

Anger is an emotion we feel when we're upset about something that is happening, or something that has happened to us. It makes us upset so that we are motivated to try and correct what is angering us. But it's only useful if we use it as a message in the moment, and don't let it get out of hand. A wise man once said, "Anger is like a hot burning ember. The longer you hold onto it, the more you get burned." So if anger is like a hot coal, stop to figure out what it's telling you. But then let it go!

