



*It is not angelic to search for the evils with a person unless one also looks for what is good (see Arcana Coelestia 10381).*

If there is someone you are feeling angry or upset with, try writing down some of his or her good qualities. What can you find to like or admire in this person? Jotting some things down or just reflecting on these can help you to have a more balanced perspective and react to someone more calmly and affirmatively.