



**“Control your temper. Don’t let it control you.”**

What does “Control your temper. Don’t let it control you.” mean to you?

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Why did Booker T. Washington think this was an essential lesson to teach his students at the Tuskegee Institute in the early 1900’s?

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How can you apply this idea to yourself? Do you have to be overtly angry to lose your temper?

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