

Grandfather sat contemplating.  
‘What’s wrong?’ asked the grandson  
‘Grandson I have 2 wolves fighting inside me.  
One is anger. One is peace.’  
The grandson asked ‘Grandfather, which one will win?’  
In his wisdom, the old man replied,  
‘The one I feed?’

American Indian Proverb

We all have anger. It’s a normal human emotion. At times it is useful to express strong feelings as it helps us deal with situations that trigger those strong feelings. However management is the key. If anger is expressed in harmful ways then it can lead to problems in relationships and affect the overall quality of one’s life.

***Recognizing Anger***

Our bodies are great indicators of anger. When you get angry, your heart rate and blood

usually inaccurate, make you feel as though your anger is justified, and don't leave much possibility for the problem to be solved.

*Seek professional help* if your strategies aren't working

We all have choices. When dealing with anger *which wolf do you want to feed?????*

Adapted from Anger Management : [http://www.psychology.org.au/publications/tip\\_sheets/anger/#s5](http://www.psychology.org.au/publications/tip_sheets/anger/#s5)