

## **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.**

