

How to Stop Being Angry

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How to Stop Being Angry

Jasmine Sharpe

I have a lot of it, unfortunately.
 I blame my astrological sign. Why was *I* an Aries, of all things?
 It practically sealed my fate.
 Now I am stuck with this bubbling inferno, festering inside me
 like lava inside a volcano. Always waiting for the perfect moment
 to explode.

Sometimes, I get so angry so quickly that I forget how to breathe.
 Other times, it simmers slowly, attaching itself to bitter memories
 and painful failures until it overwhelms me.

I don't like it.
 As a black woman, it carries too many implications.
 I try to avoid it, I try to swallow it.
 I try to hide it, I try to suppress it.
 But no matter what I do to keep myself from giving
 in to the inferno, it always comes boiling back up.
 It's driving me crazy.
 I thought it'd be best to get advice.

So, how do you stop being angry?

“Just sleep on it,” my father told me, “when you wake up you will feel better.”

It always seemed to work for him,
 so I did what he said.

What do I do when I'm frustrated with myself? When I've failed again and it feels like nothing ever works out?
 Sleep.

What do I do when I feel like I've been wronged? My feelings belittled or ignored?
 Sleep again.

What do I do when someone makes an ignorant comment to me that makes the blood under my skin burn?
 Sleep some more.

What do I do when I'm told to calm down? To stop acting like the 'angry black woman'?
 Sleep even more.

What do I do when I see a hashtag trending with the name of yet another unarmed victim in a police shooting?
 Sleep for a very, very long time.

At this rate,
I will be sleeping for an eternity.