

flow



So sometimes the world sucks, and there's bad things you can't control.

(Let's be honest, we can't really control anything ever, it just feels like it sometimes)

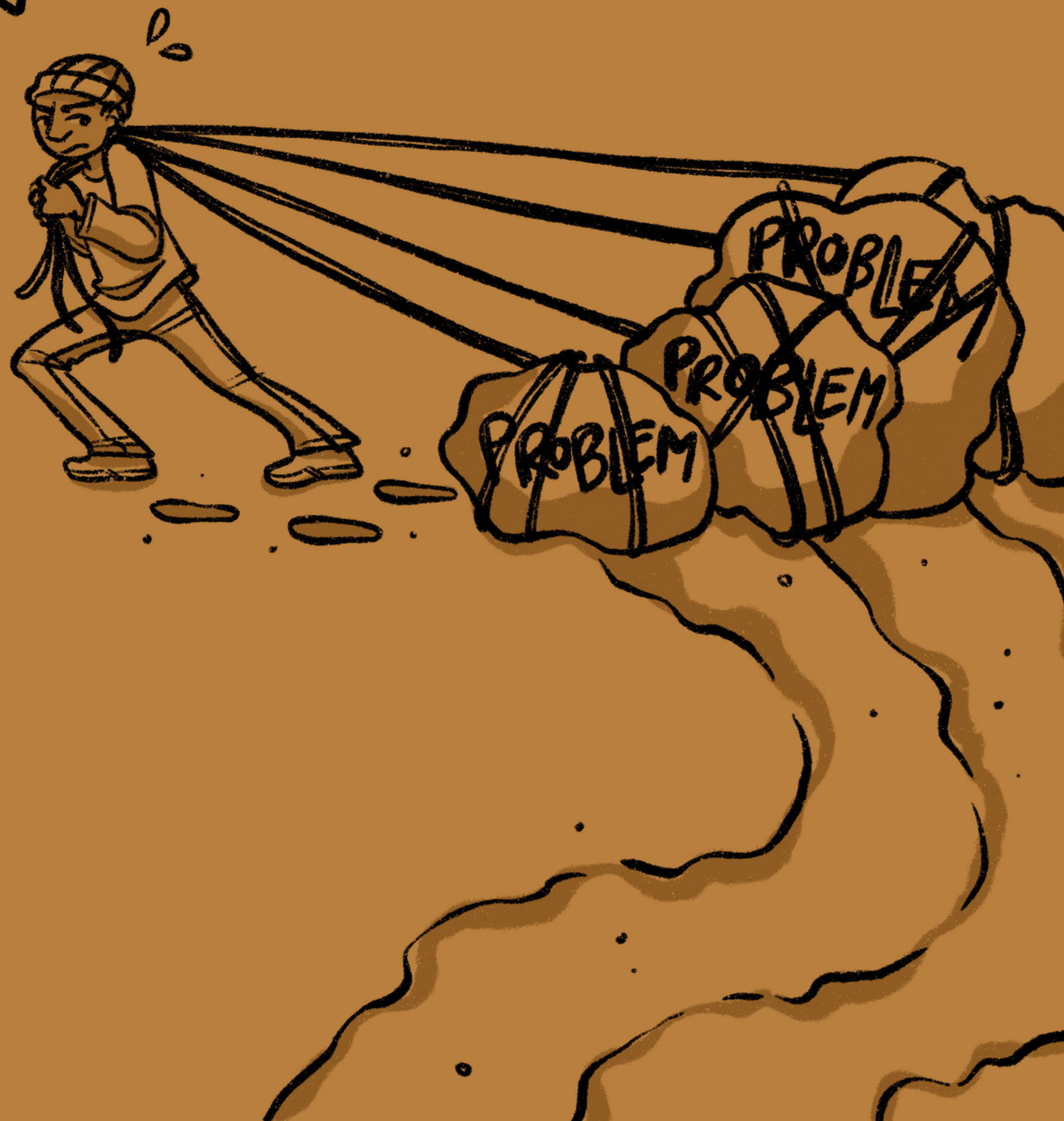


DON'T REMIND ME.

Whether it was  
something that  
happened in the  
world or something  
that happened

to you

Specifically,  
sometimes it  
feels like those  
bad, out of  
control things  
are just  
piling on.



You tell yourself you can handle  
it, but we all have our breaking  
points.



And that's when  
you  
get

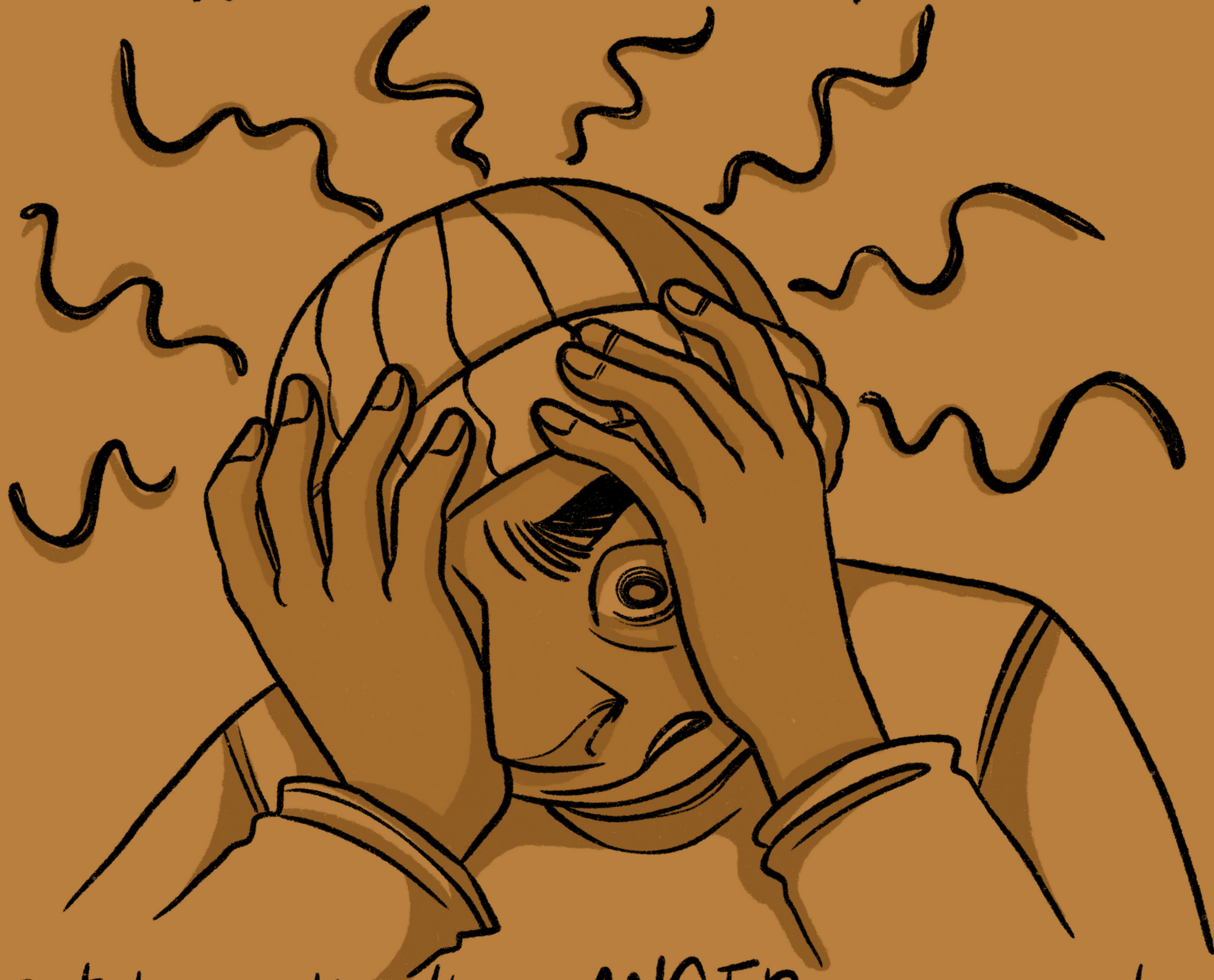
**ANGRY.**



Angry at the world, angry at  
the unfairness of it all,



That anger is valid and so understandable.  
We live in one messed up world.



But here's the thing: **ANGER** is a secondary emotion.

It's never just anger. The root is always something more. Sadness, frustration, embarrassment, even fear.





Your anger can be a raging fire, but  
once it burns out the real  
question becomes: "how do I take care  
of how I feel with the ashes left?"





There may be nothing you can do to  
fix what's happening. Sometimes all you  
can do is take care of what's  
beneath the anger.