In my opinion, anger is an age-old basic affliction. The case of Buddhist anger is also quite deep. Therefore, when faced with a situation that is against their will, Buddhists immediately get angry.Buddha taught us to transform our anger. When we are angry, we can also clearly show the other person that we are angry and upset with them. I have my pain and suffering. We should express our suffering honestly and honestly to the person who is angry. We get angry at them because they don't please us. We must make it clear for them to understand and sympathize with us. It is also possible that we are wrong about them. We need to get to know each other better. We should not harbor hatred in our hearts. Because that is not my wise attitude. We need to empathize so that we and them have a chance to work things out.Buddha taught us not to be envious of anyone. Sometimes we are wrong, but we still maintain our prejudices. Pride always wants us to be superior to others. Wanting to humiliate the person we hate to the end of suffering. That mood is so cruel! Even if we satisfy our anger, our hearts are always restless and miserable. That's what we bring to ourselves and break our closeness, our dear friends.Everyone has animosity in the past, so do I, many times I have experienced anger.When I'm angry, I often sit and listen to music. Listening to music helps me relax my mind and makes my heart lighter.