

Controlling Anger

There once was a small boy who had an ill temper. His father presented him a bag of nails and told him that each time he lost his temper; he must hammer a nail into the fence. The first day the boy had driven thirty-seven nails into the fence. Over the next few weeks as he learned to command his anger, the number of nails hammered daily, gradually dwindled away. He discovered it was easier to hold his temper than to force those nails into the fence.

At last the day came when the boy didn't lose his temper at all. He told his father about it and the father advised that the boy now pull out one nail for every day that he was able to hold his temper. The days passed by and the young boy was at last able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He stated "you have done well, my son, however look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one." You are able to put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. Make certain you control your temper the next time you're tempted to say something you'll regret later.