

# I Am Smart And I Am Happy

by Kathleen Wiley

I am smart and I am happy!! (This is one reason why....)

I control myself and love myself and that is no lie!!!

I don't care for anger or resentment (YOU know why!)

I'M A PERSON WHO IS IN CONTROL!!!!

I am smart and I am happy!

I'm in complete control!

No one pulls my chain or goads me!

I don't need to be told How to deal with anger or with hurt...

It's a rocky road...

But I just smile. 'CAUSE I AM IN CONTROL!!!!

When a person calls me names and says things I think are bad

I don't argue or get angry...

Nothing makes me mad!!!!

'Cause I've figured out that I don't WANT to feel bad or sad!!!!

I'M A PERSON WHO IS IN CONTROL!!!!!!

When I find my pencil in the hands of one of my friends...

I say, "Is that yours???? 'Cause I lost mine..."

But that's where it ends!!!

I know arguing and fighting come to no good ends.....

I'M A PERSON WHO IS IN CONTROL!!!!!!!!!!!!

When a person cuts in front or takes away my turn...

I think, "No big deal.....You're not a heel....

And someday you'll learn

How to treat your neighbor kinder "

(But I won't get heartburn....'CAUSE I'M A PERSON WHO IS IN CONTROL!!!!!!)

When I look around and see things I don't think are right

I say, "That's THEIR business. I'll stay out of it this time."

If it doesn't hurt ME or ANOTHER, it starts a fight

To be a person who's not in control.

But if something really bugs me and I just can't ignore

I'll go to the person quietly and then we'll explore

How to solve it. then resolve it

And I've proven once more

That truly friends are always in control!!!

So I'll go along and do my thing...

I know you will too....

Hope we don't get in each other's way

But if we do....

Can we share the territory and help each other through???

WE ARE PEOPLE WHO ARE IN CONTROL!!!!!!!!!!!!

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