

“I’m Not an Angry Person!”

I’m not an angry person – being angry is not good!
I prefer to just forgive you, as a decent person should
You may hurt me or offend me, and this may leave me pained
But I never will get angry – what is there to be gained?

I sometimes feel emotion – you might think I’m getting mad
But I’m quick to reassure you that in fact I just feel *sad*
My father was an angry man, he made my childhood grim
I am not an angry person - I am not the least like him!

I feel upset at prejudice, injustice and abuse
But nothing can be done about it - really, what’s the use?
Now cold callers do annoy me, and I make my feelings known
But that is surely justified! I never said that they could phone!

If people do upset me, I just quietly close the door
And make a swift decision not to see them any more
My mum said, *“You don’t need a friend who treats you just like dirt
Don’t let people get too close, and then you won’t get hurt.”*

I find it helps to have some food, the feelings soon are gone
It makes me feel much better, though it’s true the weight goes on
No, anger’s not my problem, though I am a bit depressed
But life can be a struggle, and most of us are stressed

Angry people are insensitive, they have no self-control
They do harm to other people, they do damage to their soul
I just want a quiet life, I have no inner rage
I walk away, I close my ears, I simply ‘turn the page’.

I’ve said my piece, I’m through with it, it’s just a waste of time
No, anger’s not my issue, I am absolutely fine!
And I never have got angry, and I won’t, and never could!
I am not an angry person, being angry is not good!