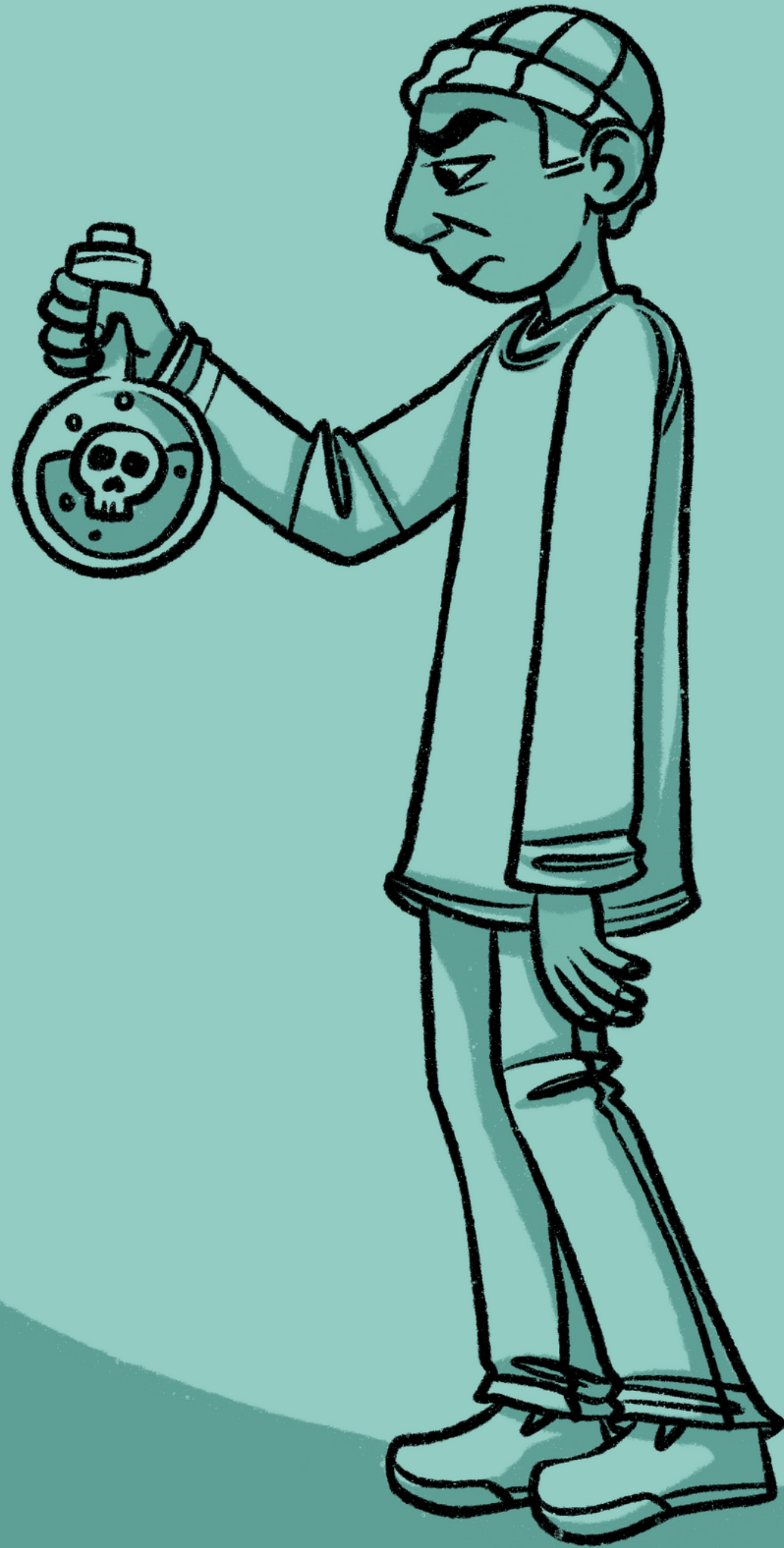


flow



Stewing in your own anger for too long is like drinking poison.

(Even if the anger you feel is righteous,
sitting in it for too long can turn sour.)





Maybe at first you can convince yourself that you feel normal. That the poison hasn't taken hold. That maybe you're immune.

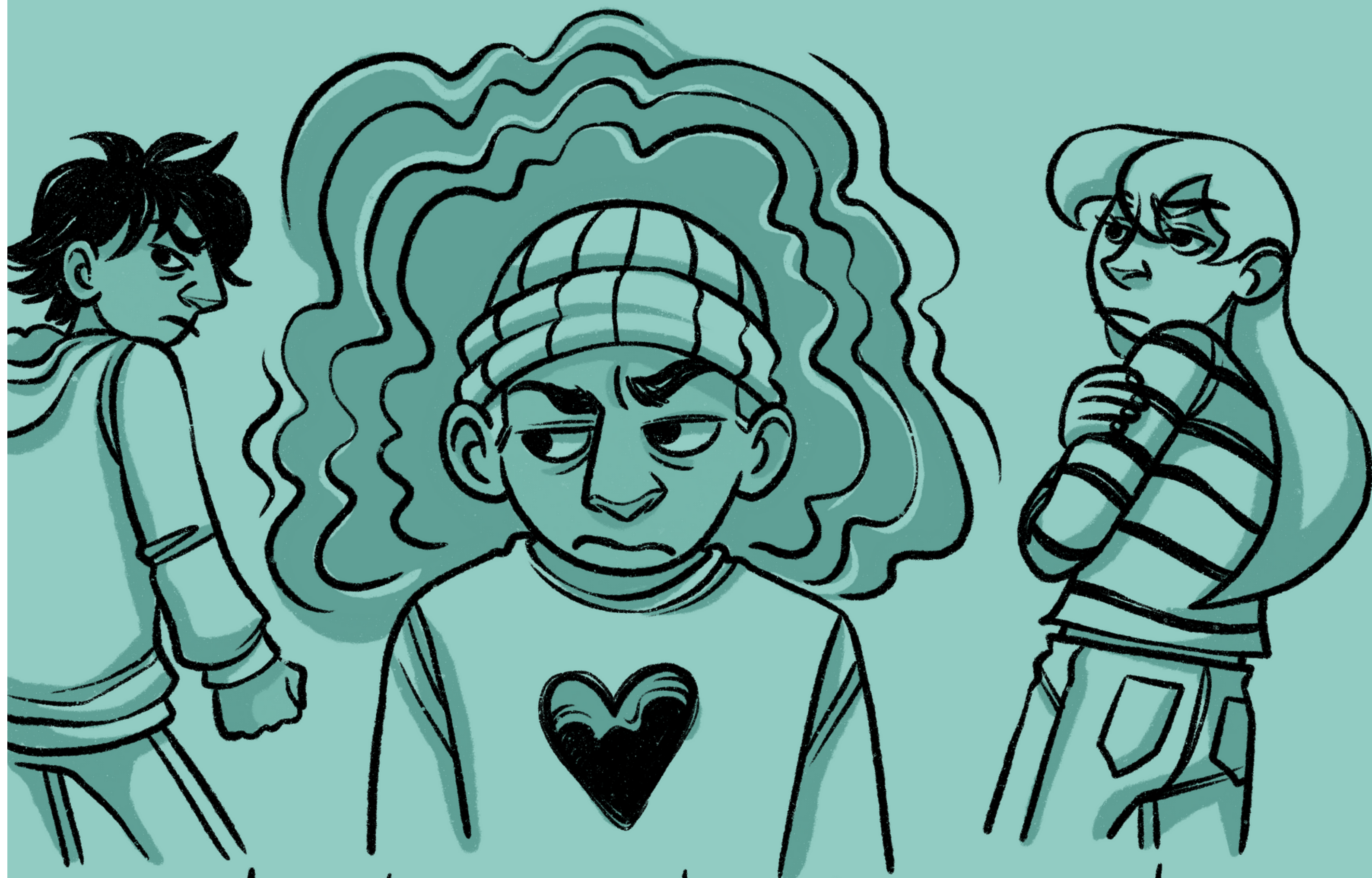
Then the effects start to
take hold.



It becomes
harder & harder
to drink the
antidote
because the
poison has
taken such
deep root
inside you,
Corrupting the
way you even
see the world
around you.



Before you know it, that anger
is touching more than just the
person you're angry with.



It's leeching into your system,
reaching your heart.

Letting anger fester to the point
of poisoning your heart isn't good
for anybody.



Least of all you.

Keep the anger from touching the way
you see everything by working through
it, forgiving, and letting go.



Pour out the poison and you won't
get to where you need an antidote.