

Ways to Deal with Anger

In my family, my mom is the one who is good at listening and giving advice when we meet problems. Unlike my mother, I was poor at dealing with my emotions, especially anger. Every time I burst into anger, she gave me suggestions, but never did I try one. I didn't even know that could almost destroy my precious friendship one day.

A few years ago, I had a close friend. We shared our interests, favorites, secrets, and even dreams with each other. I thought we would be friends forever, but things didn't run as I expected. One day, I was misunderstood by her. She stopped talking to me and even didn't have a glimpse at me. No matter how I explained, she just didn't believe me. Being misunderstood is painful, especially by my best friend. In a chaos, several thoughts popped up in my mind. "She knew me so much. How could she misunderstand me? Why didn't she listen to me?" After all what I could do, not holding my temper anymore, I burst out shouting at her. "I hate you! I'm done with you!"

Then, after I calmed down, the sense of regret and guilt grew day by day. I realized how hurtful my words were. At that time, I finally knew I had to learn to deal with anger because I didn't want to lose friendship any more. So, I started to practice and try to figure out my own way. When I felt angry, I stop my sharp words first. Then, count from one to fifteen, silently and slowly. During these fifteen seconds, I would take a deep breath with every count. I move my eyes, move my arms and legs to relax. Besides, talking to friends who really understand me can also help. Through sharing, I clarify my thoughts, and even figure out possible solutions! Moreover, jogging works a lot. When jogging, I release my stress, cool myself down, and gain positive thoughts. Now I become better and better at dealing with my anger!

Getting mad is not always negative. It shows how much I value someone or something. I'll keep practicing dealing with anger in the future. Being mad, being wise. (368 words)

Thanks for listening!