Subject: Short tempered or long suffering?
Posted by drake on Tue, 07 Jun 2016 18:33:46 GMT
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Part of my high school life was mainly characterized by a lot of angry episodes. At some point, I thought anger management classes were going to be part of me.

Over time, I have been able to better handle my temper. It really takes time for me to get angry.

Subject: Re: Short tempered or long suffering?
Posted by Lizah on Sat, 11 Jun 2016 13:57:14 GMT
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It's good that you were able to get your life back. I think that a lot of people can relate to feeling anger in their teen years. I knew quite a few people that had this problem. Congratulations on making such great progress!

Subject: Re: Short tempered or long suffering?
Posted by drake on Sat, 11 Jun 2016 18:45:09 GMT
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Lizah wrote on Sat, 11 June 2016 08:57It's good that you were able to get your life back. I think that a lot of people can relate to feeling anger in their teen years. I knew quite a few people that had this problem. Congratulations on making such great progress!

Absolutely true. One way or the other, we all relate to a time during our younger years when rage was the order of the day. Is it part of growing up? I guess so.

Subject: Re: Short tempered or long suffering?
Posted by Azuri on Fri, 29 Jul 2016 08:43:47 GMT
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For some of us it is. My period of going through that was between to ages of 10 and 12.....roughly. In all honesty, it really was music that helped calm me down. No lie.