

The work, but it can
sometimes be hard

[Life](#), [Emotions](#)



The buddha once said “ Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one that gets burned”.

When there is anger; emotions get agitated; the blood pressure goes up and it makes people impatient, irritable, and lose control over their actions. Anger hides common sense and reason it makes you say and do things, which will only aggravate the situation. Sometimes anger is interpreted through other people’s words and actions incorrectly. The person, who, caused the anger might not be aware at all of what is going on. If the anger grows, and is Holden within, it can mentally harm your health not the person who aroused the anger. It is as the buddha said “ holding hot coal will burn”. It is not smart to hold onto anger because it will only damage you.

The more anger we hold on to towards the past the less chance we have in the future of having good relationships, It is much more desirable to not create anger at all if there is anger try to get rid of it and not let it gThis quote can also relate our schools and classrooms. Most parents and teachers at our schools wish that students would focus on academics and school work, but it can sometimes be hard when students are being disrespectful and not following the teacher’s directions. It can cause the teachers to be upset and the student to get in trouble. Some students complain and say that it is either too hard or its boring most of the time it’s because they are not paying attention. Most kids that attend school all wish to succeed and have a great future. But because of things that go on in personal lifes things can affect the way they feel they can show up angry and just in a bad mood. As

much as we want to anger is something that we can not take away its a natural human emotion.

There is nothing wrong with feeling angry, but the way we express anger might not be pleasant but there are many ways to deal with it. we can talk to one another and try to express how we feel that way we won't worry about hurting anybody. now trying not to let anger arise is not super easy but there are many ways to deal with it.