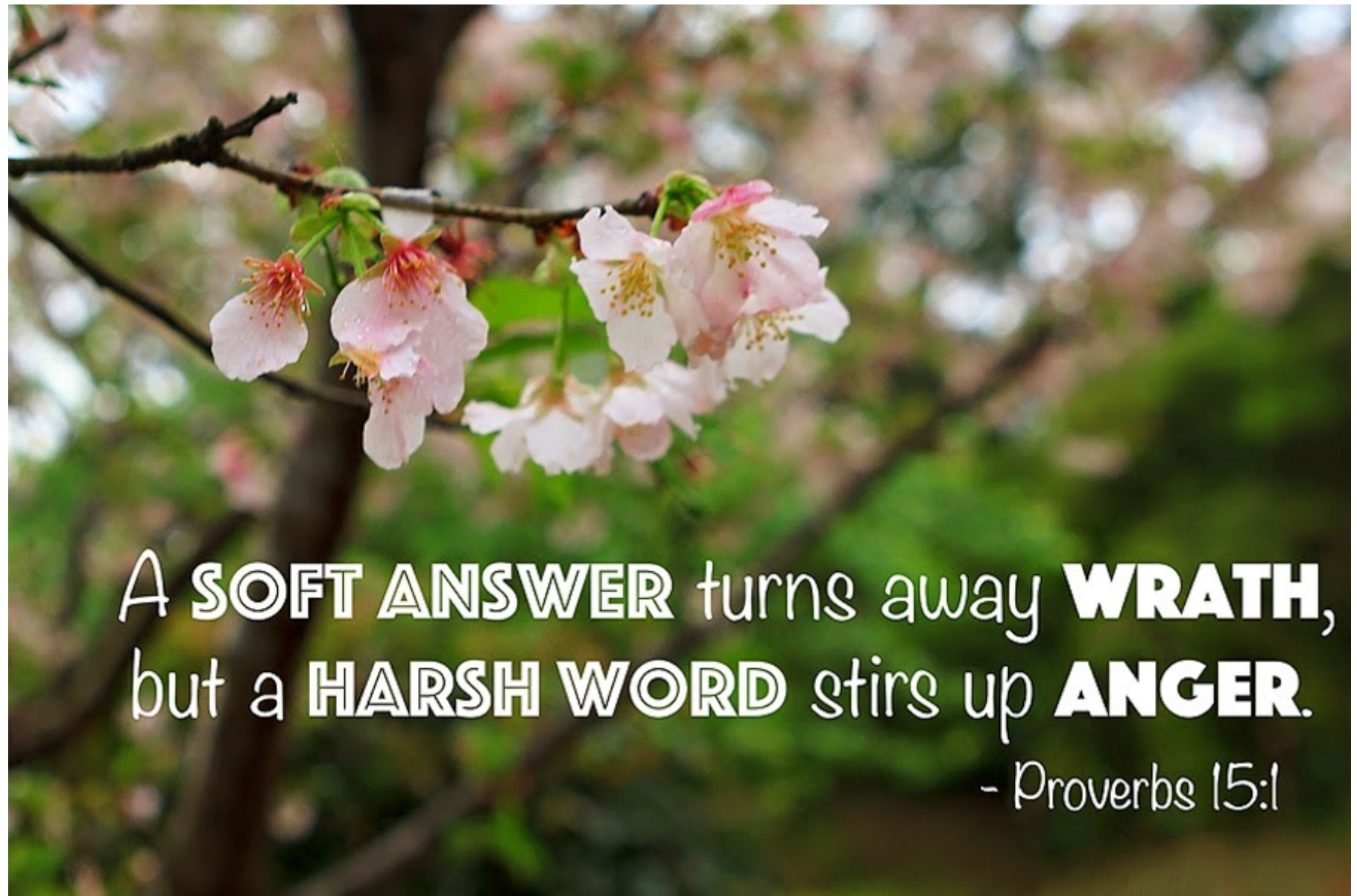


In many cases, anger can result in death and someone will be the driving force and then claim to be the victim. Many women know that the law protects them through domestic violence and because of that their is mandatory education for employees in the workplace. However or wherever you take this argument the women win.



So my advice to us men is very simple walk away and save your character, reputation, integrity, family and yourself. Any action which involves anger is like driving a nail into a piece of wood and even though you pull back the nail, the damage has been done. Whatever you do to fill that hole will tell someone that it was already damaged. Though you are not at fault they see the action and you are judged by that for the rest of your life.

Anger is an emotion we all feel from time to time—sometimes for good reasons, and sometimes not so much. Anger is one of the strongest emotions we feel, and it provides us with motivation, power, push, and drive.

Studies show that 1 out of 5 Americans has an anger management problem, and according to the British Association of Anger Management, 65% of office workers have experienced office rage, and 45% of workers regularly lose their temper at work.

At its worst, anger can be incredibly frustrating and vexing, and it can become a tremendous obstacle to our success. At its best, however, anger is an emotion that can fuel us to great success—and ultimately, even happiness—so long as we control the anger we feel, and don't let it control us.

Want to learn how to turn your most fiery emotion into success? Here are 5 ways to do just that.

1. Channel

Naturally, the most straightforward thing to do is simply to direct your energy towards a task—any task—that can keep the thing enraging you from your mind. Instead, channel your emotions toward something positive. Run that extra mile. Complete that project you've put off for days. Respond to a hundred and forty yet unread emails. Your productivity knows no bounds.

2. Plan

Once we're angry, we're also determined. We want success or vengeance—and we want it as quickly as possible. Take the rage you feel and turn it into a 5-year plan dedicated to your betterment. Who can't benefit from that? Don't let all that energy go to waste. Plan now. Live more successfully later.

3. Execute

As soon as you create your plan, you will be able to execute the steps within it. Don't be afraid to pursue the things you previously decided while you still have the energy to do so. Ride off that determined wave of rage and continue executing the steps in your plan to catapult you to success.

4. Don't think

When we begin to grow pensive, we end up in a cesspool of our own rage. The best advice anyone can give in this situation is simple: Don't think; just do. If we're getting caught up in our own minds and thought processes, the best course of action is to simply keep moving. By not leaving time to reflect, we won't question or second-guess ourselves.

5. Double check

In the midst of our rage, however, it can be very easy to make careless mistakes left and right. Double check any work you have done in your high-energy state to ensure that the adrenaline did not prevent you from catching mistakes you otherwise wouldn't have made.

**ALL I AM ASKING TODAY IS TO WALK AWAY
AND THAT DOES NOT
MAKE YOU LESS THAN WHO YOU ARE.**