

## **Quotes displayed in Alternative Education**

*Rather than displaying only rules, we utilize quotes to influence change.  
This reduces power struggles and creates another vehicle for counseling.*

**Poison does more damage to the vessel in which it is stored than to the item on which it is poured.**

**Anger is often the illusion of control.**

**Control is not doing what you want when you want; it is understanding how to get what you want within the legal parameters of society.**

**You lose your freedom and then you go to jail.**

**The more you understand and accept that you don't have control over certain situations, the less angry you will be.**

**Be kind, for everyone you meet is fighting a great battle.**

**No one can make you feel inferior without your consent.  
Eleanor Roosevelt**

**Empathy is the enemy of the criminal.**

**Is your behavior in accordance with the true outcome you wish to achieve?**

**Experience is only an opportunity; what matters is what one makes of it.**

**For every minute you remain angry, you give up sixty seconds of happiness.**

**Anger is a mask for other feelings.**

**Without struggle, there can be no progress.  
Frederick Douglass**

**Those who cannot remember the past are condemned to repeat it.**

**Change is inevitable; improvement is optional.**

**Nothing in life is to be feared, it is only to be understood.**

**Learning is weightless, a treasure you can always carry easily.**

**An investment in knowledge always pays the best interest.**