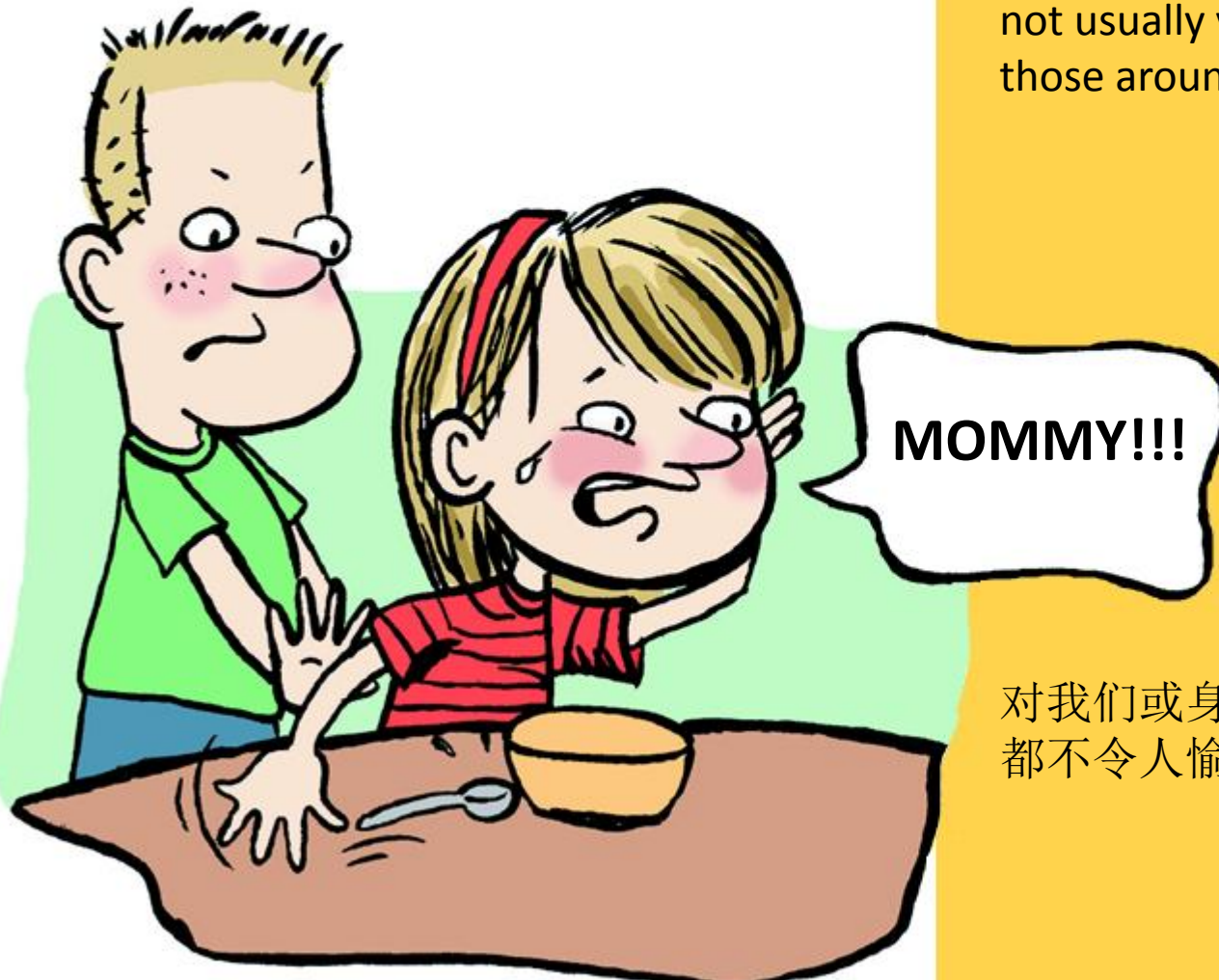


愤怒管理

Anger Management



Everyone has experienced how a minor nuisance can easily grow into an irritation, then an annoyance, and finally cause us to erupt in fury. When that happens, the consequences are not usually very happy for us or for those around us.



一点轻微的讨厌，很容易演变成恼怒，最后则激发成暴怒。人人都有过这样的经历。当这种情况发生时，对我们或身边的人来说，结果通常都不令人愉快。



When you have been pushed to the point that you're about to scream, step back from the situation for a few minutes. Breathe deeply. Try to see things in perspective. Then face the world again.

People who can control themselves usually have better relationships with others, because they have learned to control their temper and feelings of annoyance over petty things.

当你觉得情况快要把你逼疯之时，停下来，暂时离开当时的情形几分钟。做做深呼吸。设法以正确的角度去看事情。然后，再去面对世界。

善于控制自我的人通常有更好的人际关系，因为他们懂得控制自己的脾气、对琐碎事物的消极情绪。

The next time you feel anger rising, determine to neither hold it in or to explode. Take a deep breath. Wait before putting your grievance into words. Eventually you may need to speak with the person who has upset you, but wait until you've calmed down and you can choose your words with care.

下一次，当你感到怒气在心中升腾时，要下决心既不压抑、也不爆发，先做个深呼吸。在把不满及怨恨化为言语之前，先等一等。你最终可能需要和惹恼你的人谈一谈，但一定要等到你冷静下来、能选择以适当的言辞沟通时再说。



When you build your life and character on treating people the way you want to be treated, it's inevitable that they will return the favor by treating you with respect and kindness. But it starts with you.

当你以待人如待己的原则去塑造自己的生命和性格时，人们必会投桃报李，以尊敬和仁慈待你。但这一切要从你开始。

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