

ANGER AND FIGHTING, BEST QUOTES ON

The only moral lesson which is suited for a child--the most important lesson for every time of life—is this: 'Never hurt anybody.'

—Jean-Jacques Rousseau

How others treat me is their path; how I react is mine.

--Dr. Wayne Dyer

I shall allow no man to belittle my soul by making me hate him.

--Booker T. Washington

I don't have to attend every argument I'm invited to.

—Unknown

The 'gay boy' you punched in the hall today committed suicide a few minutes ago. That girl you called a slut in class today. She's a virgin. The boy you called lame. He has to work every night to support his family. That girl you pushed down the other day. She's already being abused at home. That girl you called fat. She's starving herself. The old man you made fun of cause of the ugly scars. He fought for our country. The boy you made fun of for crying. His mother is dying. You think you freaking know them. Guess what? You don't!

—Fabiana Pereira

If someone treats you like crap, just remember that there is something wrong with them, not you. Normal people don't go around destroying other human beings.

—*Inspirationalquotes.club*

Hate is like drinking poison, hoping the other person will die.

--Rev. Marvin Wiley

Holding a grudge is letting someone live rent-free in your head.

--Esther Lederer

Sometimes, the first step towards forgiveness is realizing the other person was born an idiot.

—Unknown

You cannot do wrong and feel right. It is impossible!

—Ezra Taft Benson

Every obnoxious act is a cry for help.

—Zig Ziglar

Japanese and American fourth and fifth grade children were asked why they shouldn't hit, gossip or fight with other kids. 92 percent of the American kids answered 'because they'd get caught or get in trouble.' Ninety percent of the Japanese kids asked the same question responded, 'because it would be hurtful to someone else.'

—Christine Gross-Loh

All students take tests, but the most difficult challenge of all may be the test of one's will, one's courage, and one's self-esteem when confronted by a bully.

—Dan L. Miller

Quarrels would not last long if the fault was only on one side.

--Francois de La
Rochefoucauld

He who angers you conquers you.

—Elizabeth Kenny

Sometimes I have to tell myself, 'It's not worth the jail time.'

—*someecards*

For every minute you're angry, you lose sixty seconds of happiness.

--Ralph Waldo Emerson

Hatred never failed to destroy the man who hated. And this is an immutable law.

--James Baldwin

Never get into fights with ugly people because they have nothing to lose.

--Robin Williams

Many a man's tongue has broken his nose.

--Seumas MacManus

Turning the other cheek is a kind of moral jiu-jitsu.

—Gerald Stanley Lee

It is easier to stay out than get out.

--Mark Twain

The second word makes the quarrel.

--Japanese Proverb

Be gentle and patient with people. Everybody's bruised.

--Katie Lambert

You know that little voice in our head that keeps you from saying things you shouldn't? I should probably get one of those.

—*someecards*

An eye for an eye only ends up making the whole world blind.

—Gandhi

An apology is the superglue of life. It can repair just about anything.

--Lynn Johnston

People in a temper often say a lot of silly, terrible things they mean.

--Penelope Gilliatt

Of the thirty-six ways of avoiding disaster, running away is best.

--Chinese Proverb

It was my daughter who first suggested to me that bad temper is a form of public littering, and indicated that she would as soon have a casual acquaintance drop her dirty Kleenex on her as her foul language and ill-humor.

--Dr. Willard Gaylin

When men speak ill of thee, live so as nobody may believe them.

—Plato

Hate is like acid. It can damage the vessel in which it is stored as well as destroy the object on which it is poured.

--Ann Landers

He who strikes the first blow admits he's lost the argument.

--Chinese Proverb

The first human being who hurled an insult instead of a stone was the founder of civilization.

--Sigmund Freud

There is more power in the open hand than in the clenched fist.

--Herbert Newton
Casson

The best armor is to keep out of range.

--Italian Proverb

There is nothing more galling to angry people than the coolness of those on whom they wish to vent their spleen.

—Alexandre Dumas

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

—Chinese Proverb

I was angry with my friend:
I told my wrath, my wrath did end.
I was angry with my foe:
I told it not, my wrath did grow.

--William Blake

Speak when you're angry --and you'll make the best speech you'll ever regret.

—Groucho Marx

Never assume one child is always the victim and the other the aggressor. Remember, no matter how things appear, it takes two to tango. If you look closely enough...you will see how the victim subtly provokes the aggressor into attacking.

--Ron Taffel

There is a raging tiger inside every man whom God put on this earth. Every man worthy of the respect of his children spends his life building inside himself a cage to pen that tiger in.

--Murray Kempton

A great part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory.

—Henry Wadsworth
Longfellow

The unsuccessful bully can always become the father of a family.

--Rebecca West

When someone is mean, *don't listen*. When someone is rude, *walk away*. When someone tries to put you down, *stay firm*. Don't let someone's bad behavior destroy your inner peace.

—Unknown

Change your thoughts and you change your world.

--Norman Vincent Peale

Fable about the sun and the wind: They quarreled about which was the stronger, and the wind said, 'I'll prove I am. See the old man down there with a coat? I bet I can get his coat off him quicker than you can.'

So the sun went behind a cloud, and the wind blew until it was almost a tornado, but the harder it blew, the tighter the old man clutched his coat to him.

Finally, the wind calmed down and gave up, and then the sun came out from behind the clouds and smiled kindly on the old man. Presently, he mopped his brow and pulled off his coat. The sun then told the wind that gentleness and friendliness were always stronger than fury and force.

—Dale Carnegie

The greatest terror a child can have is that he is not loved, and rejection is the hell of fears....And with rejection comes anger, and with anger some kind of crime in revenge.

--John Steinbeck

Learning to ignore things is one of the great paths to inner peace.

--Robert J. Sawyer

Forgiving someone doesn't mean that their behavior was 'OK.' What it does mean is that we're ready to move on. To release the heavy weight. To shape our own life, on your terms, without any unnecessary burdens. Forgiveness is pure freedom — and forgiveness is a choice.

—Dr. Suzanne Gelb

Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian.

—Dennis Wholey

Life is 10% what happens to us and 90% how we react to it.

—Dennis P. Kimbro

You don't ever have to feel guilty about removing toxic people from your life. It doesn't matter whether someone is a relative, romantic interest, employer, childhood friend, or a new acquaintance — you don't have to make room for people who cause you pain or make you feel small. It's one thing if a person owns up to their behavior and makes an effort to change. But if a person disregards your feelings, ignores your boundaries, and 'continues' to treat you in a harmful way, they need to go.

—Daniell Koepke

When I do good, I feel good; when I do bad, I feel bad. That's my religion.

—Abraham Lincoln

The tongue has no bones, but it is strong enough to break a heart. So be careful with your words.

—Unknown

The less you respond to rude, critical, argumentative people, the more peaceful your life will become.

—Mandy Hale

Sometimes walking away has nothing to do with weakness, and everything to do with strength.

—Unknown

The first to apologize is always the bravest. The first to forgive is the strongest. The first to forget is the happiest.

—Unknown

I can't control your behavior; nor do I want that burden...but I will not apologize for refusing to be disrespected, to be lied to, or to be mistreated. I have standards; step up or step out.

—Seve Maraboli

Always write angry letters to your enemies. Never mail them.

—James Fallows

I will not let anyone walk through my mind with their dirty feet.

—Mahatma Gandhi

HATE: It has caused a lot of problems in this world, but it has not solved one yet.
—Maya Angelou

I forgive, but I also learn a lesson. I won't hate you, but I'll never get close enough for you to hurt me again. I can't let my forgiveness become foolishness.
—Tony Gaskins

When you forgive, you in no way change the past - but you sure do change the future.
—Bernard Meltzer

Issue a blanket pardon. Forgive everyone who has ever hurt you in any way. Forgiveness is a perfectly selfish act. It sets you free from the past.
—Brian Tracey

There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails, into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, 'You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry; the wound is still there.'
—Unknown

We don't defeat evil by becoming evil.
—Nick Clooney

When anger rises, think of the consequences.
—Confucius

Evil is powerless if the good are unafraid.

--Ronald Reagan

You have enemies? Good. That means you've stood up for something in your life.

—Sir Winston Churchill

Love your enemies. After all, you made them.

--*Church Marquee*

You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings.

--Pearl S. Buck

Sharp words make more wounds than a surgeon can heal.

--Thomas Churchyard

Forgiveness is the fragrance the violet sheds on the heel that has crushed it.

--Mark Twain

Am I not destroying my enemies when I make friends of them?

--Abraham Lincoln

When you plan to get even with someone, you are only letting that person continue to hurt you.

--Andy Rooney

When you harbor bitterness, happiness will dock elsewhere.

--Andy Rooney

One should keep his words both soft and tender, because tomorrow he may have to eat them.

--Andy Rooney

I can't choose how I feel, but I can choose what I do about it.

--Andy Rooney

A sharp tongue is the only edge tool that grows keener with constant use.

--Washington Irving

In violence, we forget who we are.

--Mary McCarthy

Jests that give pain are no jests.

--Miguel de Cervantes

One of the most time-consuming things is to have an enemy.

--E. B. White

You may hurt others by talking about them, but you may do more damage to yourself.

--Claude Williams

It is not only what we do, but also what we do not do, for which we are accountable.

--Molière

Forgive, but never forget.

--John F. Kennedy

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

--Horace

The strong man is the one who is able to intercept at will the communication between the senses and the mind.

--Napoleon I

A fly, sir, may sting a stately horse and make him wince; but one is an insect, and the other is a horse still.

--Samuel Johnson

Nothing is more costly, nothing is more sterile, than vengeance.

--Sir Winston Churchill

When you make a mistake, there are only three things you should ever do about it: admit it, learn from it, and don't repeat it.

--Paul 'Bear' Bryant

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict.

--William Ellery
Channing

The most important trip you take in life is meeting people half way.
--Henry Boyle

Our patience will achieve more than our force.
--Edmund Burke

Remember that nobody will ever get ahead of you as long as he is kicking you in the seat of the pants.
--Walter Winchell

If someone offers you a gift, and you decline to accept it, the other person still owns that gift. The same is true of insults and verbal attacks.
--Steve Pavlina

If you want to make peace, you don't talk to your friends. You talk to your enemies.
--Moshe Dayan

You're entitled to be called a fool, idiot, bonehead, slob, screwball. But an attack unanswered is an attack believed.
--Alan Simpson

Few people can see genius in someone who has offended them.
--Robertson Davies

I am free of all prejudices. I hate every one equally.
--W. C. Fields

Keeping score of old scores and scars, getting even and one-upping, always make you less than you are.
--Malcolm Forbes

Anger dwells only in the bosom of fools.
--Albert Einstein

I've had a few arguments with people, but I never carry a grudge. You know why? While you're carrying a grudge, they're out dancing.
--Buddy Hackett

When you appeal to force, there's one thing you must never do—lose.
--Dwight D. Eisenhower

In taking revenge, a man is but even with his enemy; but in passing it over, he is superior.

--Francis Bacon

Anger blows out the lamp of the mind. In the examination of a great and important question, everyone should be serene, slow-pulsed, and calm.

--Robert G. Ingersoll

Not to have control over the senses is like sailing in a rudderless ship, bound to break to pieces on coming in contact with the very first rock.

--Mahatma Gandhi

Such power there is in clear-eyed self-restraint.

--James Russell Lowell

Be careful that victories do not carry the seed of future defeats.

--Ralph W. Sockman

Don't be distracted by criticism. Remember- the only taste of success some people have is when they take a bite out of you.

--Zig Ziglar

Anger is never without reason, but seldom with a good one.

--Benjamin Franklin

He who can compose himself, is wiser than he that composes books.

--Benjamin Franklin

Never go out to meet trouble. If you will just sit still, nine cases out of ten someone will intercept it before it reaches you.

--Calvin Coolidge

We have found that it's much easier to restrain our wrath when the other fellow is bigger than we are.

--Unknown

The last thing I want to do is hurt you. But it's still on the list.

—Unknown

Passionate hatred can give meaning and purpose to an empty life. Thus people haunted by the purposelessness of their lives try to find a new content not only by dedicating themselves to a holy cause but also by nursing a fanatical grievance.

--Eric Hoffer

Holding on to anger is like grasping at hot coal with the intent of throwing it at someone else; you are the one who gets burned.

--The Buddha

Our goal surely is to conquer anger, but not to destroy the fire it has misappropriated. We will wield that fire with wisdom and turn it to creative ends.

--Robert Thurman

Anger is an energizing emotion that enhances the sustained attention needed to solve problems and leads to more flexible 'big picture' thinking.

--Phil Jackson

Anger focuses the mind. It's an advance-warning system alerting us to threats to our well-being. When viewed this way, anger can be a powerful force for bringing about positive change.

--Phil Jackson

The opponent strikes you on your cheek, and you strike him on the heart by your amazing spiritual audacity in turning the other cheek. You wrest the offensive from him by refusing to take his weapons, by keeping your own, and by striking him in his conscience from a higher level. He hits you physically, and you hit him spiritually.

—E. Stanley Jones

I have never developed indigestion from eating my words.

--Winston Churchill

The penalty may be removed, the crime is eternal.

--Ovid

Two aged men, that had been foes for life,
Met by a grave, and wept - and in those tears
They washed away the memory of their strife;
Then wept again the loss of all those years.

—Jean Paul

To hate and to fear is to be psychologically ill ... it is, in fact, the consuming illness of our time.

--H. A. Overstreet

There is no den in the wide world to hide a rogue. Commit a crime and the earth is made of glass. Commit a crime, and it seems as if a coat of snow fell on the ground, such as reveals in the woods the track of every partridge, and fox, and squirrel.

--Ralph Waldo Emerson

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

--Mark Twain

There is no faculty of the human soul so persistent and universal as that of hatred.

--Henry Ward Beecher

The cause of violence is not ignorance. It is self-interest. Only reverence can restrain violence - reverence for human life and the environment.

--William Sloane
Coffin, Jr.

Hatred is self-punishment.

--Hosea Ballou

It is in pardoning that we are pardoned.

--St. Francis of Assisi

Though the dungeon, the scourge, and the executioner be absent, the guilty mind can apply the goad and scorch with blows.

--Lucretius

He who surpasses or subdues mankind, must look down on the hate of those below.

--Lord Byron

Without forgiveness, there's no future.

--Desmond Tutu

If you pursue good with labor, the labor passes away but the good remains; if you pursue evil with pleasure, the pleasure passes away and the evil remains.

--Marcus Tullius Cicero

I believe everybody in the world should have guns. Citizens should have bazookas and rocket launchers too. I believe that all citizens should have their weapons of choice. However, I also believe that only I should have the ammunition. Because frankly, I wouldn't trust the rest of the goobers with anything more dangerous than string.

--Scott Adams

I don't know the actual meaning of maturity but for me, maturity is when a person hurts you and you try to understand their situation rather than hurting them back.

--Unknown

It is wise to direct your anger towards problems - not people; to focus your energies on answers - not excuses.

--William A. Ward

Never does the human soul appear so strong as when it foregoes revenge and dares to forgive an injury.

--Edwin Hubbel Chapin

Hatred is active, and envy passive dislike; there is but one step from envy to hate.

--Johann Wolfgang von
Goethe

Moderation in temper is always a virtue; but moderation in principle is always a vice.

--Thomas Paine

He that is soon angry dealeth foolishly...

--*Proverbs* 14:17

There's a voice inside you that tells you what you should do.

--Alan Rickman

There is something to that old saying that hate injures the hater, not the hated.

—Peace Pilgrim

Sin lies only in hurting other people unnecessarily. All other 'sins' are invented nonsense.

—Robert Heinlein

Passionate hatred can give meaning and purpose to an empty life.

—Eric Hoffer

When you are offended at any man's fault, turn to yourself and study your own failings. Then you will forget your anger.

—Epictetus

To forgive is to set a prisoner free and discover that the prisoner was you.

—Lewis B. Smedes

You will not be punished for your anger, you will be punished by your anger.

—Gautama Buddha

Kindness is the noblest weapon to conquer with.

—American Proverb

Those we dislike can do nothing to please us.

—Samuel Richardson

We cannot control the evil tongues of others but a good life enables us to disregard them.

—Cato the Elder

Take two kids in competition for their parents' love and attention. Add to that the envy that one child feels for the accomplishments of the other; the resentment that each child feels for the privileges of the other; the personal frustrations that they don't dare let out on anyone else but a brother or sister, and it's not hard to understand why in families across the land, the sibling relationship contains enough emotional dynamite to set off rounds of daily explosions.

--Adele Faber

In nine times out of ten, the slanderous tongue belongs to a disappointed person.

—George Bancroft

The superior man is satisfied and composed; the mean man is always full of distress.

—Confucius

You can either practice being right or practice being kind.

—Anne Lamott

Not forgiving is like drinking rat poison and then waiting for the rat to die.

—Anne Lamott

Forgiveness means it finally becomes unimportant that you hit back. You're done. It doesn't necessarily mean that you want to have lunch with the person. If you keep hitting back, you stay trapped in the nightmare.

—Anne Lamott

Anger ventilated often hurries towards forgiveness; anger concealed often hardens into revenge.

—Edward Bulwer-Lytton

Genuine goodness is threatening to those at the opposite end of the moral spectrum.

—Charles Spencer

Hatred does not cease through hatred at any time. Hatred ceases through love. This is an unalterable law.

—Buddha

All a man's affairs become diseased when he wishes to cure evils by evils.

—Sophocles

A man that studieth revenge keeps his own wounds green.

—Francis Bacon

If the other person injures you, you may forget the injury; but if you injure him you will always remember.

—Kahlil Gibran

Every one goes astray, but the least imprudent are they who repent the soonest.

—Voltaire

Aggression unopposed becomes a contagious disease.

—Jimmy Carter

Anger, if not restrained, is frequently more hurtful to us than the injury that provokes it.

—Seneca

Why can't everybody leave everybody else the hell alone.

—Jimmy Durante

Just because I'm angry doesn't mean I have to act on it, or that I'm controlled by my emotions. My feelings are separate from what I am.

—Pete Docter

The best way to destroy an enemy is to make him a friend.

—Abraham Lincoln

If you hate a person, you hate something in him that is part of yourself. What isn't part of ourselves doesn't disturb us.

—Hermann Hesse

If men would consider not so much wherein they differ, as wherein they agree, there would be far less of uncharitableness and angry feeling.

—Joseph Addison

Get mad, then get over it.

—Colin Powell

I do get angry some time, but if I let that feeling take over it would only cloud my thinking and disable me from making the right decision when it counts the most.

—Lonnie Earl Johnson

Those children who are beaten will in turn give beatings, those who are intimidated will be intimidating, those who are humiliated will impose humiliation, and those whose souls are murdered will murder.

—Alice Miller

It's so easy to be wicked without know it, isn't it?

—L. M. Montgomery

Man is a wolf to man.

—Sigmund Freud

Let people realize clearly that every time they threaten someone or humiliate or hurt unnecessarily or dominate or reject another human being, they become forces for the creation of psychopathology, even if these be small forces. Let them recognize that every man who is kind, helpful, decent, psychologically democratic, affectionate, and warm, is a psychotherapeutic force even though a small one.

—Abraham H. Maslow

When I see birches bent to right and left
Across the line of straighter darker trees,
I like to think some boy's been swinging them.
But swinging doesn't bend them down to stay.
Ice storms do that....

Once they are bowed.
So low for so long, they never right themselves.

—Robert Frost

Hostility breeds hostility.
Respect commands respect.
Love awakens love.

—Muriel S. Karlin and
Regina Berger

The practice of forgiveness is our most important contribution to the healing of the world.

—Marianne Williamson

A soft answer turneth away wrath.

—*Proverbs* 15:2

I hold it be a proof of great prudence for men to abstain from threats and insulting words toward anyone, for neither...diminishes the strength of the enemy; but the one makes him more cautious, and the other increases his hatred of you and makes him more persevering in his efforts to injure you.

—Niccolo Machiavelli

He that wrestles with us strengthens our nerves, and sharpens our skill. Our antagonist is our helper.

—Edmund Burke

Anyone can become angry. That's easy. But to be angry at the right person to the right degree at the right time for the right purpose and in the right way, that is not easy.

—Aristotle

A handful of patience is worth more than a bushel of brains.

—Dutch Proverb

Would that I could be the peacemaker in your soul, that I might turn the discord and the rivalry of your elements into oneness and melody. But how shall I, unless you yourselves be also the peacemakers.

—Kahlil Gibran

No man is hurt but by himself.

—Diogenes of Sinope

Men who have been raised violently have every reason to believe it is appropriate for them to control others through violence; they feel no compunction over being violent to women, children, and one another.

—Frank Pittman

You're only as sick as your secrets.

—David Gregory

To fight and conquer in all our battles is not supreme excellence; supreme excellence consists in breaking the enemy's resistance without fighting.

—Sun Tzu

Ladies: Never fight another woman over a man. He knows who he wants. If he wants you, he knows where to find you.

—Unknown

Life appears to me too short to be spent in nursing animosity or registering wrongs.

—Charlotte Brontë

It's better to get smart than to get mad. I try not to get so insulted that I will not take advantage of an opportunity to persuade people to change their minds.

—John H. Johnson

Throw away thy rod, throw away thy wrath; O my God, take the gentle path.

—George Herbert

He is senseless who would match himself against a stronger man; for he is deprived of victory and adds suffering to disgrace.

—Hesiod

As long as you hate, there will be people to hate.

—George Harrison

We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.

—Martin Luther
King, Jr.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness.
But still, like air, I'll Rise.

—Maya Angelou

Stand with anybody that stands right, stand with him while he is right and part with him when he goes wrong.

—Abraham Lincoln

Everything happens for a reason. Sometimes the reason is you're stupid and you make bad decisions.

—Bill Murray

Gentleness is the antidote for cruelty.

—Phaedrus

Strong people don't put others down. They lift them up.

—Ged Backland

To be angry is to revenge the faults of others on ourselves.

—Alexander Pope

I know I'm not mentally qualified to own a gun, because at least five times a day I think, 'I wish I had a gun right now.'

—Jim Norton

There's three types of people. Moral people know the difference between right and wrong and do right. Immoral people know right and wrong and choose to do wrong. Amoral people don't know the difference.

—Richard Dreyfuss

Life is so transient, finite, and fragile that there is no time to hate anyone.

—Debasish Mridha

Above all things, I must not get angry. If I do get angry I knock all the teeth out of the mouth of the poor wretch who has angered me.

—Franz Schubert

An old Cherokee took his grandson aside and told him, ‘My son, there’s a battle between two wolves inside us all. One represents anger, jealousy, greed, resentment, inferiority, dishonesty and selfishness. The other one represents joy, peace, love, hope, humility, kindness, compassion and truth.’

The boy gave this some thought and eventually asked, ‘Which one wins?’

‘The one you feed,’ responded the wise old Cherokee.

—Unknown

One of the hardest lessons in life is letting go. Whether it’s guilt, anger, love, loss or betrayal. Change is never easy. We fight to hold on and we fight to let go. If you’ve been hurt until it breaks your soul into pieces, your perspective in life will definitely change, and no one and nothing in this world could ever hurt you again.

—Mareez Reyes

There’s a huge amount of freedom that comes to you when you take nothing personally.

—Don Miguel Ruiz

Don’t mistake my kindness for weakness. I am kind to everyone, but when someone is unkind to me, weak is not what you are going to remember about me.

—Al Capone

Be selective in your battles; sometimes peace is better than being right.

—*Women Working.com*

Evil events from evil causes spring.

—Aristophanes

Forgive others, not because they deserve forgiveness, but because you deserve peace.

—Jonathan Lockwood
Huie

He who allows himself to be insulted deserves to be.

—Pierre Corneille

The way people treat you is a statement about who they are as a human being. It is not a statement about you.

—Unknown

You never look good trying to make someone else look bad.

—Unknown

The marks humans leave are too often scars.

—John Green

When you judge another you do not define them, you define yourself.

—Wayne Dyer

Patience is also a form of action.

—Auguste Rodin

Life is too short to harbor any hostilities towards anybody.

—Peabo Bryson

Your heart, the compassionate part of you, knows that it's impossible to feel better at the expense of someone else.

—Richard Carlson

Don't make excuses for nasty people. You can't put a flower in an asshole and call it a vase.

—Adam Dark

To carry a grudge is like being stung to death by one bee.

—William H. Walton

If thou suffer injustice, console thyself; the true unhappiness is in doing it.

—Democritus

So that in the nature of man, we find three principal causes of quarrel. First, competition; secondly, diffidence; thirdly, glory. The first makes men invade for gain; the second, for safety; and the third, for reputation. The first use of violence, to make themselves masters of other men's persons, wives, children, and cattle; the second, to defend them; the third, for trifles, as a word, a smile, a different opinion, and any other sign of undervalue, either direct in their persons, or by reflection in their kindred, their friends, their nation, their profession, or their name.

—Thomas Hobbes

Actions are right in proportion as they tend to promote happiness, wrong as they tend to produce the reverse of happiness. By happiness is intended pleasure and the absence of pain, by unhappiness, pain and the privation of pleasure.

—John Stuart Mill

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

—Sydney J. Harris

Life is too short to hold a grudge, also too long.

—Robert Brault

Anger ventilated often hurries toward forgiveness; and concealed often hardens into revenge.

—Edward G.
Bulwer-Lytton

The world needs anger. The world often continues to allow evil because it isn't angry enough.

—Bede Jarrett

Where there is anger, there is always pain underneath.

—Eckhart Tolle

Take no revenge that you have not pondered beneath a starry sky, or on a canyon overlook, or to the lapping of waves and the mewing of a distant gull.

—Robert Brault

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

—Korean Proverb

Anger as soon as fed is dead –
'Tis starving makes it fat –

—Emily Dickinson

Not the fastest horse can catch a word spoken in anger.

—Chinese Proverb

Anger dwells only in the bosom of fools.

—Albert Einstein

Anger and worry are caused by phantoms that we create within ourselves and whose only strength is that with which we endow them.

—Horace Fletcher

No man can think clearly when his fists are clenched.

—George Jean Nathan

Anger is short-lived madness.

—Horace

Before you give someone a piece of your mind, make sure you can get by with what is left.

—Unknown

If you're angry at a loved one, hug that person. And mean it. You may not want to hug — which is all the more reason to do so. It's hard to stay angry when someone shows they love you, and that's precisely what happens when we hug each other.

—Walter Anderson

When I get mad, I stop being mad and be awesome instead.

—Unknown

Sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

—Unknown

At the core of all anger is a need that is not being fulfilled.

—Marshall B. Rosenberg

If you get upset when the toast burns, what are you going to do when your house burns down?

—Unknown

Anything done in anger can be done better without it.

—Dallas Willard

Anger is a killing thing: it kills the man who angers, for each rage leaves him less than he had been before — it takes something from him.

—Louis L'Armour

Anger is a bad counselor.

—French Proverb

The worst-tempered people I've ever met were people who knew they were wrong.

—Wilson Mizner

You always get caught, whether it be by greed or sloppiness. You always get caught. So if you're thinking you're going to get caught doing something, don't do it.

—*theCHIVE*

The quality of mercy is not strained.

It droppeth as the gentle rain from heaven

Upon the place beneath.

It is twice blessed- It blesseth him that gives, and him that takes.

—William Shakespeare

On nights like that, every booze party ends in a fight. Meek little wives feel the edge of the carving knife and study their husbands' necks. Anything can happen.

—Raymond Chandler

Anger can fuel malice, but it can also motivate social dominance, stoking a desire to win the adoration of others.

—Dan P. McAdams

The warrior's greatest gifts are courage, discipline, and skill; his central life task is to fight for what matters; his typical response to a problem is to slay it or otherwise defeat it; his greatest fear is weakness or impotence. The greatest risk for the warrior is that he incites gratuitous violence in others, and brings it upon himself.

—Carl Jung

The best remedy for a short temper is a long walk.

—Jacqueline Schiff

Hatfields and McCoys. No one really remembers the reason for the feud. But that is the point—feuds are fundamentally futile.

—Tom Linhares

Good words cool more than cold water.

—John Ray

Someday, we'll forget the hurt, the reason we cried and who caused us pain. We will finally realize that the secret of being free is not revenge, but letting things unfold in their own way and own time. After all, what matters is not the first, but the last chapter of our life which shows how well we ran the race. So smile, laugh, forgive, believe, and love all over again.

—Unknown

Rumors are created by haters, spread by fools, and accepted by idiots.

—Ged Backland

Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars...Hate cannot drive out hate: only love can do that.

—Martin Luther
King, Jr.

Never argue with someone who has made up their mind to stay ignorant.

—Unknown

If you have somebody who has hurt you over and over, just think of them as sandpaper. They may scratch and hurt you but in the end, you'll be all shiny & polished while they end up useless.

—Ged Backland

The only people with whom you should try to get even are those who have helped you.

—John E. Southard

It belongs to human nature to hate those you have injured.

—Tacitus

There was no end to the ways in which nice things are nicer than nasty ones.

—Kingsley Amis

All good is hard. All evil is easy. Dying, losing, cheating, and mediocrity is easy. Stay away from easy.

—Scott Alexander

The only way to get the best of an argument is to avoid it.

—Dale Carnegie

In life, it's important to know when to stop arguing with people—and simply let them be wrong.

—*JohnPavlovitz.com*

Human beings are the only animals of which I am thoroughly and cravenly afraid.

—George Bernard Shaw

One of the truest signs of maturity is the ability to disagree with someone while still remaining respectful.

—Dave Willis

People who have no life will always try to start a drama in yours.

—Ged Backland

Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.

—Henry James

You will regret many things in life but you will never regret being too kind or too fair.

—Brian Tracy

I never make the mistake of arguing with people for whose opinions I have no respect.

—Edward Gibbon

The difference between holding on to hurt or releasing it with forgiveness is the difference between laying your head at night on a pillow filled with thorns or a pillow filled with rose petals.

—Loren Fische

Kindness is a choice. People who are generous and show compassion aren't 'lucky.' Day by day, they make a conscious effort to step out of themselves and put someone else's well being ahead of their own. Imagine a world where we all took a second to check ourselves and decided on selflessness more often. What a peaceful place our earth could be.

—Jane Barkley

In middle school, bullies tortured other kids because they thought it would make people like them more.

—Ariana Grande

My silence doesn't mean that I quit, It simply means that I don't want to argue with people who just don't want to understand.

—Yato-Noragami

The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.

—Albert Einstein

To argue with a man who has renounced the use and authority of reason, and whose philosophy consists in holding humanity in contempt, is like administering medicine to the dead, or endeavoring to convert an atheist by scripture.

—Thomas Paine

The only disability in life is a bad attitude.

—Scott Hamilton

But when I lose my temper, I find it difficult to forgive myself. I feel I've failed.

—Emma Thompson

Throughout life people will make you mad, disrespect you and treat you bad. Let God deal with the things they do, cause hate in your heart will consume you too.

—Will Smith

I can't afford to hold hate in my heart. I don't have enough time or room for that in my life.

—Unknown

Rise above principle and do what is right.

—Walter Heller

Pause and remember— Forgiving someone does not make you a weak person. Forgiving someone does not mean you have to have that person in your life. Forgiving allows you to release the anger, resentment and hurt. Forgiveness breaks the chains to your past and sets you free.

—Jenni Young

We often add to our pain and suffering by being overly sensitive, over-reacting to minor things, and sometimes taking things too personally.

—Dalai Lama

A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.

—Jonathan Swift

Don't let someone who did you wrong make you think there's something wrong with you. Don't devalue yourself because they didn't value you. Know your worth even if they don't.

—Trent Shelton

Above all things, never be afraid. The enemy who forces you to retreat is himself afraid of you at that very moment

--Andre Maurois

We may not be able to stop all evil in the world, but I know how we treat one another is entirely up to us.

--Barack Obama

I have never been able to conceive how any rational being could propose happiness to himself from the exercise of power over others.

—Thomas Jefferson

Everybody comes from the same source. If you hate another human being, you're hating part of yourself.

—Elvis Presley

Any man will usually get from other men just what he is expecting of them. If he is looking for friendship he will likely receive it. If his attitude is that of indifference, it will beget indifference. And if a man is looking for a fight, he will in all likelihood be accommodated in that.

—John Richelsen

Never befriend the oppressed unless you are prepared to take on the oppressor.

—Ogden Nash

Be patient and calm — for no one can catch fish in anger.

—Herbert Hoover

Animals don't hate, and we're supposed to be better than them.

—Elvis Presley

Hatred is blind, anger is foolhardy, and he who pours out vengeance risks having to drink a bitter draft.

—Alexandre Dumas

Anger is never without a reason, but seldom a good one.

— Benjamin Franklin

Big egos are big shields for lots of empty space.

—Diana Black

He who hates vice, hates mankind.

—Pliny the Younger

A man should never be ashamed to own he has been in the wrong, which is by saying, in other words, that he is wiser today than he was yesterday.

—Alexander Pope

Religion, freedom, vengeance, what you will—
A word's enough to raise mankind to kill.

—Lord Byron

Profanity is an evidence of the lack of a sufficient vocabulary—and brains.

—R. D. McKenzie

Profanity is the use of strong words by weak people.

—William A. Ward

The thing I hate about an argument is that it always interrupts a discussion.

—G. K. Chesterton

Remember you are always responsible for how you act, no matter how you feel.

—Robert Tew

Good nature is worth more than knowledge, more than money, more than honor, to the persons who possess it.

—Henry Ward Beecher

You can't stay mad at somebody who makes you laugh.

—Jay Leno

To be wronged is nothing unless you continue to remember it.

—Confucius

Little, vicious minds abound with anger and revenge, and are incapable of feeling the pleasure of forgiving their enemies.

—Earl of Chesterfield

Anger leads to hatred to scapegoats to violence to destruction.

—Jesse Jackson

You will always find [hatred] strongest and most violent where there is the lowest degree of culture.

—Johann Wolfgang
Von Goethe

I don't have time to hate people who hate me because I'm too busy loving people who love me.

—Ged Backland

The rich middle-and high-school kids...show higher rates of alcohol and drug abuse on average than poor kids, and much higher rates than the national norm. They report clinically significant depression or anxiety or delinquent behaviors at a rate two to three times the national average. Starting in the seventh grade, the rich cohort includes just as many kids who display troubling levels of delinquency as the poor cohort, although the rule-breaking takes different forms. The poor kids, for example, fight and carry weapons more frequently....The rich kids, meanwhile, report higher levels of lying, cheating, and theft.

—Hanna Rosin citing a
Yale Psychiatry
Department Study
by Suniya Luthar

I was very fortunate to play sports. All the anger in me went out. I had to do what I had to do. If you stay angry all the time, then you really don't have a good life.

—Willie Mays

I think the hardest part about being a teenager is dealing with other teenagers—the criticism and the ridicule, the gossip and rumors.

—Beverley Mitchell

There is no end to the violations committed by children on children.

--Elizabeth Bowen

Arguing with a teenager is like wrestling in the mud with a pig. Sooner or later you figure out that they're enjoying it.

—Unknown

The greatest ability...is to get along with others.... A chip on the shoulder is too heavy a piece of baggage to carry through life.

—John Hancock

Revenge is an act that you want to commit when you are powerless and because you are powerless. As soon as the sense of impotence is removed, the desire evaporates also.

—George Orwell

The only gracious way to accept an insult is to ignore it; if you can't ignore it, top it; if you can't top it, laugh at it; if you can't laugh at it, it's probably deserved.

—Russell Lynes

One man cannot hold another man down in the ditch without remaining down in the ditch with him.

—Booker T. Washington

The highest result of education is tolerance.

—Helen Keller

A successful man is one who can lay a firm foundation with the bricks others have thrown at him.

—David Brinkley

See the child in the man or woman. Even if they are destroying you, allow a moment to see how lost in their own delusion and suffering they are.

—Alice Walker

Profanity is a means of escape for the person who runs out of ideas.

—R. D. McKenzie

Never insult an alligator until you've crossed the river.

—Cordell Hull

Half of the harm that is done in this world is due to people who want to feel important. They don't mean to do harm. But the harm does not interest them. They are absorbed in the endless struggle to think well of themselves.

—T. S. Eliot

More anger stems from lack of sleep than from all of life's frustrations.

—D. Suttan

Try as much as possible to be wholly alive, with all our might, and when you laugh, laugh like hell and when you get angry, get good and angry. Try to be alive. You will be dead soon enough.

--William Saroyan

Arrows of hate have been shot at me too; but they never hit me, because somehow they belonged to another world, with which I have no connection whatsoever.

—Albert Einstein

Certainly, words can be as abusive as any blow....When a three-year-old yells, 'You're so stupid! What a dummy!' it doesn't carry the same weight as when a mother yells those words to a child....Even if you don't physically abuse young children, you can still drive them nuts with your words.

--Mary Kay Blakely

A father is available to help his daughter balance both her love and her anger toward her mother, to moderate the inevitable emotional extremes in the intense mother-daughter equation. With Daddy's steadying influence daughters can learn to be comfortable with healthy anger, rather than feeling that they must be eternal good girls who must at all costs conceal it.

—Victoria Secunda

If family violence teaches children that might makes right at home, how will we hope to cure the futile impulse to solve worldly conflicts with force?

--Letty Cottin Pogrebin

Much is made of the accelerating brutality of young people's crimes, but rarely does our concern for dangerous children translate into concern for children in danger. We fail to make the connection between the use of force on children themselves, and violent antisocial behavior, or the connection between watching father batter mother and the child deducing a link between violence and masculinity.

--Letty Cottin Pogrebin

Research has convincingly demonstrated that using the ‘rod’ creates children who are not more obedient but who are instead simply more angry and aggressive than other kids. Parents who routinely slap or strike their children are actually handing them a model of violence to imitate—and many do indeed grow to be abusive, some even murderously so.

--Julius Segal

Experts say you should never hit your children in anger. When is a good time? When you’re feeling festive?

—Roseanne Barr

Step up so others won’t get stepped on.

—Slogan

Think twice what you type.

—Slogan

Some bruises are on the inside. Stop bullying.

—Slogan

By being a bully you show everyone what an inferior coward you are.

—Slogan

If you turn and face the other way when someone is being bullied, you might as well be the bully too.

—Unknown

A bully won’t stop until he is stopped.

—Slogan

Bullies need to make others feel insecure because they are insecure.

—Slogan

The cobra will bite you whether you call it cobra or Mr. Cobra.

--Indian Proverb

He that returns a good for evil obtains the victory.

--Thomas Fuller

There can be no defense like elaborate courtesy.

--Edward Verrall Lucas

The only people with whom you should try to get even, are those who have helped you.

—May Maloo

It is easy to hate and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get.

—Confucius

Forgiving isn't something you do for someone else. It's something you do for yourself. It's saying, 'You're not important enough to have a stranglehold on me.' It's saying, 'You don't get to trap me in the past. I am worthy of a future.'

—Jodi Picoult

Do not do to others what angers you if done to you by others.

—Socrates

The growth of wisdom may be gauged exactly by the diminution of ill-temper.

—Friedrich Wilhelm
Nietzsche

Fear of something is at the root of hate for others, and hate within will eventually destroy the hater.

—George Washington
Carver

You'll never get ahead of anyone as long as you try to get even with him.

—Lou Holtz

Most bullies are the product of a stressful and often abusive home life. Next time a bully threatens or attacks you, just yell, 'Don't abuse me like your parents abuse you!' Then call children's services and tell them you saw this bully crying in the bathroom and you're worried about him. Bam! He just got moved to a foster home.

—Eugene Mirman

'Mr. Vey, you cannot be stuffed into a locker without your consent.' Dallstrom said, which may be the dumbest thing ever said in a school. 'You should have resisted.' That's like blaming someone who was struck by lightning for getting in the way.'

—Richard Paul Evans

Whining is not only graceless, but can be dangerous. It can alert a brute that a victim is in the neighborhood.

—Maya Angelou

Don't waste your time in anger, regrets, worries, and grudges. Life is too short to be unhappy.

—Roy T. Bennett

Blowing out someone else's candle doesn't make yours shine any brighter.

—*thisislovelifequotes.net*

You cannot control the behavior of others, but you can always choose how you respond to it.

—Roy T. Bennett

Anger is an essential part of being human. People are taught to deny themselves anger, and in this, they are actually opening themselves up to hate. The more you deny yourself the freedom to be angry, the more you will hate. Let yourself be angry, and hate will disintegrate, and when hate disintegrates, forgiveness prevails! The more you deny that you are angry, in attempts to be 'holy' the more inhuman you will become, and the more inhuman you will become, the harder it will be to forgive.

—C. JoyBell C.

School life is like being on a monkey mountain...monkeys in the same gang constantly fight and get back together again...and a hierarchy gets established.

—Shouko Akira

Only the unloved hate; the unloved and the unnatural.

—Charlie Chaplin

On the line beside Describe your family, I wrote, 'Bad.'

What is your favorite subject in school? 'None.'

List three of your favorite activities. 'Soccer, ballet, and fighting.'

Two of those favorite activities were lies but one of them was the truth.

I am fond of fighting.

—Barbara O'Connor

Being a superhero is hard work. You have to save the world. But going to school is even harder. You have to save yourself.

—Lenore Look

I could sum up my younger life in one word—Misunderstanding. Most of my school life was spent in protection mode. Which made any ‘benefit’ I could get from socializing, useless.

—Tina J. Richardson

If you accept the expectations of others, especially negative ones, then you never will change the outcome.

—Michael Jordan

One minute of anger weakens the immune system for 4 to 5 hours. One minute of laughter boosts the immune system for 24 hours.

—*thebestbrainpossible.com*

Never respond to an angry person with a fiery comeback, even if he deserves it... Don't allow his anger to become your anger.

—Bohdi Sanders

Anyone who's been through middle school might agree that ‘reputational aggression’—aka vicious gossip, or even verbal abuse—seems to play a role in the status struggles of teenagers. Using data from North Carolina high schools, Robert Faris uncovered a pattern showing that, contrary to the stereotype of high-status kids victimizing low-status ones, most aggression is local: kids tend to target kids close to them on the social ladder. And the higher one rises on that ladder, the more frequent the acts of aggression—until, near the very top, aggression ceases almost completely. Why? Kids with nowhere left to climb, Faris posits, have no more use for it. Indeed, the star athlete who demeaned the mild mathlete might come off as insecure. ‘In some ways,’ Faris muses, ‘these people have the luxury of being kind. Their social positions are not in jeopardy.’

—Jerry Useem

Whether it's for a fraternity, sports team, club, or some other selective group, guys put up with ceremonial degradation in order to be accepted, liked, and aligned with the in crowd.

--Scott Smith

The person who dumps garbage into your mind will do you considerably more harm than the person who dumps garbage on your floor, because each load of mind garbage negatively impacts your possibilities and lowers your expectations.

—Zig Ziglar

Most quarrels amplify a misunderstanding.

—Andre Gide

Girls aren't mean to guys in high school. They are mean to each other.

—Jonathan Bennett

Discussion is an exchange of knowledge; argument an exchange of ignorance.

--Robert Quillen

All bitter feelings are avoided, or at least greatly reduced by prompt, face-to-face discussion.

--Walter B. Pitkin

A cruel story runs on wheels, and every hand oils the wheels as they run.

--Ouida

He who says what he likes shall hear what he does not like.

--English Proverb

For all of you who gossip about me: Thanks for making me the center of your world!

—Unknown

The only fool bigger than the person who knows it all is the person who argues with him.

--Stanislaw Jerzy Lec

I told my kids to hug and make up. One of them hugged. The other hugged harder. Now I'm breaking up a hug fight.

—James Breakwell

If you wouldn't write it and sign it, don't say it.

--Earl Wilson

We cannot control the evil tongues of others but a good life enables us to disregard them.

—Cato the Elder

The tongue is a small thing, but what enormous damage it can do.

—*James 3:5*

Arguing with fools puts you in the fool's position. Learn to step over the BS. Not in it.

—Ged Backland

If you didn't hear it with your own ears, or see it with your own eyes...Don't invent it with your small mind, and share it with your big mouth!

—Ged Backland

Rumors are created by haters, spread by fools, and accepted by idiots.

—Ged Backland

Profanity is the mark of a conversational cripple.

—Jay Alexander

Whenever two human beings spend time together, sooner or later they will probably irritate one another. This is true of best friends, married couples, parents and children, or teachers and students. The question is: How do they respond when friction occurs? There are four basic ways they can react:

- They can internalize the anger and send it downward into a memory bank that never forgets. This creates great pressure within and can even result in disease and other problems.
- They can pout and be rude without discussing the issues. This further irritates the other person and leaves him or her to draw his or her own conclusions about what the problem may be.
- They can blow up and try to hurt the other person. This causes the death of friendships, marriages, homes, and businesses.
- Or they can talk to one another about their feelings, being very careful not to attack the dignity and worth of the other person. This approach often leads to permanent and healthy relationships.

—James C. Dobson

Successful people build each other up. They motivate, inspire, and push each other. Unsuccessful people just hate, blame, and complain.

—Unknown

I'll defend to the death your right to say that, but I never said I'd listen to it!

—Tom Galloway

The right to be heard does not automatically include the right to be taken seriously.

—Hubert Humphrey

A soft answer turneth away wrath.

—*Proverbs*

In the early days of the Internet, the primary danger to kids seemed to be from predatory adults. But it turns out that the perils adults pose, although they can be devastating, are rare. The far more common problem kids face when they go online comes from other kids: the hum of low-grade hostility, punctuated by truly damaging explosions, that is called cyberbullying.

--Emily Bazelon

Words once spoken can never be recalled.

--Wentworth Dillon

Discuss but don't argue. It is the mark of superior minds to disagree and yet be friendly.

--Willard Givens

Anger and frustration hurt us more than the things we are annoyed about hurt us.

—Marcus Aurelius

It is frequently said that speech that is intentionally provocative and therefore invites physical retaliation, can be punished or suppressed. Yet plainly no such general proposition can be sustained. Quite the contrary....The provocative nature of the communication does not make it any the less expression. Indeed, the whole theory of free expression contemplates that expression will in many circumstances be provocative and arouse hostility. The audience, just as the speaker, has an obligation to maintain physical restraint.

--Thomas I. Emerson

I speak this way because I know how perilous speech can be.... A saber might be stopped by a shield. A bullet might be dodged by a stroke of luck. But you can't dodge a word. If one is flung at you it will hit its mark unerringly.... there's nothing in the world more dangerous than talk.

—Galen Beckett

When the debate is lost, slander becomes the tool of the loser.

-- Socrates

Can't really despise people you don't know.

—Richard D. James

Malice is of a low stature, but it hath very long arms.

—George Savile

Don't destroy yourself by allowing negative people to add gibberish and debris to your character, reputation, and aspirations. Keep all dreams alive but discreet, so that those with unhealthy tongues won't have any other option than to infest themselves with their own diseases.

—Michael Basse
y Johnson

Anger's like a battery that leaks acid right out of me
And it starts from the heart 'til it reaches my outer me.

—Criss Jami

People should avoid hatred at all costs, because not only does it affect the hater's health; it also prevents them from enjoying the goodness of love.

—Gugu Mona

One hearty laugh together will bring enemies into a closer communion of heart than hours spent on both sides in inward wrestling with the mental demon of uncharitable feeling.

—William James

Love can conquer every hateful heart.

—Lailah Gifty Akita

Bitterness gives ill-health and waste life.

—Lailah Gifty Akita

Never let the emotions of the past tie you down for your future to slaughter. Resist every opportunity to become angry and you will live a healthier happier life!

—Israelmore Ayivor

Lingering, bottled-up anger never reveals the 'true colors' of an individual. It, on the contrary, becomes all mixed up, rotten, confused, forms a highly combustible, chemical compound then explodes as something foreign, something very different than one's natural self.

—Criss Jami

Forgiveness is the ultimate liberator of our mind, body, and spirit.

—Asa Don Brown

Women fail to understand how much men hate them.

--Germaine Greer

A woman once told me that when her mother was approaching the age of menopause, her father sat the whole family down and said, 'Kids, your mother may be going through some changes now, and I want you to be prepared. Your Uncle Ralph told me that when your Aunt Carol went through the change, she threw a leg of lamb right out the window!' Although this story fits beautifully into the stereotype of the 'crazy' menopausal woman, it should not be overlooked that throwing the leg of lamb out the window may have been Aunt Carol's outward expression of the process going on within her soul: the reclaiming of self. Perhaps it was her way of saying how tired she was of waiting on her family, of signaling to them that she was past the cook/chauffeur/dishwasher stage of life. For many women, if not most, part of this reclamation process includes getting in touch with anger and, perhaps, blowing up at loved ones for the first time.

--Christiane Northrup

Perhaps the strongest evidence that women have as broad and deep a capacity for physical aggression as men is anecdotal. And as with men, this capacity has expressed itself in acts from the brave to the brutal, the selfless to the senseless.

--Katherine Dunn

Abuse in any form by either party is wrong, duh, but whine to me when violence against men is the same as violence against women, because newsflash, it's not. The risk that men pose to women is not the same as the one we pose to men, statistics prove that. Y'all have to worry about a crazy girlfriend keying your car, we have to worry about a crazy guy KILLING us.

—Katie Miller

Show me a culture where honesty is considered ridiculous, where nobody's ever accountable for anything, where anger gets admired as a sign of strength, and I'll show you a place where misery is permanent.

—Anthony Steyning

Never succumb to the temptation of bitterness.

—Martin Luther
King, Jr.

In the slums of our great cities today boys and girls who could easily be brought to the full use of their powers are left stunted, inarticulate and angry.

--John W. Gardner

I don't care what you think about me. I don't think about you at all.

—Coco Chanel

Maturity is when a person hurts you and you try to understand their situation rather than hurting them back.

—Unknown

Of all created creatures man is the most detestable. Of the entire brood he is the only one that possesses malice. Also he is the only creature that has a nasty mind.

—Mark Twain

Men are not gentle, friendly creatures wishing for love, who simply defend themselves if they are attacked, but...a powerful measure of desire for aggressiveness has to be reckoned as part of their instinctual endowment. The result is that their neighbor is to them not only a possible helper or sexual object, but also a temptation to them to gratify their aggressiveness...to seize his possessions, to humiliate him, to cause him pain, to torture and to kill him...

Anyone who calls to mind the atrocities of the early migrations, of the invasion of the Hun or the so-called Mongols under Genghis Khan and Tamerlane, of the sacks of Jerusalem by the pious crusaders, even indeed the horrors of the last world war, will have to bow his head humbly before the truth of this view of man.

—Sigmund Freud

The feeling of anger can also be excessive, deficient, or moderate. The man who occupies the middle state is said to have the virtue of gentleness, while the one who exceeds in anger has the vice of irascibility, while the one who is deficient in anger has the vice of apathy.

—Aristotle

All I know is this: nobody's very big in the first place, and it looks to me like everybody spends their whole life tearing everybody else down.

—Ken Kesey

People who need to bully you are the easiest to push around.

—Douglas Adams

Every criticism, judgment, diagnosis, and expression of anger is the tragic expression of an unmet need.

—Marshall B. Rosenberg

When people speak evil of you, live so that no one will believe them.

--Plato

I have learnt through bitter experience the one supreme lesson to conserve my anger, and as heat conserved is transmuted into energy, even so our anger controlled can be transmuted into a power which can move the world.

—Mahatma Gandhi

Research shows that allowing ourselves to forgive and forget can be healthy — it reduces pains, headaches, stress, and leads to a strong immune system. So I say: Why continue to hold grudges? We will just put our health in jeopardy, and lessen the number of pages and chapters that we still need to write in our book of life.

—Kcat Yarza

There never was a social change in America without angry people at the heart.

—Keith Miller

Love your enemies—it will drive them crazy.

--Reverend Lewis

Fighting is essentially a masculine idea; a woman's weapon is her tongue.

--Hermione Gingold

Two wrongs don't make a right, but they often make a fight.

--Unknown

Routine physical punishment such as spanking teaches a toddler that might makes right and that it is fine to hit when one is stronger and can get away with it.

--Alicia F. Lieberman

Teasing is universal. Anthropologists have found the same fundamental patterns of teasing among New Zealand aborigine children and inner-city kids on the playgrounds of Philadelphia.

--Lawrence Kutner

Hate is a prolonged form of suicide.

--Douglas V. Steere

Can we not teach children, even as we protect them from victimization, that for them to become victimizers constitutes the greatest peril of all, specifically the sacrifice—physical or psychological—of the well-being of other people? And that destroying the life or safety of other people, through teasing, bullying, hitting or otherwise, 'putting them down,' is as destructive to themselves as to their victims.

--Lewis P. Lipsitt

It is very difficult for people to believe the simple fact that every persecutor was once a victim. Yet it should be very obvious that someone who was allowed to feel free and strong from childhood does not have the need to humiliate another person.

--Alice Miller

The ultimate weakness of violence is that it is a descending spiral, begetting the very thing it seeks to destroy. Instead of diminishing evil, it multiplies it. Through violence you may murder the liar, but you cannot murder the lie, nor establish the truth. Through violence you may murder the hater, but you do not murder hate. In fact, violence merely increases hate. So it goes. Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate: only love can do that.

--Martin Luther King, Jr.

Deeds of violence in our society are performed largely by those trying to establish their self-esteem, to defend their self-image, and to demonstrate that they, too, are significant. Violence arises not out of superfluity of power but out of powerlessness.

--Rollo May

Violence is essentially wordless, and it can begin only where thought and rational communication have broken down.

--Thomas Merton

Anger usually only serves us, and even then, only very fleetingly.

—Sam Owen

When you become aggressive in arguments, you force the other person to become defensive which means they'll either get ready to fight you or ready to flee from you.

—Sam Owen

We can achieve more in a moment of compassion than in an hour of anger.

—Sam Owen

A hurtful act is the transference to others of the degradation which we bear in ourselves.

--Simone Weil

Man is the only animal who causes pain to others with no other object than wanting to do so.

--Arthur Schopenhauer

Those who are at war with others are not at peace with themselves.

—William Hazlitt

Experimental studies consistently point out that the popular remedy for anger, ventilation, is really worse than useless. In fact, the reverse seems to be true: expressing anger tends to make you even angrier and solidifies an angry attitude.

—Judith McKay

Pride has quite a bit to do with hatred. In many a case in which one hates another, one subconsciously begins patterns of cherry-picking and selective hearing: he continues to look only for things about the other person which he can use to justify his hatred, things which will then make him feel less guilty about hating someone. In this regard, hatred is not so much an emotion as it is a decision.

—Criss Jami

Weak people revenge. Strong people forgive. Intelligent people ignore.

—Albert Einstein

Argument is the worst sort of conversation.

--Jonathan Swift

The inclination to aggression...constitutes the greatest impediment to civilization.

--Sigmund Freud

Who overcomes by force hath overcome but half his foe.

--John Milton

In the scale of the destinies, brawn will never weigh as much as brain.

--James Russell Lowell

The test of a man or woman's breeding is how they behave in a quarrel.

--George Bernard Shaw

Without forgiveness life is governed by...an endless cycle of resentment and retaliation.

--Roberto Assagioli

Never does the human soul appear so strong as when it forgoes revenge, and dares forgive an injury.

--E. H. Chapin

The more parents intervene, the more siblings fight. And the bigger role parents assume in settling arguments, the less chance siblings have to learn how to resolve conflicts for themselves.

--Jane Mersky Leder

That man is an aggressive creature will hardly be disputed. With the exception of certain rodents, no other vertebrate habitually destroys members of its own species.

--Anthony Storr

Most sorts of diversion in men, children and other animals, are in imitation of fighting.

--Jonathan Swift

Violence is counter-productive and produces changes of a sort you don't want. It is a very dangerous instrument and can destroy those who wield it.

--John Gardner

If we take vengeance on vengeance, vengeance will never end.

--Vietnamese Proverb

Not by might, nor by power, but by my spirit.

--*Zechariah 4:6*

Apart from its obvious use for self-protection against enemies, aggression provides an indispensable dynamo of energy for almost every kind of human work. The hunter kills, the woodsman chops, the cook roasts, the surgeon cuts, the lawyer prosecutes: these tasks all involve outright destruction to a greater or lesser degree. Indeed, virtually every trade or profession of civilized life entails the constant use of aggressive energy in the service of beneficent ends.

--Dr. Smiley Blanton

Hatred is a settled anger.

--Cicero

When angry, count ten before you speak; if very angry, one hundred.

--Thomas Jefferson

Anger is not only inevitable, it is necessary. Its absence means indifference, the most disastrous of all human failings.

--Arthur Ponsonby

We do not know how many important behavior patterns of man include aggression as a motivating factor, but I believe it occurs in a great many. What is certain is that, with the elimination of aggression...the tackling of a task or problem, the self-respect without which everything that a man does from morning till evening from the morning shave to the sublimest artistic or scientific creations, would all lose impetus; everything associated with ambition, ranking order, and countless other equally indispensable behavior patterns would probably also disappear from human life.

--Konrad Lorenz

A man out of temper does not wait for proofs before feeling toward all things, animate and inanimate, as if they were in a conspiracy against him, but at once thrashes his horse or kicks his dog in consequence.

--George Eliot

There was never an angry man that thought his anger unjust.

--Saint Francis De Sales

The whole condemnation of anger rests on our failure to make proper use of it or on the inadequate or mistaken causes for it. There is no defence for the man who loses his temper with the furniture after barking his shin on a chair. But there is still less defence for the man who passes quietly on when he sees a child ill-treated.

--Arthur Ponsonby

But on the whole, my impression is that temper is considered the worst trait in the society of the glad hand. It is felt as an internal menace to one's cooperative attitudes.

--David Riesman

Whatever you hold in contempt is your jailer.

--Brendan Francis

The world needs anger. The world often continues to allow evil because it isn't angry enough.

--Bede Jarrett

What good comes of bullying and bluster and contempt, even if directed against our own selves?

--Daniel Considine

Psychiatrists today...see the irrational hostility that people everywhere vent upon one another as chiefly *projected self-hate*.

--Bonaro Overstreet

A soft answer turneth away wrath.

--*Proverbs* 15:1

Be swift to hear, slow to speak, slow to wrath.

--*James* 1:19

It behooves a prudent person to make trial of everything before arms.

--Terence

Angry men are blind and foolish, for reason at such a time takes flight and, in her absence, wrath plunders all the riches of the intellect, while the judgment remains the prisoner of its own pride.

--Pietro Aretino

No man is angry that feels not himself hurt.

--Francis Bacon

Rage can only with difficulty, and never entirely, be brought under the domination of the intelligence and is therefore not susceptible to any arguments whatever.

--James Baldwin

Let not the sun go down upon your wrath.

--*Ephesians* 4:26

A man in a passion rides a horse that runs away with him.

--Thomas Fuller

Always shun whatever may make you angry.

--Publilius Syrus

Jealousy and anger shorten life, and anxiety brings on old age too soon.

--*Ecclesiasticus* 30:24

We are all shot through with enough motives to make a massacre, any day of the week that we want to give them their head.

--J. Bronowski

Be peaceful, be courteous, obey the law, respect everyone; but if someone puts his hand on you, send him to the cemetery.

--Malcolm X

The weak can be terrible because they try furiously to appear strong.

--Rabindranath Tagore

He is a fool who tries to match his strength with the stronger.

He will lose his battle, and with the shame will be hurt also.

--Hesiod

He that returns a good for evil obtains the victory.

--Thomas Fuller

You will only injure yourself if you take notice of despicable enemies.

--Aesop

The man does better who runs from disaster than he who is caught by it.

--Homer

Forcible ways make not an end of evil, but leave hatred and malice behind them.

--Sir Thomas Browne

The noble art of losing face
may one day save the human race
and turn into eternal merit
what weaker minds would call disgrace.

--Piet Hein

Whosoever shall smite thee on thy right cheek, turn to him the other also.

--*Matthew 5:39*

If a donkey bray at you, don't bray at him.

--George Herbert

Beware of the man who does not return your blow: he neither forgives you nor allows you to forgive yourself.

--George Bernard Shaw

One ought not to return injustice, nor do evil to anybody in the world, no matter what one may have suffered from them.

--Socrates

When fire and water are at war, it is the fire that loses.

--Spanish Proverb

O, it is excellent
To have a giant's strength; but it is tyrannous
To use it like a giant.

--William Shakespeare

The quarrels of friends are the opportunities of foes.

--Aesop

Weakness on both sides is, as we know, the motto of all quarrels.

--Voltaire

Who draws his sword against the prince must throw away the scabbard.

--English Proverb

Whatsoever a man soweth, that shall he also reap.

--*Galatians 6:7*

By paying our other debts, we are equal with all mankind; but in refusing to pay a debt of revenge, we are superior.

--Charles Caleb Colton

A man that studieth revenge keeps his own wounds green, which otherwise would heal and do well.

--Francis Bacon

Since women do most delight in revenge, it may seem but feminine manhood to be vindictive.

--Sir Thomas Browne

Revenge is always the joy of narrow,
Sick, and petty minds.

--Juvenal

Blood cannot be washed out with blood.

--Persian Proverb

No revenge is more honorable than the one not taken.

--Spanish Proverb

The greater the man, the more restrained his anger.

--Ovid

Anger dwells in our hearts; it takes root in savages, but slides over men of learning.

--Petronius

In the good man anger quickly dies.

--Latin Proverb

It is better they should say 'Here he ran away,' rather than 'Here he died.'

--Spanish Proverb

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

Arrows pierce the body, but harsh words pierce the soul.

--Spanish Proverb

Be selective in your battles. For sometimes peace is better than being right.

—Internet Meme

Never do anything when you are in a temper, for you will do everything wrong.

--Baltasar Gracian

Anger is what arouses you to challenge a situation. Aim to use it to improve things. Often, with it, you can change things.

--Walter McQuade
and Anna Aikman

Don't be afraid to express anger (hiding it is even more stressful than letting it out), but choose your fights; don't hassle over every little thing....You can also give in once in a while, instead of always insisting you are right and others are wrong.

--Jane E. Brody

Never write a letter while you are angry.

--Chinese Proverb

Keep cool; anger is not an argument.

--Daniel Webster

Whoever battles with monsters had better see that it does not turn him into a monster.

--Friedrich Nietzsche

You don't learn to hold your own in the world by standing on guard, but by attacking, and getting well-hammered yourself.

--George Bernard Shaw

Don't hit at all if it is honorably possible to avoid hitting; but *never* hit soft!

--Theodore Roosevelt

Don't ever slam the door; you might want to go back.

--Don Herold

Do not think of knocking out another person's brains because he differs in opinion from you. It would be as rational to knock yourself on the head because you differ from yourself ten years ago.

--Horace Mann

Revenge is the poor delight of little minds.

--Juvenal

The greatest remedy for anger is delay.

--Seneca

To forget a wrong is the best revenge.

--Imogen Robertson

The noblest vengeance is to forgive.

--Thomas Fuller

Epileptics know by signs when attacks are imminent and take precautions accordingly; we must do the same in regard to anger.

--Seneca

When I got through with him, he was all covered wit' blood—my blood.

--Jimmy Durante

Thrusting my nose firmly between his teeth, I threw him heavily to the ground on top of me.

--Mark Twain

A great part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory.

—Henry Wadsworth
Longfellow

Nine-tenths of mankind are more afraid of violence than of anything else.

--Walter Bagehot

Anger may repast with thee for an hour, but not repose for a night; the continuance of anger is hatred, the continuance of hatred turns malice. That anger is not war-rantable which hath seen two suns.

--Francis Quarles

The angry man always thinks he can do more than he can.

--Albertano of Brescia

Act nothing in furious passion; it's putting to sea in a storm.

--Thomas Fuller

The slender shrub which is seen to bend, conquers when it yields to the storm.

--Metastasio

To fight is a radical instinct; if men have nothing else to fight over they will fight over words, fancies, or women, or they will fight because they dislike each other's looks, or because they have met walking in opposite directions. To knock a thing down, especially if it is cocked at an arrogant angle, is a deep delight to the blood.

--George Santayana

The more violent the love, the more violent the anger.

--Burmese Proverbs

He who has a sharp tongue soon cuts his own throat.

--Confucious

When a man is wrong and won't admit it, he always becomes angry.

--Thomas Chandler
Haliburton

To take the wind out of an angry man's sails—stay calm.

--Unknown

An angry man is seldom reasonable; a reasonable man is seldom angry.

--Unknown

Anger is a state that starts with madness and ends with regret.

--Imam Ali

To be angry with a weak man is proof that you are not very strong yourself.

--Unknown

Temper gets people into trouble, but pride keeps them there.

--Mark Twain

A man with compassion wields more power than a man with muscle.

--Unknown

Our anger and impatience often prove much more mischievous than the things about which we are angry or impatient.

—Marcus Aurelius

Anger weakens a man. It puts him at a disadvantage in every undertaking in life. When Sinbad and his sailors landed on one of their tropical islands, they saw high up in the trees coconuts which could quench their thirst and satisfy their hunger. The coconuts were far above the reach of Sinbad and the sailors, but in the branches of the trees were the chattering apes. Sinbad and his men began to throw stones and sticks up at the apes. This enraged the monkeys and they began to seize the coconuts and hurl them down at the men on the ground. That was just what Sinbad and his men wanted. They got the apes angry so that the apes would gather their food for them. That is a good illustration of how by indulgence in anger we play into the hands of our foes.

—Steve Shepherd

No matter whether you are on the road or in an argument, when you begin to see red, STOP!

--Unknown

When I have lost my temper
I have lost my reason too.
I'm never proud of anything
Which angrily I do.
When I have talked in anger
And my cheeks were flaming red
I have always uttered something
Which I wish I had not said,
In anger I have never
Done a kindly deed or wise,
But many things for which I felt
I should apologize.
In looking back across my life,
And all I've lost or made,
I can't recall a single time
When fury ever paid.
So I struggle to be patient,
For I've reached a wiser age;
I do not want to do a thing
Or speak a word in rage.
I have learned by sad experience
That when my temper flies
I never do a worthy deed,
A decent deed or wise.

—Unknown

You can tell the size of a man by the size of the thing that makes him mad.

—Adlai Stevenson II

The true test of moral courage is the ability to ignore an insult.

--Unknown

Striking while the iron is hot may be all right, but don't strike while the head is hot.

--Unknown

It is easy to fly into a passion--anybody can do that--but to be angry with the right person at the right time and with the right object in the right way--that is not easy, and it is not everyone who can do it.

—Aristotle

Anger is a short madness.

--Horace

The emptier the pot, the quicker the boil—watch your temper!

--Unknown

Anger makes your mouth work faster than your mind.

--Evan Esar

To be angry with a weak man is proof that you are not very strong yourself.

--Unknown

When an argument flares up, the wise man quenches it with silence.

--Unknown

Smart people lose their temper permanently.

--Unknown

Don't get mad, get even.

--Joseph Patrick
Kennedy

When you strike at a king, you must kill him.

--Ralph Waldo Emerson

Folks never understand the folks they hate.

--James Russell Lowell

Do not do to others that which would anger you if others did it to you.

--Isocrates

Anger is brief madness and, unchecked, becomes protracted madness, bringing shame and even death.

--Petrarch

Anger may repast with thee for an hour, but not repose for a night; the continuance of anger is hatred, the continuance of hatred turns malice. That anger is not war-rantable which hath seen two suns.

--Francis Quarles

What e'er's begun in anger, ends in shame.

--Benjamin Franklin

He that fights and runs away
May live to fight another day;
But he that is in battle slain
Will never rise to fight again.

--Tacitus

Nonviolence is the answer to the crucial political and moral questions of our time; the need for man to overcome oppression and violence without resorting to oppression and violence.

--Martin Luther
King, Jr.

In quarreling the truth is always lost.

--Publilius Syrus

The more quietly and peaceably we all get on, the better—the better for ourselves—the better for our neighbors. In nine cases out of ten the wisest policy is, if a man cheats you, quit dealing with him; if he is abusive, quit his company; if he slanders you, take care to live so that nobody will believe him: no matter who he is, or how he misuses you, the wisest way is generally to let him alone; for there is nothing better than this cool, calm, quiet way of dealing with the wrongs we meet with.

--Unknown

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

--*Proverbs* 16:32

He that blows the coals in quarrels he has nothing to do with, has no right to complain if the sparks fly in his face.

--Benjamin Franklin

In most quarrels there is a fault on both sides. A quarrel may be compared to a spark, which cannot be produced without a flint as well as steel. Either of them may hammer on wood forever; no fire will follow.

--Colton

Act nothing in a furious passion. It's putting to sea in a storm.

--Thomas Fuller

Anger is the most impotent of passions. It effects nothing it goes about, and hurts the one who is possessed by it more than the one against whom it is directed.

—Carl Sandburg

A man...makes his inferiors his superiors by heat.

--Ralph Waldo Emerson

He who can suppress a moment's anger may prevent a day of sorrow.

--Tryon Edwards

Revenge is like a boomerang. Although for a time it flies in the direction in which it is hurled, it takes sudden curve, and, returning, hits your own head the heaviest blow of all.

--John M. Mason

The best manner of avenging ourselves is by not resembling him who has injured us.

--Jane Porter

People generally quarrel because they cannot argue.

--G. K. Chesterton

Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances.

--Thomas Jefferson

The angry and the weak are their own enemies.

--Russian Proverb

People who fly into a rage always make a bad landing.

--Will Rogers

Little, vicious minds abound with anger and revenge, and are incapable of feeling the pleasure of forgiving their enemies.

--Lord Chesterfield

When our hatred is violent, it sinks us even beneath those we hate.

--François de La
Rochefoucauld

Violence is the last refuge of the incompetent.

--Isaac Asimov

I shall never permit myself to stoop so low as to hate any man.

--Booker T. Washington

There is no revenge so complete as forgiveness.

--Josh Billings

Force is all-conquering, but its victories are short-lived.

--Abraham Lincoln

Behind every argument is someone's ignorance.

--Louis D. Brandeis

Anger begins with folly, and ends with repentance.

--H. G. Bohn

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

--Tryon Edwards

Keep cool; anger is not an argument.

--Daniel Webster

Men often make up in wrath what they want in reason.

--William Rounseville
Alger

The flame of anger, bright and brief, sharpens the barb of love.

--Walter S. Landor

When a man is wrong and won't admit it, he always gets angry.

--Thomas Chandler
Haliburton

The intoxication of anger, like that of the grape, shows us to others, but hides us from ourselves. We injure our own cause in the opinion of the world when we too passionately defend it.

--Charles Caleb Colton

An angry man is again angry with himself when he returns to reason.

--Publilius Syrus

Whenever you are angry, be assured that it is not only a present evil, but that you have increased a habit.

--Epictetus

When angry count four; when very angry, swear.

--Mark Twain

Anger and intolerance are the twin enemies of correct understanding.

--Mahatma Gandhi

Wise anger is like fire from a flint: there is great ado to get it out; and when it does come, it is out again immediately.

--Matthew Henry

Violence always rebounds, always returns home.

--Lerone Bennett, Jr.

Civilized society is perpetually menaced with disintegration through this primary hostility of men towards one another.

--Sigmund Freud

Abuse is the weapon of the vulgar.

--Samuel Griswold
Goodrich

People who hurt other people have usually been hurt so badly themselves that all they know how to do is hurt back.

--Terry McMillan

Not to fight at all is to choose a weapon by which one fights. Perhaps the authentic moral stature of a man is determined by his choice of weapons which he uses in his fight against the adversary. Of all weapons, love is the most deadly and devastating, and few there be who dare trust their fate in its hands.

--Howard Thurman

Remember, to hate, to be violent, is demeaning. It means you're afraid of the other side of the coin—to love and be loved.

--James Baldwin

Violence as a way of achieving racial justice is both impractical and immoral. It is impractical because it is a descending spiral ending in destruction for all...It is immoral because it seeks to humiliate the opponent rather than win his understanding; it seeks to annihilate rather than to convert. Violence is immoral because it thrives on hatred rather than love.

--Martin Luther
King, Jr.

Do not hurl a lance if you cannot aim correctly.

--*The Husia*

Strategy is better than strength.

--Hausa Legend

The individual who commits violence in the name of peace is steady on the road to becoming that which he hates.

--Laurence J. Peter

To be feared is to fear: no one has been able to strike terror into others and at the same time enjoy peace of mind himself.

--Lucius Annaeus Seneca

In time we hate that which we often fear.

--William Shakespeare

When our hatred is too keen it puts us beneath those whom we hate.

--François, Duc de La
Rochefoucauld

Folks never understand the folks they hate.

--James Russell Lowell

Hate is the consequence of fear; we fear something before we hate it; a child who fears noises becomes a man who hates noise.

--Cyril Connolly

He is a fool who cannot be angry; but he is a wise man who will not.

--Unknown

No revenge is more honorable than the one not taken.

--Spanish Proverb

Hatred is the coward's revenge for being intimidated.

--George Bernard Shaw

A hateful act is the transference to others of the degradation we bear in ourselves.

--Simone Weil

If we could read the secret history of our enemies, we should find in each man's life, sorrow and suffering enough to disarm all hostility.

--Henry Wadsworth
Longfellow

I learned long ago never to wrestle with a pig. You get dirty, and besides, the pig likes it.

--Cyrus Ching

The test of a man or woman's breeding is how they behave in a quarrel.

--George Bernard Shaw

I have never in my life learned anything from any man who agreed with me.

--Dudley Field Malone

The most savage controversies are those about matters as to which there is no good evidence either way.

--Bertrand Russell

It's my rule never to lose my temper until it would be detrimental to keep it.

--Sean O'Casey

I never work better than when I am inspired by anger; for when I am angry, I can write, pray, and peach well, for then my whole temperament is quickened, my understanding sharpened, and all mundane vexations and temptations depart.

--Martin Luther

There is no passion so much transports the sincerity of judgement as doth anger.

--Montaigne

A good indignation brings out all one's powers.

--Ralph Waldo Emerson

Many people lose their tempers merely from seeing you keep yours.

--Frank Moore Colby

He who hates, hates himself.

--Zulu Proverb

Anger is an emotion that if you carry it around over a long period of time, it doesn't allow you to live.

--John Singleton

It takes two to write a letter as much as it takes two to make a quarrel.

--Elizabeth Drew

Temper is what gets most of us into trouble. Pride is what keeps us there.

--Mark Twain

Let both sides explore what problems unite us instead of belaboring those problems which divide us.

--John F. Kennedy

One cool judgment is worth a thousand hasty councils. The thing to do is to supply light and not heat.

--Woodrow Wilson

The strong man is the man who can stand up for his rights and not hit back.

--Martin Luther King, Jr.

Being powerful is like being a lady. If you have to tell people you are, you aren't.

--Margaret Thatcher

You cannot shake hands with a clenched fist.

--Golda Meir

Pugnacity is a form of courage, but a very bad form.

—Sinclair Lewis

Rest satisfied with doing well, and leave others to talk of you as they please.

—Pythagoras

Silence is the ultimate weapon of power.

--Charles De Gaulle

He is strong who conquers others; he who conquers himself is mighty.

--Lao-Tsze

Convert great quarrels into small ones,
and small ones into nothing.

--Chinese Proverb

When there is no one against you,
you cannot quarrel.

--Japanese Proverb

Problem: One cookie.
Two kids.

Solution: One kid divides the cookie in half.
The other kid gets first choice of halves.

--American Folk Advice

Coolness and absence of heat and haste indicate fine qualities.

--Ralph Waldo Emerson

Although he hates me,
if I do not hate him
enmity will soon be at an end.

--Chinese Proverb

When love is given, love should be returned;
Anger is the thing which gives no life.

--Hawaiian Proverb

I count him braver who overcomes his desires than him who conquers his enemies;
for the hardest victory is the victory over self.

--Aristotle

He is most powerful who has power over himself.

--Seneca

Those who in quarrels interpose,
Must often wipe a bloody nose.

--John Gay

Silence is one of the hardest arguments to refute.

--Josh Billings

A little righteous anger brings out the best in the American personality.

--Lee Iacocca

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Hate multiplies hate, violence multiplies violence, and toughness multiplies toughness in a descending spiral of destruction...The chain reaction of evil—hate begetting hate, wars producing more wars—must be broken, or we shall be plunged into the dark abyss of annihilation.

--Martin Luther
King, Jr.

When a man fights it means that a fool has lost his argument.

--Chinese Proverb

Angry men are blind and foolish, for reason at such a time takes flight and, in her absence, wrath plunders all the riches of the intellect, while the judgment remains the prisoner of its own pride.

--Pietro Aretino

Hatred rarely does any harm to its object. It is the hater who suffers. His soul is warped and his life poisoned by dwelling on past injuries or projecting schemes of revenge. Rancor in the bosom is the foe of personal happiness.

--Lord Beaverbrook

Violence is, essentially, a confession of ultimate inarticulateness.

--*Time Magazine*

Keep violence in the mind
Where it belongs.

--Brian Aldiss

Violence is the quest for identity. When identity disappears with technological innovation, violence is the natural recourse.

--Marshall McLuhan

Forgetting of a wrong is a mild revenge.

--Thomas Fuller

Violence is the sign of temporary weakness.

--Jean Jaures

Violence on behalf of the right side can make it the wrong side.
--Unknown

Hate does as much harm to the one who hates as to the target.
--Unknown

Prejudice is blanket judgment without looking under the blanket.
--Unknown

He who injured you is either stronger or weaker. If he is weaker, spare him; if he is stronger, spare yourself.
--Seneca

To be tolerant of prejudice is to be part of it.
--Unknown

He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper.
--Edmund Burke

Keep cool; anger is not an argument.
--Daniel Webster

Spend less time worrying *who's* right, and more time deciding *what's* right.
--Jackson Brown Jr.

The price of hating other human beings is loving oneself less.
--Eldridge Cleaver

Passionate hatred can give meaning and purpose to an empty life.
--Eric Hoffer

You can almost be certain that the man who commits violent crimes has been treated violently as a child.
--Karl Menninger

People who fight fire with fire usually end up with ashes.
--Abigail Van Buren

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

Folks never understand the folks they hate.

--James Russell Lowell

Violence in the voice is often only the death rattle of reason in the throat.

--John F. Boyes

All crimes, all hatred, all wars can be reduced to unhappiness.

--A. S. Neill

It is better to be a coward for a minute than dead for the rest of your life.

--Irish Proverb

All violence, all that is dreary and repels, is not power, but the absence of power.

--Ralph Waldo Emerson

Anger repressed can poison a relationship as surely as the cruelest words.

--Joyce Brothers

Nothing good ever comes of violence.

--Martin Luther

The best manner of avenging ourselves is by not resembling him who has injured us.

--Jane Porter

Every quarrel begins in nothing and ends in a struggle for supremacy.

--Elbert Hubbard

He that fights and runs away will live to fight another day.

--Old English Rhyme

Sticks and stones will break my bones, but names will never hurt me.

--English Proverb

The best way to procure insults is to submit to them.

--William Hazlitt

It is more noble by silence to avoid an injury than by argument to overcome it.

--Francis Beaumont

No man ever did a designed injury to another, but at the same time he did a greater to himself.

--Lord Kames

Never does the human soul appear so strong as when it foregoes revenge and dares to forgive an injury.

--Edwin Hubbel Chapin

If an injury has to be done to a man it should be so severe that his vengeance need not be feared.

--Niccolò Machiavelli

If thou suffer injustice, console thyself; the true unhappiness is in doing it.

--Democritus

Whatever the human law may be, neither an individual nor a nation can commit the least act of injustice against the obscurest individual without having to pay the penalty for it.

--Henry David Thoreau

We must interpret a bad temper as a sign of inferiority.

--Alfred Adler

Coolness and absence of heat and haste indicate fine qualities.

--Ralph Waldo Emerson

When you are angry, close your mouth and open your eyes.

--Unknown

If you can keep your head when all about you are losing theirs...you'll be a man, my son.

--Rudyard Kipling

Hatred is like fire; it makes even light rubbish deadly.

--George Eliot

You are in charge of your own attitude—whatever others do or circumstances you face. The only person you can control is yourself.

--Marian Wright
Edelman

A loving person lives in a loving world. A hostile person lives in a hostile world: everyone you meet is your mirror.

--Ken Keyes Jr.

My life is in the hands of any fool who makes me lose my temper.

--Joseph Hunter

We have no more right to put our discordant states of mind into the lives of those around us and rob them of their sunshine and brightness than we have to enter their houses and steal their silverware.

--Julia Seton

It takes two to make a quarrel, but only one to end it.

--Spanish Proverb

Vengeance always springs from weakness of spirit, which is incapable of enduring insults and injuries.

--La Rochefoucauld

By paying our other debts, we are equal with mankind; but in refusing to pay a debt of revenge, we are superior.

--C. C. Colton

Vengeance is mine,...saith the Lord. Therefore if thine enemy hunger, feed him; if he thirst, give him drink; for in so doing thou shalt heap coals of fire upon his head.

--Paul to the

Romans 12:19-20

Swearing was invented as a compromise between running away and fighting.

--Peter Finley Dunne

At the individual level, violence detoxifies. It eliminates the colonial's inferiority complex, his meditative or hopeless attitudes. It makes him courageous (and) rehabilitates him in his own eyes.

--Franz Fanon

How much more grievous are the consequences of anger than the causes of it.

--Marcus Aurelius
Antonius

To fight and conquer in all your battles is not supreme excellence; supreme excellence consists in breaking the enemy's resistance without fighting.

--Sun Tzu

What the child says, he has heard at home.

--Nigerian Proverb

For to win one hundred victories in one hundred battles is not the acme of skill. To subdue the enemy's forces without fighting is the summit of skill.

--Sun-Tzu

The price of anger is failure.

--Elwood Hendricks

Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved.

--Marcus Antonius

Don't permit yourself to show temper, and always remember that when you are in the right you can afford to keep your temper, and when you are in the wrong you cannot afford to lose it.

--J. J. Reynolds

It is better to give love. Hatred is a low and degrading emotion and is so poisonous that no man is strong enough to use it safely. The hatred we think we are directing against some person or thing or system has a devilish way of turning back upon us. When we seek revenge we administer slow poison to ourselves. When we administer affection it is astonishing what magical results we obtain.

--Thomas Dreier

Pugnacity is a form of courage, but a very bad form.

--Sinclair Lewis

No animal in the world has as little sense as a man when he gets mad.

--Unknown

Control yourself: remember that anger is only one letter short of danger.

--Unknown

There is no medicine to cure hatred.

--African Proverb

Nothing will repay a man for becoming inhuman. The aim of life is some way of living, as flexible and gentle as human nature; so that ambition may stoop to kindness, and philosophy to candor and humor. Neither prosperity nor empire nor heaven can be worth winning at the price of a virulent temper, bloody hands, an anguished spirit, and a vain hatred of the rest of the world.

--George Santayana

This is certain, that a man that studieth revenge keeps his wounds green, which otherwise would heal and do well.

--Francis Bacon

If you scatter thorns, don't go barefoot.

--Italian Proverb

Mischief all comes from much opening of the mouth.

--Chinese Proverb

Another way to get rid of an enemy is to turn him into a friend.

--Unknown

A man is the right height only when he is bigger than any insult hurled at him.

--Unknown

In every dispute a man talks louder when he's wrong than when he's right.

--Unknown

In an argument with a man, one sniffle is worth a thousand words.

--Unknown

Man is a rational animal who always loses his temper when called upon to act in accordance with the dictates of reason.

--Oscar Wilde

Anger is a signal, and one worth listening to.

--Harriet Lerner

Anger is protest.

--Lillian Hellman

Grab the broom of anger and drive off the beast of fear.

--Zora Neale Hurston

We wish to make rage into a fire that cooks things rather than a fire of conflagration.

--Clarissa Pinkola Estés

Anger, used, does not destroy. Hatred does.

--Audre Lorde

Anger is like milk, it should not be kept too long.

--Phyllis Bottome

Bad temper is its own safety valve. He who can bark does not bite.

--Agatha Christie

In anger, you look ten years older.

--Hedda Hopper

Beware of anger. It is the most difficult to remove of all the hindrances. But it is the alcohol of the body, you know, and the devil of it is that it deadens the perceptions.

--Margery Allingham

Anger is the common refuge of insignificance. People who feel their character to be slight, hope to give it weight by inflation: but the blown bladder at its fullest distention is still empty.

--Hannah More

The devil-ache of loneliness seldom deserts the bones of the angry.

--Lucy Freeman

Anger makes us all stupid.

--Johanna Spyri

When one person's mad and the other isn't, the mad one always wins.

--Mary O'Hara

Conflict cannot survive without your participation.

--Wayne Dyer

A heart filled with anger has no room for love.

--Joan Lunden

To forgive but not to forget is like burying the hatchet with the handle sticking out.

--Unknown

He who conquers his anger has conquered an enemy.

--German Proverb

To respond immediately to an angry person is like throwing fuel on a fire.

--Spanish Proverb

One who throws mud gets himself soiled as well.

-- Swahili Proverb

Everything that irritates us about others can lead us to an understanding of ourselves.

--Carl Jung

Don't let your tongue cut your throat.

-- Irish Proverb

Wise men say nothing in dangerous times.

--Aesop

Before you start on the road to revenge, dig two graves.

--Chinese Proverb

If people could make me angry, they could control me. Why should I give someone else such power over my life?

--Benjamin Carson

There is no sight so ugly as the human face in anger.

--Louise Fitzhugh

Take this remark from *Richard* poor and lame,
Whate'er's begun in anger ends in shame.

--Benjamin Franklin

Two wrongs will not make one right.

--English Proverb

My doctrine is this, that if we see cruelty or wrong that we have the power to stop, and do nothing, we make ourselves sharers in that guilt.

--Anna Sewell

We can't just take things into our own hands because we've decided they're wrong. We have to live by the rules, even when those rules don't always seem right.

--Walt Morey

I always tumble into trouble when I lose my temper.

--Jane Louise Curry

Words can destroy. What we call each other ultimately becomes what we think of each other, and it matters.

--Jeane Kirkpatrick

The only people you should ever want to get 'even' with are those who have helped you.

--John Honeyfeld

The angry man will defeat himself in battle as well as in life.

--Samurai Maxim

You cannot get ahead while you are getting even.

--Dick Armey

Control your emotion or it will control you.

--Samurai Maxim

We should not look at or listen to the one we feel is making us angry and causing us to suffer. In fact, the main root of our suffering is the seed of anger in us. The other person may have said or done something unskillful or unmindful. But his unskillful words or actions arise from his own suffering. He may just be seeking some relief, hoping to survive. The excessive suffering of one person will very often overflow onto others. A person who is suffering needs our help, not our anger.

--Thich Nhat Hanh

Patience is the ability to count down before blasting off.

--Unknown

Remain calm, serene, always in command of yourself. You will then find out how easy it is to get along.

--Paramanhansa
Yogananda

Those who hate you don't win unless you hate them—and then you destroy yourself.

--Richard Nixon

Violence cannot build a better society. disruption and disorder nourish repression, not justice.

--*Commission on
Civil Disorder*

Persuasion is better than force.

--Aesop

Tolerance is the oil which takes the friction out of life.

--Wilbert E. Scheer

He who wrestles with us strengthens our nerves and sharpens our skills.

--Edward Burke

An angry man opens his mouth and shuts his eyes.

-- Cato the Elder

You can't unscramble eggs.

-- John Pierpont Morgan

People don't get along because they fear each other. People fear each other because they don't know each other. They don't know each other because they have not properly communicated with each other.

-- Martin Luther
King, Jr.

He that flings dirt at another dirties himself most.

-- Thomas Fuller

The best way I know of to win an argument is to start by being in the right.

-- Lord Hailsham

A thousand friends are few; one enemy is too many.

-- Russian Proverb

Anger is as a stone cast into a wasp's nest.

-- Pope Paul VI

To hate fatigues.

-- Jean Rostand

Grant, Lord, that we might overcome our enemies by transforming them into friends. Make them and make us conscious of those deep inward reaches whereby every heart is rooted in our world's deep common life.

--Jewish Prayer

Rudeness is the weak man's imitation of strength.

--Eric Hoffer

It is our attitude toward events, not events themselves, which we can control.

--Epictetus

What it lies in our power to do, it lies in our power not to do.

—Aristotle

If you really want to have the last word in all your arguments, learn to apologize.

--Unknown

Feel the feeling. Choose the behavior.

--Charles Rumberg

We may not always see eye to eye, but we can try to see heart to heart.

--Sam Levenson

There is good taste in humor like there is good taste in clothes or furniture. It is okay for one Irishman to call another Irishman anything, any kind of name. But if you are not an Irishman, keep the mouth shut. The same with all people.

--Fanny Brice

We must interpret a bad temper as the sign of an inferiority complex.

--Dr. Alfred Adler

A long dispute means both parties are wrong.

—Voltaire

Always forgive your enemies—nothing annoys them so much.

--Oscar Wilde

It takes your enemy and your friend, working together, to hurt you to the heart; the one to slander you, and the other to get the news to you.

--Mark Twain

It may well be that the greatest tragedy of this period of social transition is not the glaring noisiness of the so-called bad people, but the appalling silence of the so-called good people.

--Martin Luther King, Jr.

The weak can never forgive. Forgiveness is the attribute of the strong.

--Mahatma Gandhi

What we call evil is simply ignorance bumping its head in the dark.

--Henry Ford

It isn't what you don't know that gets you in trouble; it's what you know for sure that isn't so.

--Mark Twain

Friends come and go, but enemies accumulate.

--Lotfi Zadeh

Lingering, bottled-up anger never reveals the 'true colors' of an individual. It, on the contrary, becomes all mixed up, rotten, confused, forms a highly combustible, chemical compound then explodes as something foreign, something very different than one's natural self.

—Criss Jami

Anger at lies lasts forever. Anger at truth can't last.

--Greg Evans

Baseless victimhood is usually the last stage before outright aggression.

—Stefan Molyneux

Let go of anger. You will never do or say anything in anger that you will not come to regret. There is no wrong done against you that you won't eventually forgive. So forgive it right away and get on with life.

—Peter Sagal

Bullies aren't particularly creative....Scrolling through the trove of insults...almost all of them fell under one (or more) of six categories: they were about appearance, intelligence, race, ethnicity, sexuality, or social acceptance and rejection.

--Emily Bazelon

Volatile expressions of anger and hostility combined with a tendency to blame others often result from feeling shame.... If you are shame-prone, any accusation directed at you, regardless of how mildly it may be delivered, has the potential to make you feel that you have failed or that you are inadequate. Rather than simply admit wrongdoing, you get angry and accusatory in order to hold yourself blameless. Using anger or hostility for self-protection hides your vulnerability and needs. Unfortunately, since most people are repelled by an angry response, this method may be effective.

Your anger may drive away the very people who should know your real feelings, and it may deprive you of the opportunity to allow others to be aware of your needs. Behaving in an offensive or frightening way toward others can cause them to retreat out of fear. But, actually, the fear is your own, which you have turned against someone else in the form of anger.

—Mary C. Lamia

Before we can forgive one another, we have to understand one another.

--Emma Goldman

Violence among young people is an aspect of their desire to create. They don't know how to use their energy creatively so they do the opposite and destroy.

--Anthony Burgess

Better bend than break.

--Scottish Proverb

Be soft. Do not let the world make you hard. Do not let the pain make you hate. Do not let the bitterness steal your sweetness.

—Kurt Vonnegut

You are not in charge of the universe: you are in charge of yourself.

--Arnold Bennett

Once a man would spend a week patiently waiting if he missed a stage coach, but now he rages if he misses the first section of a revolving door.

--Simeon Strunsky

When a person feels powerless in regard to controlling his life, he can defend against the discomfort of such an experience by asserting control over someone else.

—A. Nicholas Groth

He who terrorizes is himself the more terrified.

--Claudian

First you have to know them, and then you have to like them, enough to respect what they're going through but not accept responses that may be inappropriate. You really do have to like them. Boys, when they're threatened and angry, they act out in ways that make them difficult to deal with. They can become threatening, sullen, disrespectful. They learn to be frightening as a defense mechanism in the environments they have to navigate. When you don't like them, those are reasons to get rid of them—to put them out of programs, put them out of schools, to call the police to deal with them, lock them up. But when they're kids that you actually know, and actually like, they will listen to you, and you will listen to them. And that's where change starts.

--Geoffrey Canada

While it is widely assumed that bullies focus on socially isolated children, a recent study offers evidence that popular children get bullied, too. Researchers at the University of California and Pennsylvania State University found that students' chances of being bullied rise 25% if they move from a group with average popularity to the 95th percentile. Those with higher social status also experienced greater psychological stress when bullied, because they felt they had more to lose.

--Quentin Fottrell

To speak ill of others is a dishonest way of praising ourselves.

--Will and Ariel Durant

Don't ever slam a door; you might want to go back.

--Don Herold

Sometimes the anger directed at another is actually anger toward the self.

—Sam Owen

Living in a frustrating, stress-inducing environment like a ghetto every day of your life makes many people walking powder kegs. There's a pent-up rage that isn't ventilated elsewhere; when something happens to trigger that rage, it can be murderous.

--Dr. LaMaurice Gardner

A personal offense is like a scratch on a phonograph record. I couldn't move my thoughts beyond my pain. It kept repeating, as if I were stuck within its grooves. There was only one way to play beyond it. I had to forgive them, so my heart could take its form again.

—Laurel Lee

Karma: When people insult you, don't take offense, don't take it personally, but do listen to their words. They are telling you how they see the world, and they are telling you the exact negative qualities that they possess. 'The Law of Mirrors' states that one can only see what's in them, regardless if it is what is actually present in reality or not.

Release the need to defend or try to explain to them that you're not being whatever-nasty-insult-they've-thrown-at-you, but evaluate instead all of these insults, and realize that this is who they are. Then, decide if a person with those qualities is one who you'd like in your life or not.

—Doe Zantamata

When people seem angry, sometimes they are simply upset and hurting. Asking the right questions helps them to work through it.

—Sam Owen

Domestic violence occurs at all socioeconomic levels.

—Asa Don Brown

The benefits of forgiveness are limitless.

—Asa Don Brown

Fury jams the gullet and spreads poison, but, as soon as I start to write, dissipates, flows out into the figure of the letters.

—Sylvia Plath

The National Association of Mediation in Education suggests many reasons for implementing conflict resolution programs in the school, including:

1. Conflict is a natural human state often accompanying changes in our institutions or personal growth. It is better approached with skills than avoidance.
2. More appropriate and effective systems are needed to deal with conflict in the schools setting than expulsion, suspension and detention.
3. Conflict resolution programs can result in improved communication between and among students, teachers, administrators and parents.
4. Conflict resolution can result in a reduction of violence, vandalism, chronic school absence and suspension.
5. Conflict resolution programs provide a forum for addressing common concerns and improve the school climate.
6. Conflict resolution training helps both youth and adults to deepen their understanding about themselves and others and provides them with lifetime skills.
7. Shifting the responsibility for solving conflicts from adults to students frees administrators and faculty to concentrate on instruction and rather than discipline.
8. Recognizing that youth are competent to participate in the resolution of their own disputes encourages student growth and develops skills such as listening, critical thinking and problem solving that are basic to all learning.
9. Conflict resolution training with its emphasis upon listening to other's points of view and finding common ground, assists in preparing students to live in a diverse world.

—*National Association
of Mediation in
Education*

ELEMENTS OF SUCCESSFUL VIOLENCE PREVENTION PROGRAMS

Nine elements of successful violence prevention programs:

1. Activities designed to foster school norms against violence, aggression, and bullying. Clear, specific norms must be established. Positive policies that demonstrate respect for students appear to be more effective than strictly punitive measures in achieving peaceful norms.
2. Skills training based on a strong theoretical foundation such as the Social Learning Theory. Program content should inform students about the negative consequences of violence and teach students the following skills: anger management; social perspective taking; social problem solving; peer

- negotiation; conflict management; peer resistance skills; active listening; and effective communication. Where appropriate, content should also address hate crimes, prejudice, sexism, racism, male-female relationships, and the role of bystanders.
3. A comprehensive, multifaceted approach, including family, peer, media, and community. Targeted approaches for students with problems controlling anger or aggression should be integrated with general strategies to reduce violent behavior among all students. Prevention teaching is more likely to have an impact if it is reinforced in different settings. Schools should identify common elements among prevention programs, while noting curricula differences. For example, important components such as anger management and perspective taking often are not covered in other types of programs. On the other hand, drug prevention lessons on alcohol, stimulants, and other drugs can be applied to the relationship between substance abuse and violent behavior.
 4. Physical and administrative changes to promote a positive school climate. These may include anti-violence campaigns, building renovation, elimination of poorly lit and visually obscured spaces as well as administrative measures such as staggering class periods to reduce hallway congestion, and sponsoring student art shows, science fairs, and community activities.
 5. At least 10-20 sessions during the first year of a well-organized, well-implemented program and 5-10 booster sessions in the succeeding two years. Normative education and development of social skills should begin in primary grades and continue through high school. These skills have been shown to be effective at reducing other problems as well, including drinking and drug use.
 6. Interactive teaching, including group work, cooperative learning, discussions and role plays that allow students to practice social skills. Students usually respond better to participatory activities than to didactic techniques such as lectures.
 7. Developmentally tailored interventions which recognize that risk factors for violent behavior appear to be age and stage specific. Peer acceptance, for example, can be a protective factor at one developmental stage but a risk factor at another if the peers are gang members.
 8. Culturally sensitive material appropriate to the racial, ethnic, and demographic characteristics of highly diverse student populations. Programs should provide guidance to teachers for adapting material to particular groups where appropriate.

*—Safe Schools, Safe
Students: A Guide
to Violence
Prevention
Strategies*

BULLYING: WHAT DO WE KNOW?

What is bullying?

A student is being bullied or victimized when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other students. These negative actions can be verbal, nonverbal, or physical in nature.

Who are the victims of bullying?

Research does not support the assertion that certain children are bullied because of ‘external deviations’—for example, obesity, red hair, an unusual dialect, or wearing glasses. The only physical characteristic that makes children more likely to be victims of bullying is below-average physical size and strength. The most likely victims are ‘passive’ or ‘nonassertive’ students who inadvertently send signals to bullies that they will not retaliate if attacked. They tend to be more anxious, insecure, cautious, quiet, and sensitive than average.

Boys are more likely to be both bullies and victims than are girls. Boys often bully directly (open attacks), while girls often bully indirectly (more subtle attacks such as social isolation or rumor-spreading).

Who are the bullies?

Typical bullies are, obviously, characterized by aggressive behavior—both toward their peers and often toward adults. They have a more positive attitude toward violence than their peers, are impulsive, like to dominate others, and have little empathy with their victims. Contrary to popular belief that bullies use aggressive acts to hide their low self-esteem, studies indicate that bullies often have a positive view of themselves and unusually low levels of anxiety or insecurity.

Bullies are described as having an ‘aggressive reaction pattern combined (in the case of boys) with physical strength.’ Active or ‘hot-headed’ children are also more likely to develop into bullies than children with quieter temperaments.

Sometimes, otherwise ‘nice’ children can take part in bullying when certain group mechanisms are in place:

1. They’ve seen a model (the bully) acting aggressively.
2. Their own inhibitions against aggression are weakened (which might occur if they see that a bully is ‘rewarded’ for bad behavior, for example).
3. They experience a decreased sense of individual responsibility because several other children participate in the bullying; this ‘diffusion’ of responsibility also results in fewer guilt feelings when the incident is over.

4. They gradually experience a change in their perception of the victim. As a result of continuous bullying, the victim may eventually be viewed as worthless, (almost 'begging to be beaten up') by a larger group of peers.

—Dan Olweus

STUDENT-ESTABLISHED GUIDELINES TO AVOIDING FIGHTS

DO

1. Listen to each other.
2. Find out what caused the problem.
3. Be responsible for yourself.
4. Take turns talking.
5. Brainstorm for solutions.
6. Work things out.
7. Follow rules.
8. Keep some thoughts to yourself.
9. Keep your hands to yourself.
10. Think before you act.
11. Walk away and calm down.
12. Ask for help.
13. Ignore some situations.
14. Talk to the person.
15. Say how you feel.
16. Talk to an adult.
17. Try to stay calm.
18. Think before you talk.
19. Say 'excuse me.'
20. Tell them you don't want to fight.
21. Have a friendly attitude.
22. Use interpersonal skills.
23. Have a polite attitude.
24. Respect each other.
25. Attack the problem, not the person.

DON'T

1. Talk about each other.
2. Demand things.
3. Tease.
4. Talk about relatives.
5. Come with a bad attitude.
6. Interrupt others.

7. Blame others.
8. Call people names.
9. Instigate fights.
10. Get in people's faces.
11. Use put-down statements.
12. Threaten people.
13. Start rumors.
14. Take things from people.
15. Laugh at people.
16. Gossip.
17. Push people around.
18. Talk behind people's backs.
19. Be rude.
20. Yell at others.
21. Surround a fight.
22. Hit.
23. Push.
24. Do mean gestures.
25. Trip people.

—Joan L. Gibbs

No one looks or feels attractive when angry.

—Allan Lokos

They will hate you if you are beautiful. They will hate you if you are successful. They will hate you if you are right. They will hate you if you are popular. They will hate you when you get attention. They will hate you when people in their life like you. They will hate you if you worship a different version of their God. They will hate you if you are spiritual. They will hate you if you have courage. They will hate you if you have an opinion. They will hate you when people support you. They will hate you when they see you happy. Heck, they will hate you while they post prayers and religious quotes on Pinterest and Facebook. They just hate. However, remember this: They hate you because you represent something they feel they don't have. It really isn't about you. It is about the hatred they have for themselves. So smile today because there is something you are doing right that has a lot of people thinking about you.

—Shannon L. Alder

Do not fight verbosity with words: speech is given to all, intelligence to few.

—Moralia

Do good to thy Friend to keep him, to thy enemy to gain him.

—Benjamin Franklin

People suffering from this disorder [paranoid schizophrenia], may believe other people are controlling them or plotting against them. They are typically reclusive, antisocial and consumed with hatred for their imagined enemies. For all their derangement, they're capable of acting quite normal—until, inevitably, some aspect of their delusions enters into their conversation. The paranoiac is the world's champion grudge-holder. We all get mad at other people and organizations sometimes, but with most of us the anger evaporates eventually. The paranoiac's anger doesn't. Once he gets the idea that somebody has wronged him or is out to hurt him, the idea stays in his mind.

—James A. Brussel

The best way to handle most flare-ups is to sleep on them. Avoid acting out of anger and creating an even stickier mess. And if you're lucky, the problem may resolve itself.

—Jerry Reinsdorf

There is no character, howsoever good and fine, but it can be destroyed by ridicule, howsoever poor and witless.

--Mark Twain

I would rather be a coward than brave because people hurt you when you are brave.

--E. M. Forster

Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself.

--Harvey S. Firestone

I am learning how to walk away from people and situations that threaten my peace of mind, self respect, or my self worth.

—*EnchantingMinds.net*

The most destructive element in the human mind is fear. Fear creates aggressiveness; aggressiveness engenders hostility; hostility engenders fear—a disastrous circle.

--Dorothy Thompson

A chip on the shoulder is a sure sign of wood higher up.

—Brigham Young

RESPECT

Rules that we should live by
are simple and direct
and one of them is treating
other people with respect.

And even though we disagree
on many things it's true.
We have no right to interfere
with what they say or do.

--Carolyn Jacks

If I knock you off a chair, that's on me. If you're still on the ground a week later,
that's on you.

—Jeffrey Goldberg

When students are taught self-respect and respect for others they can be shown how
to change mismanaged anger into self-control. They learn the power of choice.

--Judson Hixson

What's important is that, when you're tested, you stand firm against the violent ac-
tivities of those who would try to plunge our people back into the misery of the past.

—Martin McGuinness

Self-control is crucial in managing stress and aggression.

It is important for individuals to have a set of responses to cope with frustration.
The most important advice is to remain patient in traffic congestion. You can gain a
sense of control by realizing that people behave differently in different situations
and that environmental factors may effect others to a greater or lesser degree than
they effect you. Information about why a driver may be acting in a certain way will
make their behavior more predictable to you, and you will be able to take action to
avoid a confrontation, if necessary.

Drivers must pay more attention to their own levels of emotion.

Evidence suggests that drivers who allow their emotions to spiral out of control
while driving are a much greater risk to themselves than to those around them. It is
important not to try to alleviate aggressive emotion with an outburst. Research
shows that this does not help to overcome the situation, and the risk of retaliation
increases.

Several psychologists suggest a ‘cooling off’ period such as going for a walk or using relaxation techniques. Although many people, particularly men, go for a drive to ‘cool off’, it is not recommended. Any activity that is an attempt to ‘cool off’ must be distracting enough to interfere with the train of anger-inducing thought.

Avoid all conflict if possible.

If you are challenged, take a deep breath and get out of the way, even if you are in the right.

Finally, before reacting, think about the possible consequences of your actions.

Aggressive behavior behind the wheel could result in serious injury or even death to yourself or someone else. Don't let an impulsive action ruin the rest of your life.

—*New York Governor's
Traffic Safety
Committee*

Don't make decisions when you're angry or promises when you're happy.

—Unknown

People who report becoming angry while driving are more likely than others to behave recklessly on the road.

—Eric R. Dahlen and
Roy P. White

Many of us who have cars have felt some form of extreme anger at other drivers because we feel they have put us in harm's way. We might even envision ramming their cars or cutting them off in return, but do we actually do it? No, because the overwhelming majority of us never want to take another human life.

—Taya Kyle

Road rage is the expression of the amateur sociopath in all of us, cured by running into a professional.

—Robert Brault

Just because some people are fueled by drama doesn't mean you have to attend the performance.

—*theCHIVE*

Pick flowers,
Not fights.

—Unknown

If you must speak ill of another, do not speak it, write it in the sand near the water's edge.

—Napoleon Hill

There are two ways of ending a dispute—discussion and force; the latter manner is simply that of the rude beasts; the former is proper to beings gifted with reason.

—Cicero

It takes two to make peace.

--John F. Kennedy

Respect for the rights of another,
that is peace.

--Mexican-American
Proverb

All violence is an attempt to replace shame with self-esteem.

—James Gilligan

Hatred, which could destroy so much, never failed to destroy the man who hated, and this was an immutable law.

—James A. Baldwin

Each of us must turn inwards and destroy in himself all that he thinks he ought to destroy in others...every atom of hate we add to this world makes it still more inhospitable.

--Etty Hillesum

Whenever two human beings spend time together, sooner or later they will probably irritate one another. This is true of best friends, married couples, parents and children, or teachers and students. The question is: How do they respond when friction occurs? There are four basic ways they can react:

- They can internalize the anger and send it downward into a memory bank that never forgets. This creates great pressure within and can even result in disease and other problems.
- They can pout and be rude without discussing the issues. This further irritates the other person and leaves him or her to draw his or her own conclusions about what the problem may be.
- They can blow up and try to hurt the other person. This causes the death of friendships, marriages, homes, and businesses.

- Or they can talk to one another about their feelings, being very careful not to attack the dignity and worth of the other person. This approach often leads to permanent and healthy relationships.

--James C. Dobson

Years of love have been forgot
In the hatred of a minute.

--Edgar Allan Poe

Love is the most durable power in the world. Love is the only force capable of transforming an enemy into a friend.

--Martin Luther King, Jr.

You may not be able to control someone's negative behavior. But you can control how long you participate in it.

—Internet Meme

We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented.

—Elie Wiesel

Some kids are smarter than you, some kids have cooler clothes than you, some kids are better at sport than you. It doesn't matter. You have your thing too. Be the kid who can get along. Be the kid who is generous. Be the kid who is happy for other people. Be the kid who does the right thing. BE THE NICE KID.

—Internet Meme

Do not try to fight a lion if you are not one yourself.

—African Proverb

Whenever I hear a man or woman express hatred for any race, I wonder just what it is in themselves they hate so much. You can always be sure of this: You cannot express hatred for anything or anybody unless you make use of the supply of hatred within yourself. The only hatred you can express is your own personal possession. To hate is to be enslaved by evil.

--Thomas Dreier

A Muslim, a Jew, a Christian, and an atheist all walk in to a coffee shop...and they talk, laugh, drink coffee and became good friends. It's not a joke. It's what happens when you're not an asshole.

—*facebook.com/theidealist*

It seems to be almost a law of human nature that it is easier for people to agree on a negative programme, on the hatred of an enemy, on the envy of those better off, than on any positive task. The contrast between the 'we' and the 'they', the common fight against those outside the group, seems to be an essential ingredient in any creed which will solidly knit together a group for common action. It is consequently always employed by those who seek, not merely support of a policy, but the unreserved allegiance of huge masses. From their point of view it has the great advantage of leaving them greater freedom of action than almost any positive programme.

—Friedrich Hayek

One of the surest marks of good character is a man's ability to accept personal criticism without feeling malice toward the one who gives it.

--Unknown

Enemies could become the best of companions. Companionship is based on a common interest, and the greater the interest the closer the companionship. What makes enemies of people, if not the eagerness, the passion for the same thing?

--Bernard Berenson

It is easy enough to be friendly to one's friends. But to befriend one who regards himself as your enemy is the quintessence of true religion. The other is mere business.

--Mohandas K. Gandhi

What a delight it is to make friends with someone you have despised!

--Colette

The best way to eliminate any enemy is to make him a friend.

--John M. Capozzi

When someone asked Abraham Lincoln, after he was elected president, what he was going to do about his enemies, he replied, 'I am going to destroy them. I am going to make them my friends.'

--Abraham Lincoln

Quarrel? Nonsense; we have not quarreled. If one is not to get into a rage sometimes, what is the good of being friends?

—George Eliot

Arguments are healthy. They clear the air.

—John Deacon

Who sows fear, reaps weapons.

—Friedrich Durrenmatt

Those who cannot live fully often become destroyers of life.

--Anaïs Nin

With divorce, adolescents feel abandoned, and they are outraged at that abandonment. They are angry at both parents for letting them down. Often they feel that their parents broke the rules and so now they can too.

--Mary Pipher

It takes one person to forgive, it takes two people to be reunited.

--Lewis B. Smedes

The way you argue with your spouse could be tied to your health woes. New research from the University of California, Berkeley and Northwestern University says spouses (especially husbands) who rage with anger during a fight are more likely to develop cardiovascular problems, such as chest pain or high blood pressure. Those who stonewall, shutting down emotionally, were more likely to develop muscular issues, such as pain in the back or neck.

—Candy Sagon

Usually when people are sad, they don't do anything. They just cry over their condition. But when they get angry, they bring about a change.

—James Russell Lowell

A careless word may kindle strife. A cruel word may wreck a life. A timely word may level stress. But a loving word may heal and bless.

—*boardofwisdom.com*

In the sex war, thoughtlessness is the weapon of the male, vindictiveness of the female.

—Cyril Connolly

In revenge and in love woman is more barbarous than man.

--Friedrich Wilhelm
Nietzsche

Being skinny is OK. Not being skinny is OK. Having curves is OK. Not having curves is OK. Bashing someone for their body type is not OK.

—Internet Meme

Family quarrels are bitter things. They don't go according to any rules. They're not like aches or wounds; they're more like splits in the skin that won't heal because there's not enough material.

--F. Scott Fitzgerald

My hair is not the shiniest of bobs
My eyes are not the brightest in the room
My figure will not get me modeling jobs
My smile will not bring young boys to their doom.
But do I cry and mourn my average face?
Or wish that I had boyfriends at the ready?
Do I not sleep because I lose the race,
Or spurn my food because I don't go steady?
My mind is on a more important thing
That lifts my heart and makes my spirit soar
I want to make the souls of people sing
And quiet down the mean and bullying roar.
To help the wounded girls replace the scar
With the right to be exactly who they are.

—Nancy Rue

The anger of lovers renews their love.

—Terence

Soft words win hard hearts.

--W. G. Benham

You cannot be mad at somebody who makes you laugh—it's as simple as that.

--Jay Leno

For every minute you are angry, you lose sixty seconds of happiness.

—Ralph Waldo Emerson

There is no group so uncongenial as an uncongenial family.

--Randolph Bourne

Among the various forms of domestic tyranny none occupies a more distinguished place than the tyranny of the weak over the strong.

--Sir Arthur Helps

Cruel is the strife of brothers.

--Aristotle

At best the family teaches the finest things human beings can learn from one another—generosity and love. But it is also, all too often, where we learn nasty things like hate, rage and shame.

--Barbara Ehrenreich

God gave us family so we wouldn't have to fight with strangers.

--Paul Begala

You've just got to have a sense of respect for the person you have children with. Anger doesn't help anybody. Ultimately you have to say forgiveness is important, and honoring what you had together is important. But it's easy to say and harder to do.

—Nicole Kidman

Why is a woman still not safe when she's in her home?

--Tracy Chapman

Hatred is a feeling which leads to the extinction of values.

—Jose Ortega y Gasset

Non-violence is a powerful and just weapon. It is a weapon unique in history, which cuts without wounding and ennobles the man who wields it. It is a sword that heals.

--Martin Luther King, Jr.

Forgiveness is not an occasional act; it is a constant attitude.

--Martin Luther King, Jr.

Never hate your enemies. It affects your judgment.

—Mario Puzo

I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

—Maya Angelou

This Christmas mend a quarrel. Seek out a forgotten friend. Dismiss suspicion and replace it with trust. Write a letter. Give a soft answer. Encourage youth. Manifest your loyalty in word and deed. Keep a promise. Forgo a grudge. Forgive an enemy. Apologize. Try to understand. Examine your demands on others. Think first of someone else. Be kind. Be gentle. Laugh a little more. Express your gratitude. Welcome a stranger. Gladden the heart of a child. Take pleasure in the beauty and wonder of the earth. Speak your love, and then speak it again.

--Howard W. Hunter

You can tell a lot about a woman's mood by just looking at her hands... for instance, if she's holding a gun, she's probably angry.

--Roney Ngala

It's very dramatic when two people come together to work something out. It's easy to take a gun and annihilate your opposition, but what is really exciting to me is to see people with differing views come together and finally respect each other.

--Fred Rogers

When a person has a gun, sometimes their mind clicks that this thing will win arguments and straighten people out.

—Bill Cosby

When I asked my father why in his 50s he stopped having rages, which had shadowed his younger years and disrupted our family: 'I realized I didn't need to have five-dollar reactions to nickel provocations.'

—Jonathan Rauch

I don't need anger management. I need people to stop pissing me off.

—Cheech at telegraph.co.uk

Anger is one letter away from Danger. Drive gently.

—Naval Safety Center

It's difficult to have any animosity towards someone if you recognize that on so many levels they're exactly the same as you.

—Jonathan Taylor
Thomas

You can choose anger, you can choose fear, or you can choose love. It's not complicated.

—Lori Berger

I do not believe any animal is capable of being cruel. Cruelty implies consciousness of another's pain and the intent to cause it. Cruelty is a human specialty, which human beings continue to practice, and perfect, and institutionalize, though we seldom boast about it. We prefer to disown it, calling it 'inhumanity,' ascribing it to animals. We don't want to admit the innocence of the animals, which reveals our guilt.

—Ursula K. Le Guin

A bad mood is never an excuse to use cruel words. Never. Moods pass, but cruel words would the soul.

—*lessonslearnedinlife.com*

Do not let the behavior of others destroy your inner peace.

—Dalai Lama

Anger is a very appropriate and necessary response to an injustice. But stand back now the truth, clearly spoken, is always your best weapon. Calmly spoken, it can burn a hole through the hardest heart.

—Bill Chickering

God made the world for us to live together in peace and not fight.

—Samantha Smith

I imagine one of the reasons people cling to their hates so stubbornly is because they sense, once hate is gone, they will be forced to deal with pain.

—James A. Baldwin

People that hold onto hate for so long do so because they want to avoid dealing with their pain. They falsely believe if they forgive they are letting their enemy believe they are a doormat. What they don't understand is hatred can't be isolated or turned off. It manifests in their health, choices and belief systems. Their values and religious beliefs make adjustments to justify their negative emotions. Not unlike malware infesting a hard drive, their spirit slowly becomes corrupted and they make choices that don't make logical sense to others. Hatred left unaddressed will crash a person's spirit. The only thing he or she can do is to reboot, by fixing him or herself, not others. This might require installing a firewall of boundaries or parental controls on their emotions. Regardless of the approach, we are all connected on this 'network of life' and each of us is responsible for cleaning up our spiritual registry.

--Shannon L. Alder

Some people are their own punishment in life.

—Unknown

It is the growling man who lives a dog's life.

--Coleman Cox

It is most pleasant to commit a just action which is disagreeable to someone whom one does not like.

—Victor Hugo

To be able to understand, accept and forgive other people's failings, even when we are hurt by them, is one of the most important attitudes we must cultivate to successfully love. Our forgiving attitude is played out on a day-to-day basis as we are consistently confronted with the humanity of the people in our lives. We can choose to forgive, or we can choose to store up our pain and hurt and allow them to destroy our love. (In such a forgiving, I am not suggesting that we don't work to change each other's faults, but such changing is not possible unless it is preceded by forgiveness.

—Kim Potts

Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean.

—Maya Angelou

Getting angry is fine, but saying horrible things is not. Once said, even if you apologize, those words are out there to stay.

—Stephen Shainbart

Bullies are the most insecure and desperate people in society, with many also being impulsive narcissists.

—*USA Today* Editorial,
March 23, 2018

Quarrel not at all. No man resolved to make the most of himself can spare time for personal contention.

—Abraham Lincoln

My therapist told me 'write letters to the people you hate and then burn them.' Did that, but now I don't know what to do with the letters.

—Internet Meme

There are several good protections against temptations, but the surest is cowardice.

—Mark Twain

You must recognize that the way to get the good out of your brother and your sister is not to return evil for evil.

—Louis Farrakhan

You can't change how people treat you or what they say about you. All you can do is change how you react to it.

—*lifelifehappy.com*

Never speak from a place of hate, jealousy, anger, or insecurity. Evaluate your words before you let them leave your lips. Sometimes it's best to be quiet.

—Tony A. Gaskins, Jr.

Bad manners lead to insult, and insult leads to hatred, and hatred leads to violence. Good manners, whether genuine or not, make it possible for humans to live together.

—Georgie Anne Geyer

I am angry. We should all be angry. Anger has a long history of bringing about positive change.

—Chimamanda Ngozi
Adichie

You are holding a cup of coffee when someone comes along and shoves you or shakes your arm, making you spill your coffee everywhere. Why did you spill the coffee? 'Well because someone bumped into me, of course!'

Wrong answer.

You spilled the coffee because coffee was in the cup.

If tea had been in it, you would have spilled tea.

Whatever is inside the cup is what will come out.

Therefore, when life comes along and shakes you (which will happen), whatever is inside of you will come out.

It's easy to fake it until you get rattled.

So we have to ask ourselves....what's in my cup?

When life gets tough, what spills over?

Joy, gratefulness, peace and humility?

Or anger, bitterness, harsh words and actions?

You choose!

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation to yourself and others, kindness, gentleness and love for others.

—*www.kindspring.org*

Hatred, in the course of time, kills the unhappy wretch who delights in nursing it in his bosom.

—Giacomo Casanova

Don't be afraid to feel as angry or as loving as you can, because when you feel nothing, it's just death.

—Lena Horne

When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it—always.

--Mahatma Gandhi

The less you respond to rude, critical, argumentative people, the more peaceful your life will become.

—Internet Meme

To observe people in conflict is a necessary part of a child's education. It helps him to understand and accept his own occasional hostilities and to realize that differing opinions need not imply an absence of love.

—Milton R. Saperstein

The pleasure of those who injure you lies in your pain. Therefore they will suffer if you take away their pleasure by not feeling pain.

—Tertullian

Kindnesses are easily forgotten; but injuries! what worthy man does not keep those in mind?

—William Makepeace
Thackeray

There is no surer way to the dislike of men than to behave well where they have behaved badly.

—Lew Wallace

Of all the objects of hatred, a woman once loved is the most hateful.

—Max Beerbohm

A person may cause evil to others not only by his actions but by his inaction, and in either case he is justly accountable to them for the injury.

—John Stuart Mill

Research consistently shows that men are no more likely than women to be angry. In fact, women report feeling anger more frequently and in more sustained ways. In early 2016, for example, a national survey conducted by *Esquire* and NBC found that women reported consistently higher rates of anger. Another, conducted by *Elle* magazine two year later, revealed the same pattern.

—Soraya Chemaly

If you have to hurt other people in order to feel powerful, you're an extremely weak individual.

—Bobby J. Mattingly

Venting increases anger and aggression. Doing nothing at all is more effective.

—Brad J. Bushman,
Psychologist

Anger is a completely normal, usually healthy, human emotion that turns destructive when it's not acknowledged, not understood. Anger can be channeled productively and creatively, often with powerful and lasting effects.

—*American Psychological
Association*

Education is the vaccine for violence.

--Edward James Olmos

Hate flows from a broken spirit.

—Kevin Walker

In a culture that instructs men to hide their emotions, this is the unfortunate side effect: a tendency to see anger—male anger, specifically—as a sign of candor because it's broken through the wall of repression. Male outrage frequently functions—in our clumsy social calculus as outside observers—as a proxy with which we gauge a man's honesty and even righteousness.

This means that anger is the kind of weapon that works on more fronts than we're necessarily aware of. Rage, like tears, can be exploited for sympathy—but only in certain hands....But the funny thing about male anger, no matter how pouty or infantile, is that people respect it.... male anger still seems to benefit from the assumption that there's always a rational link between the anger and what caused it. Men are angry for good reason.

—Lili Loofbourow

The best revenge is to be unlike him who performed the injury.

—Marcus Aurelius

When words lose their meaning, physical force takes over.

—W. H. Auden

You lose a lot of time, hating people.

—Marian Anderson

We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harm we do, we do to ourselves.

—Mitch Albom

When a child hits a child, we call it aggression.
When a child hits an adult, we call it hostility.
When an adult hits an adult, we call it assault.
When an adult hits a child, we call it discipline.

—Haim G. Ginott

Hate and resentment are learned behaviors whose origin is traced to an evolved mental state that's driving us to achieve some sort of goal. Ultimately they are about seeking a particular outcome. Here's the thing: so is love and forgiveness.

—David Amerland

All cruelty springs from weakness.

—Seneca

Cuts and bruises heal, but memories last forever!

—Georgina Bittourna
Meyer

If someone yells at me, they are not expressing love. They may be threatening me. They may be expressing great frustration with me. They may simply be trying to control my behavior. However, they are not communicating love.

—Cathy Burnham
Martin

When ignorance and hate enter the room, progress makes its exit.

—Steve Maraboli

A dad says to his daughter when he finds out she was bullying other children...
Pick up that glass. She did.
Throw in on the floor. She did.
The glass smashes into pieces.
Now say sorry to it.
The daughter says why?
Dad says just do it.
The daughter says sorry to the glass.
The dad say, is it back together as one piece?
The daughter says no Dad.
The dad says some things cannot always be fixed by saying sorry.
Remember this next time you want to hug someone either physically or mentally.
Bullying is not ok at any age.
When you are angry, your blood pressure rises, you forget the basic norms of good behavior, you start shouting, you even use foul language and dig out all the past corpses of incidents afresh to ruin your future. So, choose to remain peaceful and stable—whatever the situation.

—Sanchita Pandey

Those who demean others only disrespect themselves.

—D. B. Harrop

We generally describe the most repulsive examples of man's cruelty as brutal or bestial, implying that such behavior is characteristic of less highly developed animals than ourselves. In fact, however, the extremes of brutal behavior are confined to us: there exists no parallel in nature to our savage treatment of each other. The unmistakable truth is that man is the most vicious and cruel species that ever walked the earth.

—Hans Askenasy

We can effectively oppose violence only if we ourselves do not resort to it.

—Lech Walesa

About 28 percent of U.S. students in grades six through 12 experience bullying, but only one-third or less tell an adult about it.

—*U.S. Department of
Health and
Human Services*

Comedy disarms bullies. It's very hard to hit someone when you're laughing.

—Eric Idle

After two years of being bullied, Ty Field-Smalley faced his tormentor in the school gym.

‘Ty finally had enough. He retaliated,’ father Kirk Smalley recalled. ‘It seems it’s always the second guy that gets caught,’ Smalley said. Ty, 11, was suspended and brought home by his mother, who wanted to stay with the sixth-grader but had to return to work.

‘He didn’t do his homework. He didn’t do his chores. Instead my boy killed himself on my bedroom floor,’ Samlley said.

—Marni Pyke

Our ability to have patience, and our attitude toward others, define who we are at any given time.

—Ellen J. Barrier

Bullying can result in anxiety, depression and lower grades, and combined with other stressors can increase the chance someone could engage in suicide-related behaviors.

—Marni Pyke

WHAT TO DO IF YOU’RE BULLIED

There are things you can do if you are being bullied:

Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.

If speaking up seems too hard or not safe, walk away and stay away. Don’t fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

Talk to an adult you trust. Don’t keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.

Stay away from places where bullying happens.

Stay near adults and other kids. Most bullying happens when adults aren’t around.

—*stopbullying.gov*

CONCLUSIVE [BULLYING] RESEARCH HAS SHOWN:

Prevalence:

Between 1 in 4 and 1 in 3 U.S. students say they have been bullied at school.

Many fewer have been cyberbullied.

Most bullying happens in middle school. The most common types are verbal and social bullying.

There is growing awareness of the problem of bullying, which may lead some to believe that bullying is increasing. However, studies suggest that rates of bullying may be declining. It still remains a prevalent and serious problem in today's schools.

Risk Factors:

Young people who are perceived as different from their peers are often at risk for being bullied.

Effects:

Bullying affects all youth, including those who are bullied, those who bully others, and those who see bullying going on. Some effects may last into adulthood.

Group Phenomenon:

Bullying is not usually a simple interaction between a student who bullies and a student who is bullied. Instead, it often involves groups of students who support each other in bullying other students.

Changing Roles:

There is not a single profile of a young person involved in bullying. Youth who bully can be either well connected socially or marginalized, and may be bullied by others as well. Similarly, those who are bullied sometimes bully others. Youth who both bully others and are bullied are at greatest risk for subsequent behavioral, mental health, and academic problems.

Disconnect Between Adults and Youth:

There is often a disconnect between young people's experience of bullying and what the adults see. Also, adults often don't know how to respond when they do recognize bullying.

Promising Prevention Strategies:

Solutions to bullying are not simple. Bullying prevention approaches that show the most promise confront the problem from many angles. They involve the entire school community—students, families, administrators, teachers, and staff such as bus drivers, nurses, cafeteria and front office staff—in creating a culture of respect. Zero tolerance and expulsion are not effective approaches.

Bystanders who intervene on behalf of young people being bullied make a huge difference.

Studies also have shown that adults, including parents, can help prevent bullying by keeping the lines of communication open, talking to their children about bullying, encouraging them to do what they love, modeling kindness and respect, and encouraging them to get help when they are involved in bullying or know others who need help.

—*stopbullying.gov*

Hate is a feeling that can only exist where there is no understanding.

—Tennessee Williams

Hate is too great a burden to bear. It injures the hater more than it injures the hated.

—Coretta Scott King

Handling children's anger can be puzzling, draining, and distressing for adults. In fact, one of the major problems in dealing with anger in children is the angry feelings that are often stirred up in us. It has been said that we as parents, teachers, counselors, and administrators need to remind ourselves that we were not always taught how to deal with anger as a fact of life during our own childhood. We were led to believe that to be angry was to be bad, and we were often made to feel guilty for expressing anger.

It will be easier to deal with children's anger if we get rid of this notion. Our goal is not to repress or destroy angry feelings in children—or in ourselves—but rather to accept the feelings and to help channel and direct them to constructive ends.

Parents and teachers must allow children to feel all their feelings. Adult skills can then be directed toward showing children acceptable ways of expressing their feelings. Strong feelings cannot be denied, and angry outbursts should not always be viewed as a sign of serious problems; they should be recognized and treated with respect.

To respond effectively to overly aggressive behavior in children we need to have some ideas about what may have triggered an outburst. Anger may be a defense to avoid painful feelings; it may be associated with failure, low self-esteem, and feelings of isolation; or it may be related to anxiety about situations over which the child has no control.

Angry defiance may also be associated with feelings of dependency, and anger may be associated with sadness and depression. In childhood, anger and sadness are very close to one another and it is important to remember that much of what an adult experiences as sadness is expressed by a child as anger.

—Luleen S. Anderson

In dealing with angry children, our actions should be motivated by the need to protect and to teach, not by a desire to punish. Parents and teachers should show a child that they accept his or her feelings, while suggesting other ways to express the feelings. An adult might say, for example, 'Let me tell you what some children would do in a situation like this...' It is not enough to tell children what behaviors we find unacceptable. We must teach them acceptable ways of coping. Also, ways must be found to communicate what we expect of them. Contrary to popular opinion, punishment is not the most effective way to communicate to children what we expect of them.

—Luleen S. Anderson

No matter how you feel, it is best to bring disagreements out in the open and resolve them. If the disagreements are not resolved, several things can happen. Unresolved disagreement can become an argument, or a physical fight. You can become frustrated and angry and take hostile feelings out on someone else. This is called 'scapegoating'. It's what happens when you are angry at your parents and can't express that anger towards them so you kick the dog lying in the corner. Maybe a child angry at his own life in general starts to bully any weaker person who crosses his path.

Before you can handle disagreements wisely, there are several things you need to know:

- Disagreements are okay.
- People who disagree with the others are not strange or bad.
- When most people disagree with a person's ideas, that doesn't mean the person's ideas are stupid or unimportant. When two people disagree, that doesn't always mean one person is right, and the other person is wrong.
- Not all disagreements have to end with both people agreeing.
- When people disagree, that doesn't mean they are angry with each other or don't like each other.

The important thing about disagreements is not what they are about but how they are handled. Figure out what the disagreement is about.

- Listen to the other person; look directly at them and concentrate. Don't interrupt or make judgments.
- Kindly tell the other person why you think the way you do.
- Study and talk to other people. Research both sides.
- Decide together what you should do. You might agree or compromise.
- You might agree to disagree.
- You can agree about something entirely different.
- Do what you have both decided to do.

Remember the following to make sure your disagreements do not lead to an argument or fight

- Don't get into a discussion with another person when you are tired or in a bad mood.
- Agree to the same basic rules that everyone has to live by.
- Say you're sorry and mean it. Admit when you have been wrong.
- Remember that no one is perfect or right all of the time.
- Respect other people's opinions.

- Don't share your thoughts and opinions with anyone who does not respect and accept you.

—Joy Wilt

Self-control is strength. Calmness is mastery. You have to get to a point where your mood doesn't shift based on the insignificant actions of someone else. Don't allow others to control the direction of your life. Don't allow your emotions to overpower your intelligence.

—Morgan Freeman

Bullying can predict future criminal activity. Studies show that 60% of boys classified as bullies in grades six through nine were convicted of at least one crime by age 24, as compared to 23% of boys not considered bullies. Of boys considered to be bullies, 40% would have three or more convictions by age 24, as opposed to 10% of their non-bully counterparts. Secret Service agents, called in to develop profiles of the Columbine and other school shooters, found that most of them had been humiliated and harassed in school for long periods of time before choosing to attack their perceived perpetrators. Studies show that victims of bullying are at-risk for low self-esteem, depression, and suicide.

—Sandra L. Pollock

Bullying is a widespread problem in schools. Research offers many possible explanations for this. School violence is influenced by parenting practices, temperamental factors, or culture, and societal reinforcement of violence through the media and sports. The predominant theory is that bullying is a learned behavior. Bullies often come from home environments where physical punishment is used and children are taught to strike out physically as a way to solve problems. Parental involvement and warmth are often lacking. These children have little empathy for their victims and often find ways to defend their actions by saying they were provoked. In a study of 558 middle school students, bullying behaviors were positively correlated with the families where physical discipline was used, adult supervision was lacking, negative peer influence was present, and neighborhoods were considered unsafe. Conversely, the likelihood of bullying was significantly reduced for students who spent time with adults who modeled nonviolent strategies for conflict resolution. This suggests the substantial influence adult (parent, teacher, school counselor) behavior can play any child's life.

—Sandra L. Pollock

I was teased a lot because I was skinny and tall. Kids are mean. When they would tease me, I would fight them.

—Lishone Bowsky

When children learn how to assert their own needs and opinions without trampling on the rights of other people, when they learn to express their angry feelings without losing control or hurting other people, they have mastered skills that enhance their lives and the life of the community. There is no better place than school, where diverse groups of children congregate, to learn these lessons.

—Deborah
Prothrow-Stith

Six processes at work in children who got along with their peers: First, these children were able to communicate clearly and correctly. Second, they exchanged information about themselves and their families. Third, they established common play activities. Fourth, they identified more similarities than differences among one another. Fifth, they could resolve conflicts in a more positive way. Sixth, they could share private thoughts and feelings. Herein lies clues that will help us help children develop friendships and, therefore, experience school success.

—John Gotten and
Jeffrey Parker

Research suggests that less dramatic events than abuse can also spark violence in girls. Many students experienced daily teasing about grooming and appearance. But at a time when kids are turning to violence to settle even petty disputes, such harassment can be dangerous.

The toughest girls I knew were the least well-kept girls. Other girls would start picking on them when they were six or seven, and it was clear that these children couldn't do anything about it. They couldn't fix their own hair. You could tell there was no parent at home who was taking care of them, making sure their stuff was washed.

—Geoffrey Canada

The most valuable qualities one can possess—balance and inner steadiness. These days, there are so much mental confusion and emotional unrest around us that a steady person is hard to find. One wonders: what is this inner balance? It's easy to recognize in others, but hard to achieve for oneself.

Well, call it a controlled steadiness. An inner quiet—the result of using your will to control yourself, your mind, and your emotions. It's an effort to maintain your balance in any situation, instead of letting that situation control you. One way to achieve it is to take things more slowly. Instead of rushing frantically in your daily activities, do things more deliberately, as if you had only one task. Refuse to let other people upset you. If you're losing your temper, a strong no to yourself will help. Get up and walk around; look over the head of the other person; douse your face with cold water. Do anything you can think of to break up your emotional response.

Inner steadiness doesn't come easily, but each little step toward it will help. Incidentally, the first step is to want it.

—Ruth L. Sclater

Boys and girls act out differently. That has to do with socialization. Boys are more likely to engage in more random violence. Girls base their anger on personal relationships. Boys tend to make a statement that will draw attention to them. The girls are interested in making a statement, but they're also interested in revenge.

—Sibylle Arts

EARLY WARNING SIGNS OF TROUBLING BEHAVIOR

- Social withdrawal
- Excessive feelings of isolation, loneliness, or rejection
- Being a victim of violence
- Feelings of persecution
- Low school interest and poor academic performance
- Expression of violence in writings and drawings
- Uncontrolled anger
- Patterns of impulsive and chronic hitting, intimidating, and bullying behaviors
- History of discipline problems
- History of violent and aggressive behavior
- Intolerance for differences and prejudicial attitudes
- Drug or alcohol use
- Affiliation with gangs
- Inappropriate access to, possession of, or use of firearms
- Serious threats of violence

—*Early Warning, Timely Response: A Guide to Safe Schools*

I sat with my anger long enough, until she told me her real name was grief.

—*themindsjournal.com*

I know if I saw a man charging down on me with a Bayonet, I would sure kinder like to talk it over with him first and see if there wasn't some way of buying him a drink, or offering him an Apple, or something. Anyhow, fix some way so we could both walk away from the place—not just one of us.

—Will Rogers

Anger ... it's a paralyzing emotion ... you can't get anything done. People sort of think it's an interesting, passionate, and igniting feeling — I don't think it's any of that — it's helpless ... it's absence of control — and I need all of my skills, all of the control, all of my powers ... and anger doesn't provide any of that — I have no use for it whatsoever.

—Toni Morrison

You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing things with logic. True power is restraint. If words control you that means everyone else can control you. Breathe and allow things to pass.

—Warren Buffett

Anger is one of the densest forms of communication. It conveys more information, more quickly, than most any other type of emotion. And it does an excellent job of forcing us to listen to and confront problems we might otherwise avoid.

...studies have found other benefits as well. We're more likely to perceive people who express anger as competent, powerful, and the kinds of leaders who will overcome challenges. Anger motivates us to undertake difficult tasks. We're often more creative when we're angry, because our outrage helps us see solutions we've overlooked. 'When we look at the brains of people who are expressing anger, they look very similar to people who are experiencing happiness,' says Dacher Keltner, the director of the Berkeley Social Interaction Lab. 'When we become angry, we feel like we're taking control, like we're getting power over something.'

—Charles Duhigg

America has always been an angry nation. We are a country born of revolution. Combat—on battlefields, in newspapers, at the ballot box—has been with us from the start. American history is punctuated by episodes in which aggrieved parties have settled their differences not through conversation, but with guns. And yet our political system was cleverly designed to maximize the beneficial effects of anger. The Bill of Rights guarantees that we can argue with one another in the public square, through a free press, and in open court. The separation of powers forces our representatives in government to arrive at policy through disagreement, negotiation, and accommodation. Even the country's mythology is rooted in anger: the American dream is, in a sense, an optimistic reframing of the discontent felt by people unwilling to accept the circumstances life has handed them.

—Charles Duhigg

If somebody is angry at you and you stay calm, they'll probably get angrier, but they'll be ashamed at themselves later.

—Internet Meme

During anxious times, it can be tempting to follow the siren call of the angriest voices. We must resist that temptation. Some people think that you have to be the loudest voice in the room to make a difference. That's just not true.

—Nikki Haley

The political left were really the ones who perfected the politics of anger. It's the progressives who figured out that by helping people see injustice, rather than just economics, we become strong. Movements don't emerge from small acrimonies. They require a sense that it isn't just an individual who wronged us, but a system that must be reformed. If you can make it a moral crusade, you can win. Stoking the emotion is easy. Learning how to channel it to useful ends is harder. For anger to be productive, at some point, it must stop. Victory often demands compromise. You have to know how to arouse passions to fuel the fight, and then how to cool everyone down so they'll accept the deal on the table. You have to control and direct the passion, or else it can burn down everything you've worked so hard to build.

—Marshall Ganz

Facebook and Twitter don't create content; they've outsourced that work to their users, who have quickly noticed that extreme statements attract more attention. On social media, the old rewards of anger—recognition of our unhappiness, resolution of our complaints—are replaced with new ones: retweets, likes, more followers, more influence. The targets of our rage, meanwhile, tend to be strangers less inclined to hear us out than to fire back. It's a vicious cycle of users, though a virtuous one for the social-media companies, which profit from our engagement.

—Charles Duhigg

Researchers call the phenomenon in which anger, rather than making things better, becomes a cycle of recrimination, rumination, and ever-expanding fury the revenge impulse....It makes a certain evolutionary sense that the desire for revenge would be coded into us as an emotion of last resort. Good anger...encourages us to air our grievances and find solutions. A leader like Cesar Chavez can reframe anger as mortal indignation, which can extend the power of personal grievances into an instrument for the pursuit of a more just world. But when we come to believe that justice is impossible, we get the desire for revenge. We no longer expect our anger to be heard; we don't express ourselves with the hope of finding accommodation. Rather, some people become willing to do anything to advance their interests, regardless of who is standing in the way. 'When we want revenge, we keep on going until we feel like we've taught the other person a lesson,' [Thomas] Tripp said. 'The goal is to hurt the other person.'

—Charles Duhigg

The goal shouldn't be to eradicate anger. We couldn't if we tried...we need our anger. We need it to air our grievances with our friends, family, and colleagues. We also need the moral outrage that motivates citizens to push for a more just society. Neither the left nor the right has a monopoly on justice; likewise, injustice can come from either side. But, in particular, people who have historically been denied the right to express their anger—the women of the #MeToo movement, the activists of Black Lives Matter—shouldn't be expected to give up the fight now.

—Charles Duhigg

If you can map an electorate's fears, and then turn those into anger by moralizing your opponent's sins, they'll show up at the polls. The essence of campaigns today is anger and fear. That's how you win.

—Steve Jarding

The only way to win with a toxic person is not to play.

—Internet Meme

The goal shouldn't be to eradicate anger. We couldn't if we tried, and...we need our anger. We need it to air our grievances with our friends, family, and colleagues. We also need the moral outrage that motivates citizens to push for a more just society. Neither the left nor the right has a monopoly on justice; likewise, injustice can come from either side. But, in particular, people who have historically been denied the right to express their anger—the women of the #MeToo movement, the activists of Black Lives Matter—shouldn't be expected to give up the fight now.

—Charles Duhigg

It is not enough for people to be angry....The supreme task is to organize and unite people so that their anger becomes a transforming force.

—Dr. Martin Luther
King, Jr.

Fools fight one another. Wise men serve together.

—George Hearn

The best way to get even is to forget.

—George Hearn

Be careful what you tolerate. You are teaching people how to treat you.

—Internet Meme

You can't calm the storm...so stop trying. What you can do is calm yourself. The storm will pass.

—Internet Meme

Before you argue with someone, think to yourself first whether that person is even mentally mature enough to grasp the concept of different perspectives...because if not, there's absolutely no point.

—Internet Meme

You don't cry when someone pushes you down. You get up. You get up and you fight back. And pretty soon nobody's going to shove you anymore because they'll see it's not worth it.

—Morgan Rhodes

There is no one or a group that would ever be able to achieve or accomplish anything unique except that they are angry with their situation.

—Sunday Adelaja

Give me strength to walk away from stupid people without slapping them.

—Internet Meme

I've been called every racial slur in the book. I've been told explicitly that people who look like me don't play golf, we don't have a right to exist in America, you should go home. It would definitely faze me a little bit, but it never deterred me. I'm really stubborn, so I'm going to prove you wrong, just wait. When people think they're dragging me down, it kind of fuels the fire in me that I'm going to be a better golfer, I'm going to be a better student, I'm going to keep climbing up the ladder.

—Noor Ahmed (Muslim
golfer at the
University of
Nebraska)

They don't want to be embarrassed by being goody-goodies in school, and so they try to act up just to get approval from the other kids at school. Sometimes, some kids will go through physical torture, like gettin in fights at school, just to fit in with the other kids. It makes no sense at all.

—Middle School Student
Daquan as quoted
by Kathleen
Cushman & Laura
Rogers

I can't read, and that's not my fault. God made me the way he wanted to make me. Did I ask God to do that? I don't think people should pick on me just 'cause I can't read. They come up to me, and they be like, 'Read this word for me, I can't read it.' I'll be like, 'You know I can't read, can you get out of my face please?' They'll be like, 'Too bad. I forgot you stupid, and you in that retarded class.' And I be getting mad, and I want to punch them and stuff.

—Middle School Student
Amanda as quoted
by Kathleen
Cushman & Laura
Rogers

When faced with loss, children, as well as adults, try to create situations that help them gain control. Anger can be an expression of attempted control, sometimes seen as seeking negative attention and expressing envy, rage, resentment, and fear.

—Elisabeth Kubler-Ross

It took me a long time to understand what it means to forgive someone. I always wondered how I could forgive someone who chose to hurt me? But after a lot of soul searching, I realized that forgiveness isn't about accepting or excusing their behavior...it's about letting it go and preventing their behavior from destroying my heart.

—Internet Meme

Cyber bullying occurs online daily. Most don't consider their actions or words to be bullying. Here's a few clues that you're a cyber bully.

- (1) You post information about someone in order to ruin their character.
- (2) You post threats to someone.
- (3) You tag someone in vulgar degrading posts.
- (4) You post any information intended to harm or shame another individual seeking to gain attention.

Then, you are a cyber bully and need to get some help.

—Amaka Imani
Nkosazana

One of the most brutal things in the world is your average nineteen-year-old American boy.

—Philip Caputo

Teenagers can be so cruel. I'm embarrassed to be one of them.

—Colleen Hoover

Suicide isn't cowardly. I'll tell you what is cowardly; treating people so badly that they want to end their lives.

—Ashely Purdy

Do not let people pull you into their storm. Pull them into your peace.

—www.dailyinspirationalquotes.in

A saint was asked, 'What is anger?' He gave a beautiful answer. 'It is a punishment we give ourself, for somebody else's mistake.'

—<https://themindsjournal.com>

When something bad happens you have three choices. You can either let it define you, let it destroy you, or you can let it strengthen you.

—Dr. Seuss

How beautiful it is to stay silent when someone expects you to be enraged.

—Internet Meme

Be careful with your words. Once they are said, they can be only forgiven, not forgotten.

—Unknown

Raise your words, not your voice. It is rain that grows flowers, not thunder.

—Rumi

Don't mix bad words with your bad mood. You'll have many opportunities to change a mood, but you'll never get the opportunity to replace the words you spoke.

—Unknown

Don't treat people as bad as they are; treat them as good as you are.

—Internet Meme

If you can only be tall because someone else is on their knees, then you have a serious problem.

—Toni Morrison

If you don't heal what hurt you, you'll bleed on people who didn't cut you.

—Internet Meme

Before you hurt someone, take a piece of paper and crumple it up. Have you done it already? Good, now try to make it the way it was before...you can't, right? Peoples' hearts are like this piece of paper. Once you have hurt them, it is difficult to leave them the way you found them to start with...so before you hurt someone, THINK HARD about what you are doing.

—Internet Meme

It took me a long time to understand what it means to forgive someone. I always wondered how I could forgive someone who chose to hurt me. After a lot of soul-searching, thinking and therapy, I realized that forgiveness isn't about accepting or excusing their behavior, it's about letting go and preventing their behavior from destroying my heart.

—Hilary Woldt

People are often unreasonable, irrational, and self-centered. Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway. If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

—Mother Teresa

If you constantly express anger in your private conversations, your friends will likely find you tiresome, but when there's an audience, the payoffs, are different—outrage can boost your status. A 2017 study by William J. Brady and other researchers at NYU measured the reach of half a million tweets and found that each moral or emotional word used in a tweet increased its virality by 20 percent, on average. Another 2017 study, by the Pew Research Center, showed that posts exhibiting 'indignant disagreement' received nearly twice as much engagement—including likes and shares— as other types of content on Facebook.

—Jonathan Haidt and
Tobias Rose-
Stockwell

You never know how long your words will stay in someone's mind even long after you've forgotten you spoke them.

—*LiveLifeHappy.com*

Blowing out someone else's candle won't make yours shine brighter.

—Internet Meme

WHAT IS STRENGTH?

Strength is forgiving people that don't even feel sorry for their action.

Strength is putting a smile on your face when you want to cry a river.

Strength is not hurting those who hurt you.

Strength is forgiving others.

—*averstu.com*

You have to meet people where they are, and sometimes you have to leave them there.

—Iyanla Vanzant

Only people who are not happy with themselves are mean to others.

—Internet Meme

In his book *Anger and Racial Politics*, the University of Maryland professor Antoine J. Banks argues that 'anger is the dominant emotional underpinning of contemporary racism. Anger and racism are so linked, in fact, that politicians need not use overtly racist language to provoke racial resentment. Anger alone, Banks writes, can activate prejudiced views, even when a given issue would seem to have little to do with race: 'Anger operates as a switch that amplifies (or turns on) racist thinking—exacerbating America's racial problem. It pushes prejudiced whites to oppose policies and candidates perceived as alleviating racial inequality.' This is true for politicians on both sides of the political divide—but the right has far more to gain from sowing discord than from mending fences.

—Adam Serwer

Silence in the face of cruelty or sexism is how too many boys become men.

—Dan Kindlon and
Michael Thompson

Social media has made too many of you comfortable with disrespecting people and not getting punched in the mouth for it.

—Internet Meme

You cannot see your reflection in boiling water. Similarly, you cannot see the truth in a state of anger. When the waters calm, clarity comes.

—Internet Meme

Patting a fellow on his back is the best way to get a chip off his shoulder.

—Unknown

If one will not, two cannot quarrel.

—Thomas Fuller

It is easier to leave angry words unspoken than to mend a broken heart those words have broken.

—Chinese Proverb

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.

—Mark Twain

No one heals himself by wounding another.

—St. Ambrose of Milan

Never say mean words out of anger. Your anger will pass. Your mean words can scar a person for life. So use kind words or be silent.

—*awesomequotes4u.com*

Avoiding certain people to protect your emotional health is not weakness. It's wisdom.

—*tinybuddha.com*

Forgiveness does not change the past, but it does enlarge the future.

—Paul Boese

Maturity: Be able to stick with a job until it is finished. Be able to bear an injustice without having to get even. Be able to carry money without spending it. Do your duty without being supervised.

—Ann Landers

One way of getting along with people is the ability give in. Strength of character means the ability to give in to others from motives of love, kindness, and humility, and to do so gracefully, when no sin is involved. It also means the ability to stand on principle, and not to give in, when sin is involved.

—Lawrence G. Lovasik

When someone is cruel or acts like a bully, you don't stoop to their level. No, our motto is, when they go low, we go high.

—Michelle Obama

Some of the most generous people have no money. Some of the wisest people have no education. Some of the kindest people were hurt the most.

—Steve Wentworth

Violence never brings permanent peace. It solves no social problem: it merely creates new and more complicated ones. Violence is impractical because it is a descending spiral ending in destruction for all. It is immoral because it seeks to humiliate the opponent rather than win his understanding: it seeks to annihilate rather than convert. Violence is immoral because it thrives on hatred rather than love. It destroys community and makes brotherhood impossible. It leaves society in monologue rather than dialogue. Violence ends up defeating itself. It creates bitterness in the survivors and brutality in the destroyers.

—Martin Luther King,
Jr.

We all have one person who has hurt us so much, that it changed us forever.

—*higherperspectives.com*

If you want to, you can find a million reasons to hate life and be angry at the world. Or, if you want to, you could find a million reasons to love life and be happy. Choose wisely.

—Cari Welsh

The way we treat people we strongly disagree with is a report card on what we've learned about love, compassion and kindness.

—Angel Chernoff

Being strong doesn't mean you have to stay and fight all the battles and petty arguments that come your way. Being strong means you don't have to stay and respond to rude remarks. Don't retort by throwing insults back at them. It's what they want. Keep your dignity and don't lower yourself to their level. True strength is being adult enough to walk away from the nonsense with your head held high.

—*dailyinspirationalquotes.in*

A moment of hate can devastate a lifetime of work, whereas a moment of love can break barriers that took a lifetime to build.

—Angel Chernoff

I'm too mature to be angry.

—Jesse Jackson

Listen, there are people who are gonna talk bad about you for no reason at all. Don't be so quick to clap back. Don't waste your time on reassuring, some people are just salty. They see something that they don't see in themselves. Remember, confidence is silence, insecurity is loud.

—*ifunny.co*

Never trust your tongue when your heart is bitter. Hush until you heal.

—Samuel J. Hurwitt

[Anger] produces in the blood a lot of toxins that poison the system of the angry person. That tires him out and renders him less efficient, to say nothing of causing him to grow old and wear out before his time.

—John D. Rockefeller

Don't be mad at lazy people. They didn't do anything.

—Internet Meme

We really understand from a very early age what the risks and costs of our displaying full emotions, and particularly this emotion [anger], are. We're not misunderstanding the situation. I mean, study after study after study shows that when men display anger, it reaffirms gender norms, it reaffirms masculinity. And so there are rewards for doing that, they gain power from doing that even if it's ugly and uncomfortable and causes people distress. They are not penalized in the same way as when women do it, it actually transgresses, so we violate gender norms. And we end up being powerless in that situation....

—Soraya Chemaly

Different countries, regions—even neighboring communities in the same state—have been shown to have anger profiles, exhibiting different patterns of behavior and social dynamics. So, for example, in some cultures anger is a way to vent frustration, but in others it is more for exerting authority. In the United States, anger in white men is often portrayed as justifiable and patriotic, but in black men, as criminality; and in black women, as threat.

—Soraya Chemaly

Women report feeling anger more frequently, more intensely, and for longer periods of time than men do. Most episodes involving anger do not involve physical interactions but verbal ones, and women are more likely than men to use angry and aggressive language. Additionally, men more frequently associate feeling powerful with experiencing anger, but women, notably, associate powerlessness with their anger.

—Soraya Chemaly

Be thankful for all the rude, obnoxious, and difficult people you meet in life too. They serve as important reminders of how NOT to be.

—Angel Chernoff

Fury spends itself pretty quickly when there's no fury facing it.

—John Lewis