

A LETTER FROM DAVID



“HOW I COPE WITH ANGER”

Hi!

This month, I thought I'd talk about anger... and what I do about it. I think it's very important to try and control any angry feelings. After all, it's your anger, so there really isn't any reason why you should take it out on anybody else, is there?

I'm pretty easy-going, so usually I don't get very angry at situations. But when I do, I go for long walks with my dog. When you're out walking by yourself, you can sort things out. I try to talk myself out of being upset, and then analyze the problem.

If I'm mad at a particular person, I wait until I've calmed down before I confront them. If you start yelling at somebody, you always end up saying things you don't mean, and hurting their feelings, and then you feel terrible! So I take my walk, and when I feel better, I turn around, and tell them what I'm upset about.

I think it's important to be honest with the person you are having a problem with. If you just cool off, and don't say anything, the same thing will occur again. I tell the person what's on my mind, and we discuss the problem. You know what? A lot of times, you'll find

I DON'T believe in violence in settling any kind of an argument. Trying to understand feelings is the key!



out that you do some irritating things yourself.

If you're honest with your friends, whether you're mad or not, you'll find you'll have a much better relationship, and a longer one too!

Sometimes, I get angry on the set, and that's just about the worst possible place! I have a job to do, and if I'm upset, I can't do my best. I also can't take long walks, either, because I might be called in for a scene! So, I had to devise a plan where I could get away, do something by myself, and still be on hand for the scenes! I found that tuning my guitar helps, believe it or not! It takes concentration, and by the time I've finished, I've cooled off!

NO REASON!

Sometimes, after you've calmed down, and look at the problem sensibly, you see that there was no good reason to be mad in the first place. I get angry, and when I think back, I can see that it was because I had a headache, or I didn't get enough sleep the night before, or any number of reasons!

My rule for controlling anger is simple! Think before you speak! Nothing good can come from just shooting off your mouth! You'll save a lot of feelings if you just think first!

Another good reason for thinking before speaking is that you won't get a reputation as a hothead! I mean, who would want to be friends with somebody who couldn't control their anger? You'd never know when he or she would explode! It would be like being friends with a volcano!

My second rule is this: Don't take your anger out on anyone else. If it's your problem, solve it! If it's a situation that involves other people, discuss it. But, above all, always be considerate of other people!

So you see, anger really isn't too hard to control, but it *does* take an effort! It would be easy for the whole world to just explode whenever it felt like it, but luckily, most people try, and try hard to behave! I can't say that I always think before I speak, but I'll tell you, I regret every time I haven't.

Well, that about does it for this month! See you later, and for goodness sake, don't get angry! Think cool, think happy thoughts, and think of me... 'cause I think about You all the time!

