

## **ACTING LIKE A SOCCER PLAYER**

In the World Cup final, Zidane lost control of his temper.

The parting image for the France captain will forever be him rearing back in anger, lowering his bald head and launching his bald crown into the chest of Italy defender Marco Materazzi's chest after the two exchanged words while walking down the field in extra time Sunday.

The game was tied 1-1 when Zidane was given a red card in the 110th minute. Without their sharpshooting captain, the French couldn't unlock Italy's defense and went on to lose in a shootout, 5-3.

Haven't most of us, like Zidane, been so angry that we wanted to "head-butt" someone? Anger is a legitimate emotion, God probably even gave each of us a temper. However, there is a right way to display it and there is also a wrong way.

Two weeks ago we enjoyed our two Texas grandson's, seven and five, for a week without mom and dad around. On three occasions we invited our other two grandchildren from Oklahoma City, six and four, to play with their "Texas cousins". All three times, the two older boys got angry at each other and had to be corrected by grandpa, which by the way, is very hard on me. No amount of "counseling, explaining or threatening" from me produced any change.

It was my wife, who, in my estimation gave them the best advice on handling anger. She told each that its permissible for them to get angry, we all do that. However, she said although anger itself is okay, its not okay to take that anger out on someone else. I wish I had said that. I'm sure I meant to say it , probably would have eventually said it, but it was their grandmother who actually said it.

Anger is next to impossible to suppress. It alright to feel it, but it not alright to express it in inappropriate ways. A brilliant piece of advice. Although it fell on deaf ears as far as our grandsons were concerned, I listened and I will try to remember it the next time I want to head-butt someone.