

Forum:[Hack Forums](#)

Thread: [What do you do when you get angry?](#)

Portugals - August 10, 2024, 2:16 pm

When you are very angry about a situation, what do you do to calm yourself down? How do you keep yourself calm?

Deany - August 10, 2024, 4:17 pm

Depends what I am angry on . Time heals everything

Portugals - August 10, 2024, 4:30 pm

(Aug 10, 2024 04:17 PM)Deany Wrote: [\[CITE\]](#) Depends what I am angry on . Time heals everything
Yes, there is nothing that time cannot solve

N - August 10, 2024, 5:23 pm

Buy expensive shit I don't need.

Yin Yang - August 10, 2024, 5:35 pm

I smoke a nice fatty

TooBurnt - August 10, 2024, 5:43 pm

(Aug 10, 2024 05:35 PM)Yin Yang Wrote: [\[CITE\]](#) I smoke a nice fatty
This is the way.

Pr0m3th3us - August 10, 2024, 6:02 pm

I don't get angry lol, I just literally don't give a fuck

Mr_Kh4os - August 10, 2024, 6:36 pm

(Aug 10, 2024 05:35 PM)Yin Yang Wrote: [\[CITE\]](#) I smoke a nice fatty
This is pretty much how I decompress especially after a super messed up day.

Online Sir - August 10, 2024, 7:21 pm

(Aug 10, 2024 05:23 PM)N Wrote: [\[CITE\]](#) Buy expensive shit I don't need.
I splurge too when I am angry.

gwiz - August 10, 2024, 8:01 pm

Just remind myself that things will be alright with time.

Purgatory - August 10, 2024, 8:39 pm

(Aug 10, 2024 02:16 PM)Portugals Wrote: [\[CITE\]](#) When you are very angry about a situation, what do you do to calm yourself down? How do you keep yourself calm?
I just try to talk about it. When we hide things, or don't shine light on the matter, they tend to not get fixed. I mean, you can't just cover your eyes and expect it to disappear. Talking about whatever you're angry about definitely helps. So does smoking Imfao, if I am alone and become frustrated I just try and sit down and think about what all I have around me.

Phantom_NiNja - August 10, 2024, 10:03 pm

(Aug 10, 2024 02:16 PM)Portugals Wrote: [\[CITE\]](#) When you are very angry about a situation, what do you do to calm yourself down? How do you keep yourself calm?

What situation is making you angry? I myself normally watch youtube videos to calm myself down or drink green tea or coffee.

diablospartan - August 11, 2024, 12:47 am

Well simple if i can remain calm then i remain calm if not then either i start screaming and speak ugly or fight if necesarly (its not ok to fight but sometimes you dont have other solution)

I advise you to not force yourself all the time to stay calm as sometimes you need to release that anger

Jamika - August 11, 2024, 1:18 am

(Aug 10, 2024 02:16 PM)Portugals Wrote: [\[CITE\]](#) When you are very angry about a situation, what do you do to calm yourself down? How do you keep yourself calm?

I keep walking in house here in there, or punch anything non human

Portugals - August 11, 2024, 2:26 am

(Aug 11, 2024 01:18 AM)Jamika Wrote: [\[CITE\]](#) I keep walking in house here in there, or punch anything non human

This doesn't hurt anyone, this is very smart, congratulations

DashPHP - August 11, 2024, 2:31 am

Punch the air and breatheeee

Portugals - August 11, 2024, 2:33 am

(Aug 11, 2024 02:31 AM)DashPHP Wrote: [\[CITE\]](#) Punch the air and breatheeee

Punching the air can be really fun! :D

Blockonome - August 11, 2024, 6:28 am

I roll up and smoke a fat one, that way I can just focus on crypto and it's news.

kanarevojebote - August 11, 2024, 8:31 am

Spending money cures anything

Portugals - August 11, 2024, 8:32 am

(Aug 11, 2024 06:28 AM)Blockonome Wrote: [\[CITE\]](#) I roll up and smoke a fat one, that way I can just focus on crypto and it's news.

Crypto is making us sick :/

happygonutty - August 11, 2024, 3:04 pm

(Aug 10, 2024 02:16 PM)Portugals Wrote: [\[CITE\]](#) When you are very angry about a situation, what do you do to calm yourself down? How do you keep yourself calm?

In my case I do my best to be rational but if it is not rational enough and I am the one who is at a disadvantage then I just hope for the best of them and just mind my own business somewhere else. Honestly, I am not a person who is into taking down others just because they piss me off and I need to defend my feelings. I am the legit peace maker. ???