

Never take your anger out On others

Outline:

1. Introduction.
2. Dictionaries and Organisations definitions.
 - a. American Psychological Association;
 - b. Wikipedia.
 - c. Natural outcome that vary according to individuals.
 - d. Necessary emotions to release ones feelings.
3. Dicty of anger put out certain outcomes in negative portray.
 - a. Prey of anger, mostly, lives or looks disturb.
 - b. Anger-woven man/women casts a negative image on others.
 - c. A casualty or casualties which are affected by anger, also face unrest, hurt etc.
 - d. At minimal and maximal levels, it can destroy a family and a country respectively.
 - e. Hitler's anger evolved and spread

in the whole world.

4. Vexation or outrage can be converted into affirmative fruits.
 - a. By converting rage into maximum beneficial physical activities.
 - b. By accepting that everyone can make mistakes.
 - c. By taking a reasonable silence can reduce the causes of depression etc.
 - d. By forcing ourselves to read any resourceful book.
 - e. By laughing therapy technique, can reduce the outrage.
5. conclusion.