

Name: _____

Explain What the Feelings Quotes Mean

- 1 It's not about what you didn't feel, it's about what you didn't show.
— Anon
- 2 Feelings are much like waves, we can't stop them from coming but we can choose which ones to surf.
— Anon
- 3 If you are patient in one moment of anger, you will escape a hundred days of sorrow.
— Chinese Proverb
- 4 The greatest remedy for anger is delay.
— Anon
- 5 Happy is entirely up to you and always has been.
— Janette Rawllison
- 6 Let sleeping dogs lie.
— English Proverb
- 7 In order to move on, you must understand why you felt what you did and why you no longer need to feel it.
— Mitch Albom