

Whatever you do or say in a state of anger will only cause more damage in the relationship.

Instead we should try not to do anything or say anything when we are angry.

To whom this may concern don't let this world turn you cold.

Don't let the pain harden your heart.

These bad times will make you grow.

So, I think that we should do these things:

Get angry less

Forgive

Just shout for joy

Laugh out loud

Hug very tightly

Smile everyday

Mourn with emotion

Be happy and

Love each other a lot

But one thing we should know, we would not be able to appreciate happiness if there were no pain.

For example, you need to have a bad day once in a while, otherwise you'll never know how to appreciate a good one.

And yes, you can't control the things that happen to you, but you can control the way you react to them.

/wɒt'evə ju: du: ɔ: seɪ ɪn ð steɪt ɒv 'æŋgə wɪl 'əʊnlɪ kɔ:z mɔ: 'dæmɪdʒ ɪn ði: rɪ'leɪʃənʃɪp/

/ɪn'stɛd wi: ʃʊd traɪ nɒt tu: du: 'eni,θɪŋ ɔ: seɪ 'eni,θɪŋ wɛn wi: ɑ: 'æŋgrɪ/

/tu: hu:m ðɪs meɪ kən'sɜ:n dəʊnt lɛt ðɪs wɜ:ld tɜ:n ju: kəʊld/

/dəʊnt lɛt ði: peɪn 'hɑ:dən ʃɔ: hɑ:t/

/ði:z bæd taɪmz wɪl meɪk ju: grəʊ/

/səʊ aɪ θɪŋk ðæt wi: ʃʊd du: ði:z θɪŋz/

/ get 'æŋgrɪ lɛs/

/fə'gɪv/

/dʒʌst ʃaʊt fɔ: dʒɔɪ/

/lɑ:f aʊt laʊd/

/hʌg 'vɛɪ 'taɪtlɪ/

/smaɪl 'ɛvrɪ,deɪ/

/mɔ:n wɪð ɪ'məʊʃən/

/bi: 'hæpɪ ænd/

/lʌv i:tʃ 'lðə ɒ lɒt/

/bʌt wʌn θɪŋ wi: ʃʊd nəʊ wi: wʊd nɒt bi: 'eɪbəl tu: ə'prɪ:ʃɪ,eɪt 'hæpɪnɪs ɪf ðeə wɜ: nəʊ peɪn/

/fɔ: ɪg'zɑ:mpəl ju: ni:d tu: hæv ɒ bæd deɪ wʌnz ɪn ə waɪl 'lðə,wɑɪz ju:l 'nevə nəʊ haʊ tu: ə'prɪ:ʃɪ,eɪt ə gʊd wʌn/

/ænd ʤɛs ju: kɑ:nt kən'treʊl ði: θɪŋz ðæt 'hæpən tu: ju: bʌt ju: kæn kən'treʊl ði: weɪ ju: rɪ'ækt tu: ðɛm/