

Vol. 4, Day 25: A & P of Addiction part 4 of 5: MOTIVE

The ultimate solution to every angry outburst is enveloped in a single word: HUMILITY. When it is all about **you**, nearly anything can make you express anger. It is only when you can stop obsessing about what should have been done or trying to get them to behave in a manner which suits your opinions and preferences that anger can be conquered. Now to be sure, even the most even tempered people can become angry when the stress becomes too great to be silent. But the duration of the expression of anger can be reduced to a very small time when we learn how to **solve** it. We will explore the solution tomorrow. In the mean time think about why you explode in the first place. It boils down to motive. When our motives are purely selfish, we will be angry a lot. When our motives change, so do our expressions.

**It is not “what” I do or say that matters.
It is “why” I do or say that matters.**

It is my **motivation that **determines** the **value**
of anything and everything I do or say!**

**Essentially: all boils down to “MOTIVES”
This is what makes Matt. 25:31 sensible.**

**St. Paul clearly declares in 1 Corinthians 13:
any word or deed that is not motivated
by love for another has “no” value at all.**

— J. H. Alan

My Confirming Scriptures:

Aligning Experiences:

DEEPER Every Day -- John Henry Alan