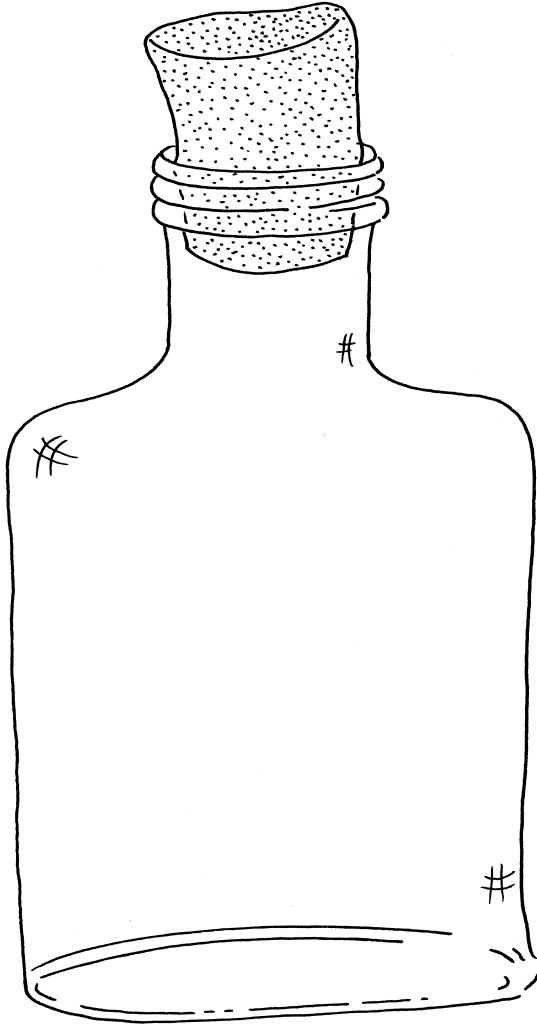


# Bottled-Up

Sometimes, if we bottle-up our anger it can make the explosion worse.



Stop and think before you take out the cork. Who will you tell? Why? What will happen then?