

Self-Control

**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 had not 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.**

