

There was a little boy with a bad temper. His father gave him a bag of nails and told him to hammer a nail in the back fence every time he lost his temper.

The first day the boy had driven 37 nails into the fence. Then it gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said,

"You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say 'I'm sorry', the wound is still there.

From this story I think it's safe to say that you should be careful about what you do with your anger because after the outburst the scars will always remain. So keep this story in mind and next time you get angry, take a step back and chill.

If you need to talk about an issue and are stuck for somewhere to go, start by looking at the Advice and Ask 4 Help sections of the Young Livin Website: [www.younglivin.org.uk](http://www.younglivin.org.uk)

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# ANGER

