



## TEMPER

When I have lost my temper I have lost my reason too.  
I'm never proud of anything which angrily I do.  
When I have talked in anger and my cheeks are flaming red,  
I have always uttered something which I wish I hadn't said.  
In anger I have never done a kindly deed or wise,  
But many things for which I felt I should apologize.  
In looking back across my life, and all I've lost or made,  
I can't recall a single time when fury ever paid.  
So I struggle to be patient, for I've reached a wiser age;  
I do not want to do a thing or speak a word in rage.  
I have learned by sad experience that when my temper flies,  
I never do a worthy thing, a deed or wise.

[Author Unknown](#)