

# THE ANGRY KING

Written & Illustrated by  
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TYPEFACE USED FOR THE BOOK IS LORA.

To my parents, friends, teachers and people who taught  
me about identifying emotions.



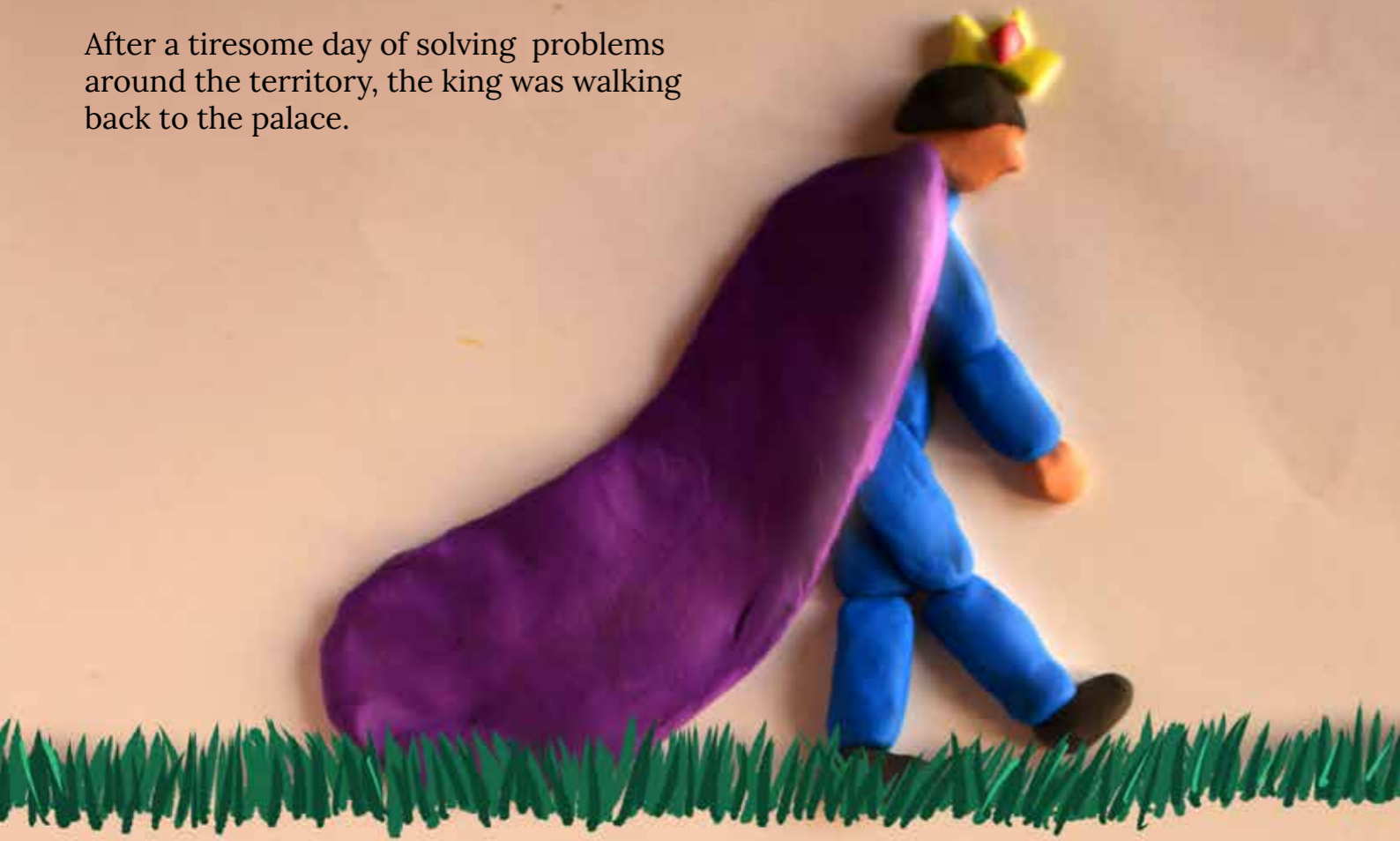
There lived a kid king named Neil in the kingdom of Mizu. Neil's parents, the late king & queen had passed away, leaving him & his baby sister behind. The responsibility of the entire kingdom had fallen onto his shoulders.



Neil had proven worthy of his title with bravery & intelligence. He had an earnest advisor, who helped him govern the entire kingdom.



After a tiresome day of solving problems around the territory, the king was walking back to the palace.



On his way, he saw kids freely having fun on the play ground.



Seeing those kids happy, delighted & free, the king boistered with anger. Neil ordered his advisor to not let them play and do homework.

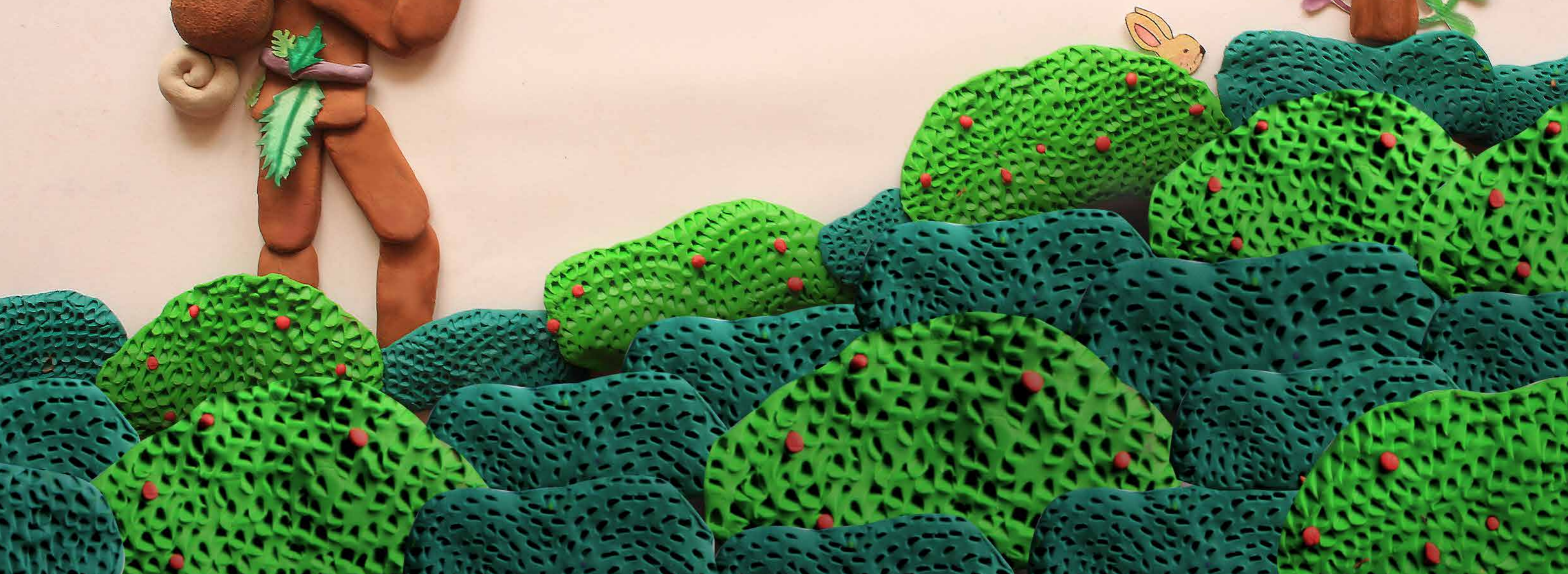


Neil was now growing up and experiencing adolescence. Few days later the king was grumpy & angry at his council while discussing some major issues about the kingdom. The council & advisors were confused as to why the king was annoyed & irritated all the time. Months passed by with similar tantrums being thrown and the he was now called "Neil the angry king".



The king's new reputation was placing the kingdom at risk. Few days later the late king's oldest friend Mr. G visited the kingdom.

Mr. G was well known to diffuse serious situations throughout the world. He payed a visit to Mizu when the king's advisor called urgently upon him, to save the kingdom from falling at major risk.



Mr. G met the king in the council room. At first, he thought that the king's irritation & constant anger was due his adolescence. But the king seemed annoyed & angry for other reasons. Looking at the worsening situation in the kingdom of Mizu, Mr. G decided to stay longer.



Few weeks later, during an evening tea the king & Mr. G were in an intense discussion. The king broke down at Mr. G & cried out loud, "I hate that my parents passed away! They left me with a huge responsibility of the entire kingdom, when instead I should be playing around and climbing trees! This is not fair!"





Mr. G with a relieved face said, "Neil, you are jealous of the kids playing around. And showing that with anger & resentment is putting your connection with them at risk." The king was now looking at Mr. G with open wide eyes. "I can see in your eyes, the fear & doubt for prosperity of the kingdom. Again, showing it to the council with irritation & annoyance, is collapsing your influence over them."

“That’s jealousy?!” Neil asked, Mr. G nodded. The king realised that anger & angst was caused by him not understanding what emotions he felt. Whenever he felt overwhelmed with emotions he took a deep breaths. By identifying his emotions in every situation hereon helped him to accept & resolve them. The king never expressed anger towards his people again.



The king was never again called Neil the angry king. The king opened the playgrounds & gave himself free time to have fun around.



The kid king went on to become the kindest & greatest king that ever lived.



How to identify what you are feeling :

Name what you are feeling with the emotional wheel

**THE END.**



The first step is to identify what emotion are you exactly feeling. The next step is accepting them, which will help you to not express it with anger/resentment/annoyance/irritation.



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