How Luke Skywalker Handles Anger

Like everyone else, Luke Skywalker gets angry sometimes. Before he became a Jedi, sometimes Luke lost control and would hit people in anger. Yoda told Luke, "Beware of the dark side. Anger... Fear... Aggression. The dark side are they. Easily they flow, quick to join you in a fight." Luke learned to control his anger in order to become a Jedi. Luke still feels anger, but he has learned to control his reactions and has learned to calm himself down. When Luke feels angry, he waits, even if he really wants to hit someone. Luke takes three deep breaths and thinks inside his head, "I am OK. I can handle this."

Then he asks Yoda or another Jedi master to help him. Sometimes, if he's still mad, he thinks about the people who love him and remembers that the force will always be with him. Luke still makes mistakes, but he's becoming a stronger Jedi every day.

When Luke gets angry he:

Waits…does not act.

Takes 3 deep breaths. 1…..2…..3

 "I am OK. I can handle this."

Asks a Jedi master, teacher, or family member for help.

Thinks about the people who love him and remembers the force is with him.