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Quotes about Anger

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Indulge not thyself in the passion of anger; it is whetting a sword to wound thine own breast, or murder thy friend.

- Akhenaton

As the whirlwind in its fury teareth up trees, and deformeth the face of nature, or as an earthquake in its convulsions overturneth whole cities; so the rage of an angry man throweth mischief around him.

- Akhenaton

It takes two flints to make a fire.

- Alcott, Louisa May

I used to store my anger and it affected my play. Now I get it out. I'm never rude to my playing partner. I'm very focused on the ball. Then it's over.

- Alfredsson, Helen

Men often make up in wrath what they want in reason.

- Alger, William R.

The more anger towards the past you carry in your heart, the less capable you are of

loving in the present.

- Angelis, Barbara De

Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean.

- Angelou, Maya

Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved.

- Antonius, Marcus

We praise a man who feels angry on the right grounds and against the right persons and also in the right manner at the right moment and for the right length of time.

- Aristotle

Anyone can become angry -- that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way -- this is not easy.

- Aristotle

How much more grievous are the consequences of anger than the causes of it.

- Aurelius, Marcus

When thou art above measure angry, bethink thee how momentary is man's life.

- Aurelius, Marcus

Anger cannot be dishonest.

- Bach, George R.

Anger makes dull men witty -- but it keeps them poor.

- Bacon, Francis

Rage cannot be hidden, it can only be dissembled. This dissembling deludes the thoughtless, and strengthens rage and adds, to rage, contempt.

- Baldwin, James

Temper is a weapon that we hold by the blade.

- Barrie, Sir James M.

If a man meets with injustice, it is not required that he shall not be roused to meet it; but if he is angry after he has had time to think upon it, that is sinful. The flame is not wrong, but the coals are.

- Beecher, Henry Ward

Never forget what a person says to you when they are angry.

- Beecher, Henry Ward

The continuance and frequent fits of anger produce in the soul a propensity to be angry;

which oftentimes ends in choler, bitterness, and morosity, when the mind becomes ulcerated, peevish, and querulous, and is wounded by the least occurrence.

- Beecher, Henry Ward

A soft answer turns away wrath, but grievous words stir up anger. [Proverbs 15:1]

- Bible

The words of the wicked are to lie in wait for blood, but the mouth of the upright shall deliver them. [Proverbs 12:6]

- Bible

The discretion of a man defers his anger; and it is his glory to pass over a transgression. [Proverbs 19:11]

- Bible

Scornful men bring a city into a snare, but wise men turn away wrath. [Proverbs 29:8]

- Bible

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. [James 1:19-20]

- Bible

Let not the sun go down upon your wrath. [Ephesians 4:26]

- Bible

It is better to dwell in the wilderness, than with a contentious and angry woman.

[Proverbs 21:19]

- Bible

He that is slow to anger is better than the mighty and he that ruleth his spirit than he that taketh a city.

- Bible

Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

[Ecclesiastes 7:9]

- Bible

Anger rest in the bosom of fools.

- Bible

Be angry, and yet do not sin; do not let the sun go down on your anger. [Ephesians 4:26]

- Bible

Speak when you are angry and you will make the best speech you will ever regret.

- Bierce, Ambrose

Anger begins with folly, and ends with repentance.

- Bohn, H. G.

Violence in the voice is often only the death rattle of reason in the throat.

- Boyes, John F.

You will not be punished for your anger, you will be punished by your anger.

- Buddha

Anger will never disappear so long as thoughts of resentment are cherished in the mind.

Anger will disappear just as soon as thoughts of resentment are forgotten.

- Buddha

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned.

- Buddha

Anger ventilated often hurries towards forgiveness; anger concealed often hardens into revenge.

- Bulwer-Lytton, Edward G.

In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.

- Carlyle, Thomas

No person is important enough to make me angry.

- Castaneda, Carlos

An angry man opens his mouth and shuts his eyes.

- Cato The Elder

Anger is the most impotent of passions. It effects nothing it goes about, and hurts the one who is possessed by it more than the one against whom it is directed.

- Clarendon

I know of no more disagreeable situation than to be left feeling generally angry without anybody in particular to be angry at.

- Colby, Frank Moore

The intoxication of anger, like that of the grape, shows us to others, but hides us from ourselves.

- Colton, Charles Caleb

When anger rises, think of the consequences.

- Confucius

Heaven has no rage like love to hatred turned, Nor hell a fury like a woman scorned.

- Congreve, William

Anger, even when it punishes the faults of delinquents, ought not to precede reason as its mistress, but attend as a handmaid at the back of reason, to come to the front when bidden. For once it begins to take control of the mind, it calls just what it does cruelly.

- Curtis, George William

He who holds back rising anger like a rolling chariot, him I call a real driver; other people are but holding the reins

- Dhammapada

Anger as soon as fed is dead; 'Tis starving makes it fat.

- Dickinson, Emily

Never go to bed angry, stay up and fight.

- Diller, Phyllis

There's nothing wrong with anger provided you use it constructively.

- Dyer, Wayne

What comes out of you when you are squeezed is what is inside of you.

- Dyer, Wayne

When you squeeze an orange, orange juice comes out -- because that's what's inside.

When you are squeezed, what comes out is what is inside.

- Dyer, Wayne

Go ahead, make my day.

- Eastwood, Clint

To rule one's anger is well; to prevent it is better.

- Edwards, Tryon

A man makes inferiors his superiors by heat; self-control is the rule.

- Emerson, Ralph Waldo

We boil at different degrees.

- Emerson, Ralph Waldo

For every minute you are angry you lose sixty seconds of happiness.

- Emerson, Ralph Waldo

Whenever you are angry, be assured that it is not only a present evil, but that you have increased a habit.

- Epictetus

There was never an angry man that thought his anger unjust.

- Francis De Sales, St.

Whatever is begun in anger, ends in shame.

- Franklin, Benjamin

The tendency of aggression is an innate, independent, instinctual disposition in man... it constitutes the most powerful obstacle to culture.

- Freud, Sigmund

Act nothing in a furious passion. It's putting to sea in a storm.

- Fuller, Thomas

Anger is one of the sinews of the soul; he that wants it hath a maimed mind.

- Fuller, Thomas

Two things a man should never be angry at: what he can help, and what he cannot help.

- Fuller, Thomas

You cannot shake hands with a clenched fist.

- Gandhi, Indira

Anger and intolerance are the twin enemies of correct understanding.

- Gandhi, Mahatma

When I am right, I get angry. Churchill gets angry when he is wrong. So we were often angry at each other.

- Gaulle, Charles De

Never do anything when you are in a temper, for you will do everything wrong.

- Gracian, Baltasar

Anger is an expensive luxury in which only men of a certain income can indulge.

- Gregory The Great, St.

Anger is never without an argument, but seldom with a good one.

- Halifax, Edward F.

Most men's anger about religion is as if two men should quarrel for a lady they neither of them care for.

- Halifax, Edward F.

If a small thing has the power to make you angry, does that not indicate something about your size?

- Harris, Sidney J.

Wise anger is like fire from a flint: there is great ado to get it out; and when it does come, it is out again immediately.

- Henry, M.

Anger may be kindled in the noblest breasts: but in these slow droppings of an unforgiving temper never takes the shape of consistency of enduring hatred.

- Hillard, G. S.

The one who cannot restrain their anger will wish undone, what their temper and irritation prompted them to do.

- Horace

Anger is a brief lunacy.

- Horace

Anger is a momentary madness, so control your passion or it will control you.

- Horace

Anger is short madness

- Horace

My liver swells with bile difficult to repress.

- Horace

Always keep your composure. You can't score from the penalty box; and to win, you have to score.

- Hull, Bobby

Anger blows out the lamp of the mind. In the examination of a great and important question, everyone should be serene, slow-pulsed and calm.

- Ingersoll, Robert Green

Anger is a wind which blows out the lamp of the mind.

- Ingersoll, Robert Green

Temper never mellows with age, and a sharp tongue is the only edged tool that grows keener with constant use.

- Irving, Washington

When angry, count to ten before you speak. If very angry, count to one hundred.

- Jefferson, Thomas

The best remedy for a short temper is a long walk.

- Joubert, Joseph

A wave of anger washed over me, anger against myself, at my age at the time, that stupid lyrically age, when a man is too great a riddle to himself to be interested in the riddles outside himself and when other people are mere walking mirrors in which he is amazed to find his own emotions, his own worth.

- Kundera, Milan

The flame of anger, bright and brief, sharpens the barb of love.

- Landor, Walter Savage

When I am angry I can pray well and preach well.

- Luther, Martin

He took over anger to intimidate subordinates, and in time anger took over him.

- Magnus, Saint Albertus

The angry man will defeat himself in battle as well as in life.

- Maxim, Samurai

Anger itself does more harm than the condition which aroused anger.

- Mckay, David O.

The worst tempered people I have ever met were those who knew that they were wrong.

- Mizner, Wilson

Every time you get angry, you poison your own system.

- Montapert, Alfred A.

All anger is not sinful, because some degree of it, and on some occasions, is inevitable.

But it becomes sinful and contradicts the rule of Scripture when it is conceived upon slight and inadequate provocation, and when it continues long.

- Paley, Babe

Do not suppress it-that would hurt you inside. Do not express it-this would not only hurt you inside, it would cause ripples in your surroundings. What you do is transform it.

- Pilgrim, Peace

He best keeps from anger who remembers that God is always looking upon him.

- Plato

He who is slow to anger has great understanding, but he who has a hasty temper exalts folly.

- Proverb

There are two things a person should never be angry at, what they can help, and what they cannot.

- Proverb

No one is as angry as the person who is wrong.

- Proverb

The wrath of brothers is fierce and devilish.

- Proverb

If you are patient in one moment of anger, you will escape a hundred days of sorrow.

- Proverb, Chinese

Anger is as a stone cast into a wasp's nest.

- Proverb, Malabar

Beware of him that is slow to anger; for when it is long coming, it is the stronger when it comes, and the longer kept. Abused patience turns to fury.

- Quarles, Francis

Man should forget his anger before he lies down to sleep.

- Quincey, Thomas De

There are good and bad times, but our mood changes more often than our fortune.

- Renard, Jules

It doesn't pay to say too much when you are mad enough to choke. For the word that stings the deepest is the word that is never spoke, Let the other fellow wrangle till the storm has blown away, then he'll do a heap of thinking about the things you didn't say.

- Riley, James Whitcomb

The anger of a person who is strong, can always bide its time.

- Ruskin, John

Indignation is a submission of our thoughts, but not of our desires.

- Russell, Bertrand

Doomed are the hotheads! Unhappy are they who lose their cool and are too proud to say, I'm sorry.

- Schuller, Robert H.

He that would be angry and sin not, must not be angry with anything but sin.

- Secker, Thomas

Anger: an acid that can do more harm to the vessel in which it is stored than to anything

on which it is poured.

- Seneca

The greatest remedy for anger is delay.

- Seneca

The deferring of anger is the best antidote to anger.

- Seneca

Anger is like those ruins which smash themselves on what they fall.

- Seneca

Consider, when you are enraged at any one, what you would probably think if he should die during the dispute.

- Shenstone, William

Anger is a great force. If you control it, it can be transmuted into a power which can move the whole world.

- Sivananda, Sri Swami

A vigorous temper is not altogether an evil. Men who are easy as an old shoe are generally of little worth.

- Spurgeon, Charles Haddon

I lose my temper, but it's all over in a minute, said the student. So is the hydrogen bomb, I replied. But think of the damage it produces!

- Sweeting, George

An angry man is again angry with himself when he returns to reason.

- Syrus, Publilius

Let us not look back in anger or forward in fear, but around in awareness.

- Thurber, James

Depression is rage spread thin.

- Tillich, Paul

Anger is a noble infirmity; the generous failing of the just; the one degree that riseth above zeal, asserting the prerogative of virtue.

- Tupper, Martin

When angry, count four; when very angry, swear.

- Twain, Mark

The broad general rule is that a man is about as big as the things that make him angry.

- Unknown, Source

Whenever you get red in the face, whenever you raise your voice, whenever you get hot under the collar or angry, rebellious or negative in spirit, then know that the spirit of God is leaving you and the spirit of Satan is beginning to take over.

- Unknown, Source

When you meet up with a disagreeable person, never allow yourself to be upset. Say to yourself, if a dowdy like that can stand himself all his life, surely I can stand him for a few minutes.

- Unknown, Source

The size of a man is measured by the size of the thing that makes him angry.

- Unknown, Source

The best answer to anger is silence.

- Unknown, Source

Sticks and stones may break your bones when there's anger to impart. Spiteful words can hurt your feelings but silence breaks your heart. Anger is as a stone cast into a wasp's nest.

- Unknown, Source

No one can make us angry. People can say and do things to us but it is still up to us as

individuals to do what we want with our emotions in response to those things.

- Unknown, Source

Anxiety is the rust of life, destroying its brightness and weakening its power. A childlike and abiding trust in Providence is its best preventive and remedy.

- Unknown, Source

Anger is one letter short of danger, Greatest remedy for anger is delay

- Unknown, Source

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.

- Unknown, Source

To be angry about trifles is mean and childish; to rage and be furious is brutish; and to maintain perpetual wrath is akin to the practice and temper of devils; but to prevent and suppress rising resentment is wise and glorious, is manly and divine.

- Watts, Alan W.

Keep cool; anger is not an argument.

- Webster, Daniel

There is not in nature, a thing that makes man so deformed, so beastly, as doth

intemperate anger.

- Webster, John

I am often mad, but I would hate to be nothing but mad: and I think I would lose what little value I may have as a writer if I were to refuse, as a matter of principle, to accept the warming rays of the sun, and to report them, whenever, and if ever, they

- White, Elwyn Brooks



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