

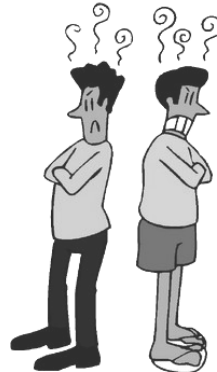
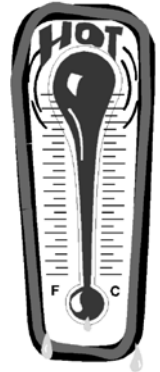


is for **DUMB**.

Anger is an Emotion that **can** make you **D**umb.

The key point here is “**can**”. If a person allows their anger level to get **too high**, it can impair their ability to think clearly and make good decisions. Have you ever done something dumb under the influence of intense anger?

Some people are aware of this “hidden handicap” and may intentionally **try to get you angry** in order to get an advantage. Whether you’re facing a competitor on the basketball court or an adversary in a business deal, if your “opponent” can get you angry at **just the right time**, it may cause you to make a poor decision and “*lose the game*”. (*Do you know someone who is highly skilled at triggering people’s anger?*)



Anger is a common, beneficial emotion providing energy. But, an excessive level of anger can make you Dumb.



Practical Application:

When you notice someone getting upset, remind yourself: “*They might do something dumb*”. When you notice **yourself** getting upset, ask yourself: “*Would it be smart to take a ‘time-out’ and calm down before making an important decision?*”