



Impulse

Thinking on impulse is something that is really hard for me to stop because I got anger issues and all that. So, when I feel angry or sad, I do crazy shhh. So, I just try to calm down because I do not like ending up in jail. It sucks to have that problem.

One way not to act on impulse is don't hurt nobody and be alone to take breathers or talk to a mental health counselor. When you act on impulse, you can hurt people. Stay away from people when you're mad and if you explode because you will get charged with assault if you're mad and hurt somebody.

Nobody should experience going to jail, it is inhumane you'll hate it. One time I felt like that was when I got in trouble for something I didn't do at school. I then went up to the boy who snitched and beat him up till he was on the ground. Don't play with me when I'm mad.

-Kevin

From The Beat: Thank you for giving us some solid advice on how to cope with anger. We like how you made the connection between how anger impacts your decision making. Are you making an effort to surround yourself by people who do not trigger your anger as much?