

Anger

Bible	
Colossians 3:8	But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.
Colossians 3:21	Fathers, do not embitter your children, or they will become discouraged.
Ecclesiastes 7:9	Do not be quickly provoked in your spirit, for anger resides in the lap of fools.
Ephesians 4:26	In your anger do not sin: Do not let the sun go down while you are still angry.
Ephesians 4:31-32	Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
Ephesians 6:4	Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.
James 1:19-20	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 3:5-6	How great a forest is set ablaze by a small fire! And the tongue is a fire.
James 1:19-20	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.
Matthew 5:21	Under the laws of Moses the rule was, "If you murder, you must die." But I have added to that rule and tell you that if you are only angry, even in your own home, you are in danger of judgment.
Matthew 5:22	But I tell you that anyone who is angry with his brother will be subject to judgment.
Matthew 5:43-48	"There is a saying, 'Love your friends and hate your enemies.' But I say: Love your enemies! Pray for those who persecute you! In that way you will be acting as true sons of your Father in heaven. For he gives his sunlight to both the evil and the good, and sends rain on the just and on the unjust too. If you love only those who love you, what good is that? Even scoundrels do that much. If you are friendly only to your friends, how are you different from anyone else? Even the heathen do that. But you are to be perfect, even as your Father in heaven is perfect.
Nehemiah 9:17	... a forgiving God, gracious and compassionate, slow to anger and abounding in love.
Proverbs 14:17	A quick-tempered man does foolish things.
Proverbs 15:1	A gentle answer turns away wrath, but a harsh word stirs up anger.
Proverbs 15:18	A hot-tempered man stirs up dissension, but a patient man calms a quarrel.
Proverbs 16:32	Better a patient man than a warrior, a man who controls his temper than one who takes a city.
Proverbs 19:11	Good sense makes a man slow to anger, and it is his glory to overlook an offense.
Proverbs 21:19	Better to live in a desert than with a quarrelsome and ill-tempered wife.
Proverbs 22:24-25	Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared.
Proverbs 29:8	Scornful men bring a city into a snare, but wise men turn away wrath.
Proverbs 29:11	A fool always loses his temper, but a wise man holds it back.
Proverbs 29:22	An angry man stirs up dissension, and a hot-tempered one commits many sins.
Psalm 30:5	For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.
Psalm 37:8	Refrain from anger and turn from wrath; do not fret – it leads only to evil.
Psalm 145:8	The Lord is gracious and compassionate, slow to anger and rich in love.
Romans 12:19-21	Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good.
Titus 1:7	Since an overseer is entrusted with God's work, he must be blameless – not overbearing, not quick-tempered.

Man	
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.
Mitch Albom	Holding anger is a poison. It eats you from inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harms we do, we do to ourselves.
Louisa May Alcott	It takes two flints to make a fire.
William R. Alger	Men often make up in wrath what they want in reason.
Barbara De Angelis	The more anger towards the past you carry in your heart, the less capable you are of loving in the present.
Robert Anthony	The angry people are those people who are most afraid.
Marcus Antonius	Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved.
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.
Marcus Aurelius	How much more grievous are the consequences of anger than the causes of it.
Francis Bacon	No man is angry that feels not himself hurt.
Sir James M. Barrie	Temper is a weapon that we hold by the blade.
Henry Ward Beecher	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.
Henry Ward Beecher	Never forget what a man has said to you when he was angry. If he has charged you with anything, you had better look it up. Anger is a bow that will shoot sometimes where another feeling will not.
Henry Ward Beecher	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.
Ambrose Bierce	Speak when you are angry and you will make the best speech you will ever regret.
H. G. Bohn	Anger begins with folly, and ends with repentance.
Buddha	Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.
Buddha	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.
Edward G. Bulwer-Lytton	Anger ventilated often hurries towards forgiveness; anger concealed often hardens into revenge.
Julia Margaret Cameron	When we are angry or depressed in our creativity, we have misplaced our power. We have allowed someone else to determine our worth, and then we are angry at being undervalued.
Thomas Carlyle	In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.
Carlos Castaneda	No person is important enough to make me angry.
Cato The Elder	An angry man opens his mouth and shuts his eyes.
Francois August Rene de Chateaubriand	Are you angry? Look at the child who has erred, he suspects no trouble, he dreams of no harm; you will borrow something of that innocence, you will feel appeased.
Philip Dormer Stanhope Chesterfield	Vicious minds abound with anger and revenge are incapable of feeling the pleasure of forgiving their enemies.
Clarendon	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.
Charles Caleb Colton	The intoxication of anger, like that of the grape, shows us to others, but hides us from ourselves.
Confucius	When anger rises, think of the consequences.
William Congreve	Heaven has no rage like love to hatred turned. Nor hell a fury like a woman scorned.
Dhammapada	He who holds back rising anger like a rolling chariot, him I call a real driver; other people are but holding the reins.
Helen Gahagan Douglas	Character isn't inherited. One builds it daily by the way one thinks and acts, thought by thought, action by action. If one lets fear or hate or anger take possession of the mind, They become self-forged chains.
Wayne Dyer	What comes out of you when you are squeezed is what is inside of you.
Tryon Edwards	To rule one's anger is well; to prevent it is still better.

Albert Einstein	Anger dwells only in the bosom of fools.
Ralph Waldo Emerson	For every minute you remain angry, you give up sixty seconds of peace of mind.
Ralph Waldo Emerson	A man makes inferiors his superiors by heat; self-control is the rule.
Epictetus	If you do not wish to be prone to anger, do not feed the habit, give it nothing which may tend to its increase.
Epictetus	Whenever you are angry, be assured that it is not only a present evil, but that you have increased a habit.
Henry Fielding	As a conquered rebellion strengthens a government, or as health is more perfectly established by recovery from some diseases; so anger, when removed, often gives new life to affection.
Benjamin Franklin	Whatever is begun in anger ends in shame.
Dr. Thomas Fuller	Two things a man should never be angry at: what he can help, and what he cannot help.
Thomas Fuller	Act nothing in a furious passion. It's putting to sea in a storm.
Indira Gandhi	You cannot shake hands with a clenched fist.
Baltasar Gracian	Never do anything when you are in a temper, for you will do everything wrong.
Thomas Chandler Haliburton	When a man is wrong and won't admit it, he always gets angry.
Sidney J. Harris	If a small thing has the power to make you angry, does that not indicate something about your size?
Horace	Anger is a momentary madness, so control your passion or it will control you.
Horace	The one who cannot restrain their anger will wish undone, what their temper and irritation prompted them to do.
Bobby Hull	Always keep your composure. You can't score from the penalty box; and to win, you have to score.
Robert Green Ingersoll	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.
Thomas Jefferson	When angry, count ten before you speak; if very angry, one hundred.
Joseph Joubert	The best remedy for a short temper is a long walk.
Elizabeth Kenny	He who angers you conquers you.
Louis L'Amour	Anger is a killing thing; it kills the man who angers, for each rage leaves him less than he had been before – it takes something from him.
John Locke	Anger is uneasiness or discomposure of the mind upon the receipt of any injury, with a present purpose of revenge.
Saint Albertus Magnus	He took over anger to intimidate subordinates, and in time anger took over him.
Samurai Maxim	The angry man will defeat himself in battle as well as in life.
David O. Mckay	Anger itself does more harm than the condition which aroused anger.
Wilson Mizner	The worst tempered people I have ever met were those who knew that they were wrong.
Babe Paley	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.
Robert Pecsí	Anger infects our soul and alienates us from God. Do not allow this scourge to get a foothold in your life. Control this beast and enjoy a life of peace.
Robert Pecsí	Feed not on the scourge of anger but feast on the blessings of love and forgiveness.
Robert Pecsí	To sail into anger is fraught with peril, but none so much as for the captain of the ship.
Francesco Petrarch	Five enemies of peace inhabit with us – avarice, ambition, envy, anger, and pride; if these were to be banished, we would infallibly enjoy perpetual peace.
Peace Pilgrim	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.
William Penn	It is he who is in the wrong who first gets angry.
Plato	He best keeps from anger who remembers that God is always looking upon him.
Alexander Pope	To be angry, is to revenge the fault of others upon ourselves.
Chinese Proverb	If you are patient in a moment of anger, you will escape a hundred days of sorrow.
Malabar Proverb	Anger is as a stone cast into a wasp's nest.
Alekandr Sergeyeveck Pushkin	"Don't be sad, don't be angry, if life deceives you! Submit to your grief – your time for joy will come, believe me."

Samuel Richardson	People hardly ever do anything in anger, of which they do not repent.
Jean Paul Friedrich Richter	What most increases anger is the feeling that one is in the wrong.
Will Rogers	People who fly into a rage always make a bad landing.
Louis Antonine Leon Florelle de Saint-Just	Keep cool, and you command everybody.
Saint Francis de Sales	There was never an angry man that thought his anger unjust.
Seneca	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 deferring of anger is the best antidote to anger.
William Shenstone	Consider, when you are enraged at any one, what you would probably think if he should die during the dispute.
Sri Swami Sivananda	Anger is a great force. If you control it, it can be transmuted into a power which can move the whole world.
Source Unknown	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."
Source Unknown	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.
Source Unknown	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.
Source Unknown	Often we respond angrily and defensively rather than admitting our mistakes, apologizing, and trying to diffuse the other person's anger. Instead of fighting, we should seek peace.
Source Unknown	Before you give a colleague a piece of your mind, be sure you can spare it.
Source Unknown	The broad general rule is that a man is about as big as the things that make him angry.
George Sweeting	"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!"
Publilius Syrus	An angry man is again angry with himself when he returns to reason.
Jeremy Taylor	Anger is like the waves of a troubled sea; when it is corrected with a soft reply, as with a little strand, it retires, and leaves nothing behind but froth and shells,—no permanent mischief.
Jeremy Taylor	If anger proceeds from a great cause, it turns to fury; if from small cause, it is peevishness; and so is always either terrible or ridiculous.
James Thurber	Let us not look back in anger or forward in fear, but around in awareness.
Washington Irving	Temper never mellows with age, and a sharp tongue is the only edged tool that grows keener with constant use.
Alan W. Watts	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.