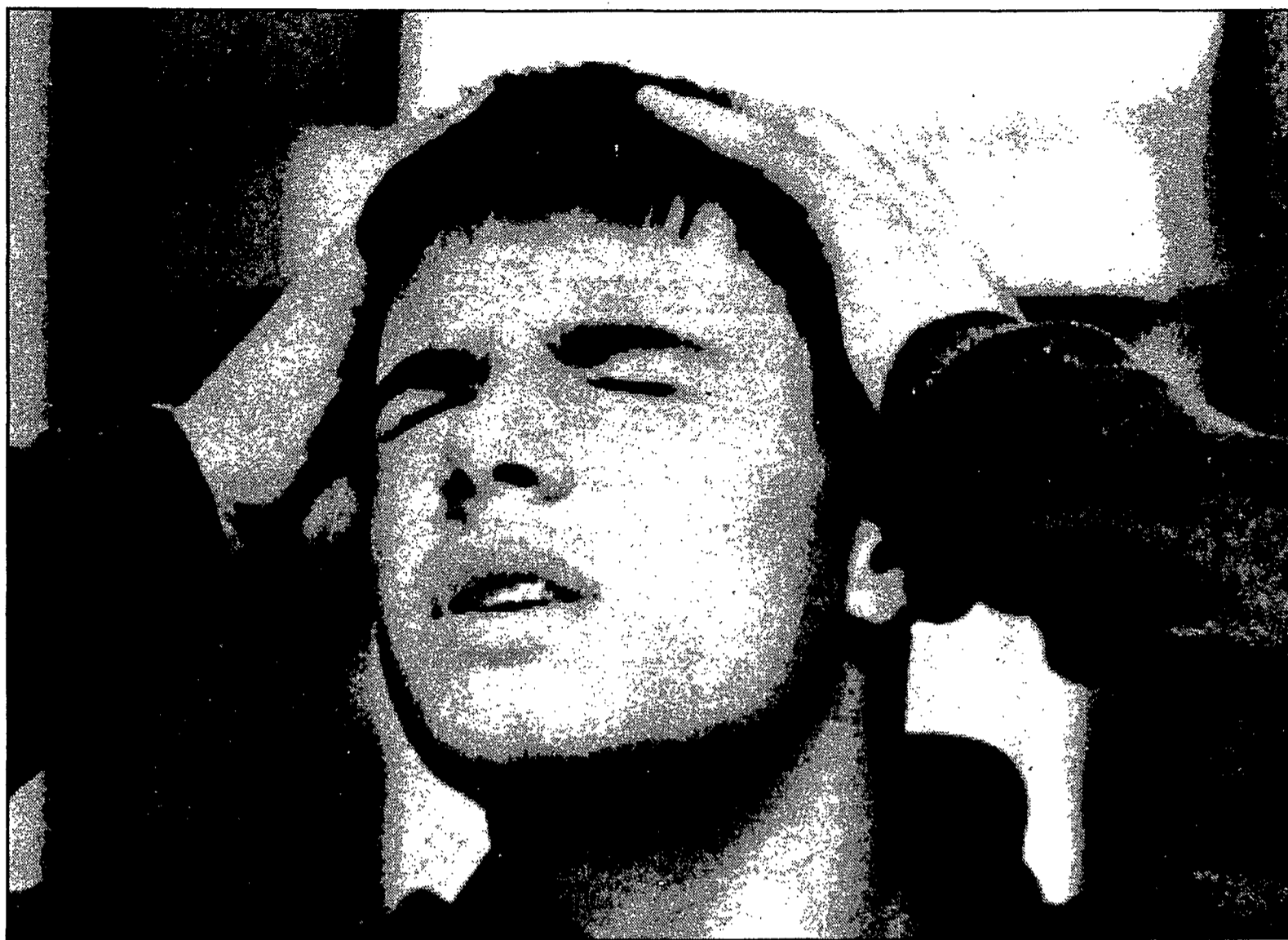


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What Should You Know...



When You're Ready to Blow...?

the anger doesn't have a chance to take root. For example, if he's being taunted by another student, he considers the school suspensions that might loom if he were to physically retaliate.

"The consequences are the first thing that come to my mind," Andy said. "I say, 'I don't want to screw up my life.' That helps me get through my anger."

"It just takes self-control. It is very hard, but you feel a lot better later," Betsy

agreed.

Christa said she has learned to tell herself that "it's no big deal" when friends make irritating comments to her.

"I kind of had to make myself control my temper, because I was losing a lot of friendships," Christa said.

At the same time, Betsy and Christa noted, the example of Christ in the Temple shows that instances do exist when angry actions can improve a situation.

"Maybe that was important enough for him to get mad at, because there were a lot of things he didn't get mad at," Christa said.

Anger can be productive, Betsy said, when you "put it into something good, like helping homeless people."

"We have to pick and choose what things are worth getting mad at," Christa concluded.

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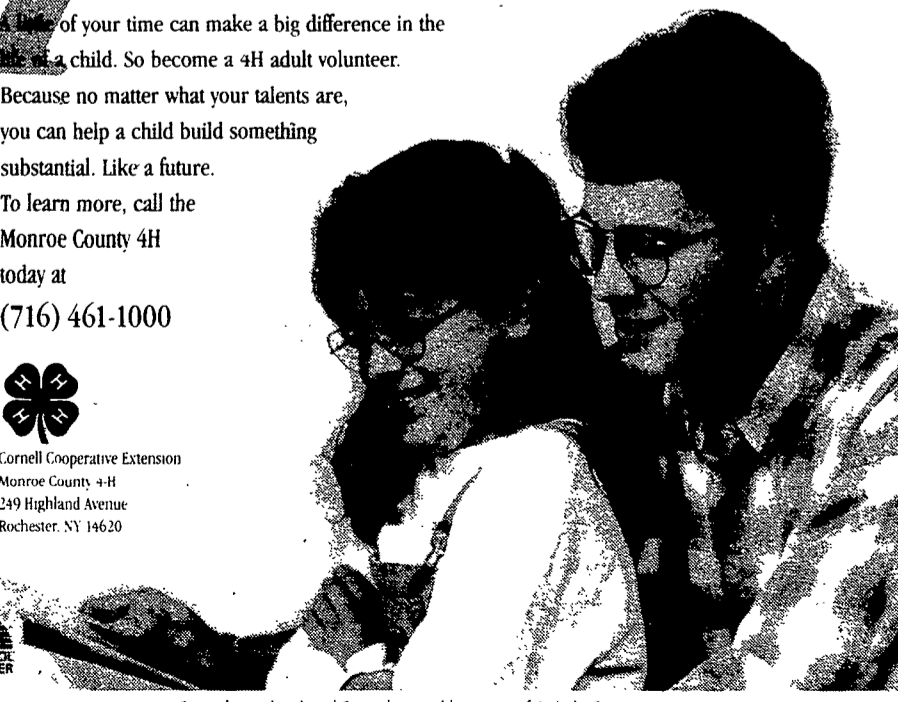
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