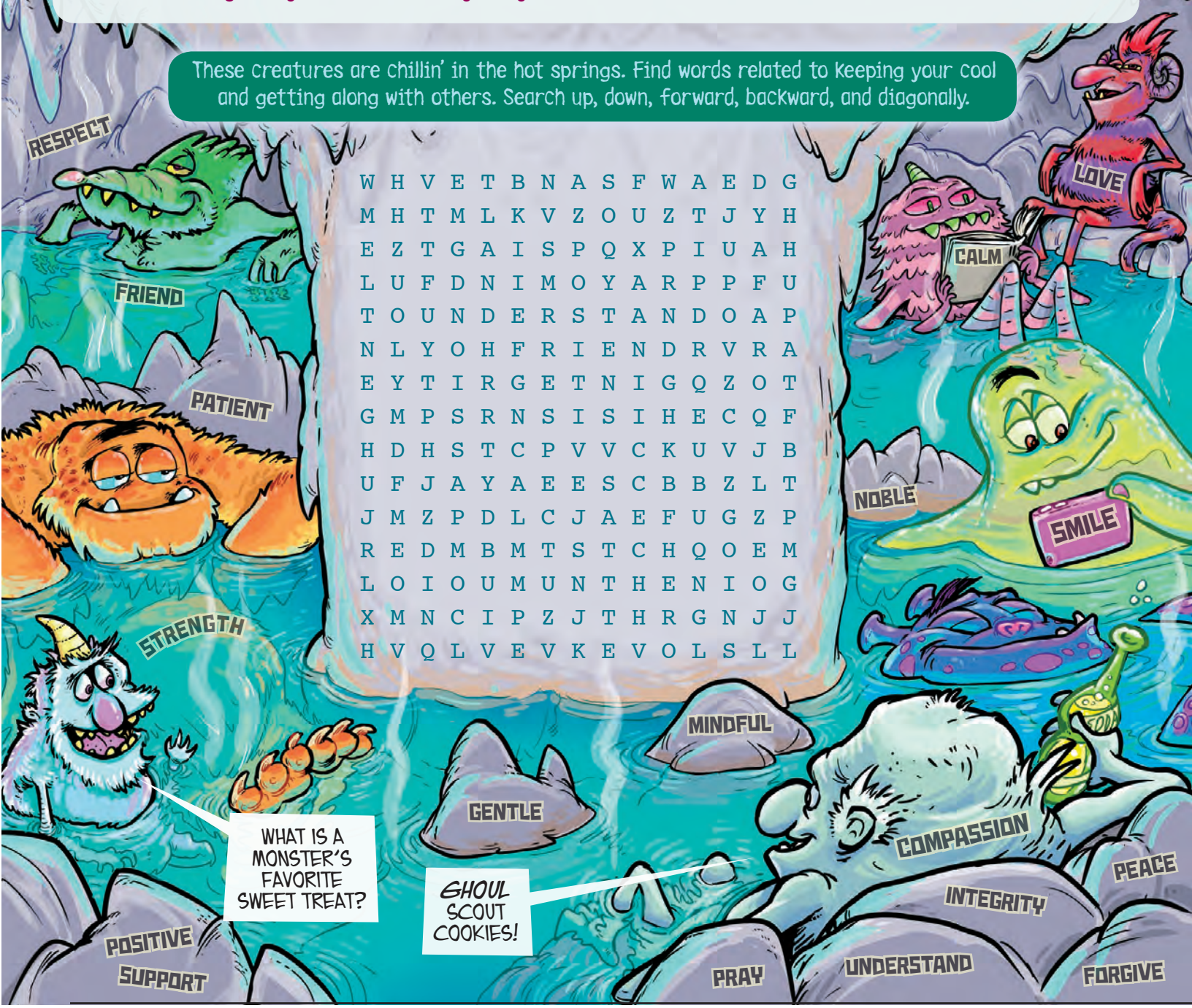
Cool Off with Compassion

"Should anyone wax angry with you, respond to him with gentleness . . ." —Bahá'u'lláh

You're walking through the lunchroom at school when you accidentally bump into someone. Splat! His pizza ends up on the floor. "Hey, watch where you're going!" he yells angrily. How will you respond?

You could get monstrously mad and growl, "It was an accident. You don't have to freak out!" Or you could calmly say, "Sorry, I didn't see you there. I'll get you a new slice." He might stay irritated either way, but you can't control anyone else—only yourself.

If you let negative feelings turn you into a beast, you can end up feeling tired, sick, and sad. Instead of getting upset, try to stay peaceful. You can react to anger or unkindness in a way that's noble. What if you saw the other kid not as a fiend, but as a future friend? When we're patient in the face of problems, we can soothe our inner monsters.