

Lucy MacDonald

Anger Management Quotes

Let us not look back in anger or forward in fear, but around in awareness.

James Thurber

Anger makes you smaller, while forgiveness forces you to grow beyond what you were.

Cherie Carter-Scott

When anger rises, think of the consequences.

Confucius (551 BC - 479 BC)

If you do not wish to be prone to anger, do not feed the habit; give it nothing which may tend to its increase.

Epictetus

Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life.

Joan Lunden

Anger is a momentary madness, so control your passion or it will control you.

Horace

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

Tyron Edwards

The angry people are those people who are most afraid.

Dr. Robert Anthony

If you would cure anger, do not feed it. Say to yourself: 'I used to be angry every day; then every other day; now only every third or fourth day.' When you reach thirty days offer a sacrifice of thanksgiving to the gods.

Epictetus



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Speak when you are angry and you will make the best speech you will ever regret.

Ambrose Bierce

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

For every minute you remain angry, you give up sixty seconds of peace of mind.

Ralph Waldo Emerson

If a small thing has the power to make you angry, does that not indicate something about your size?

Sydney J. Harris

He who angers you conquers you.

Elizabeth Kenny

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

Chinese Proverb

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