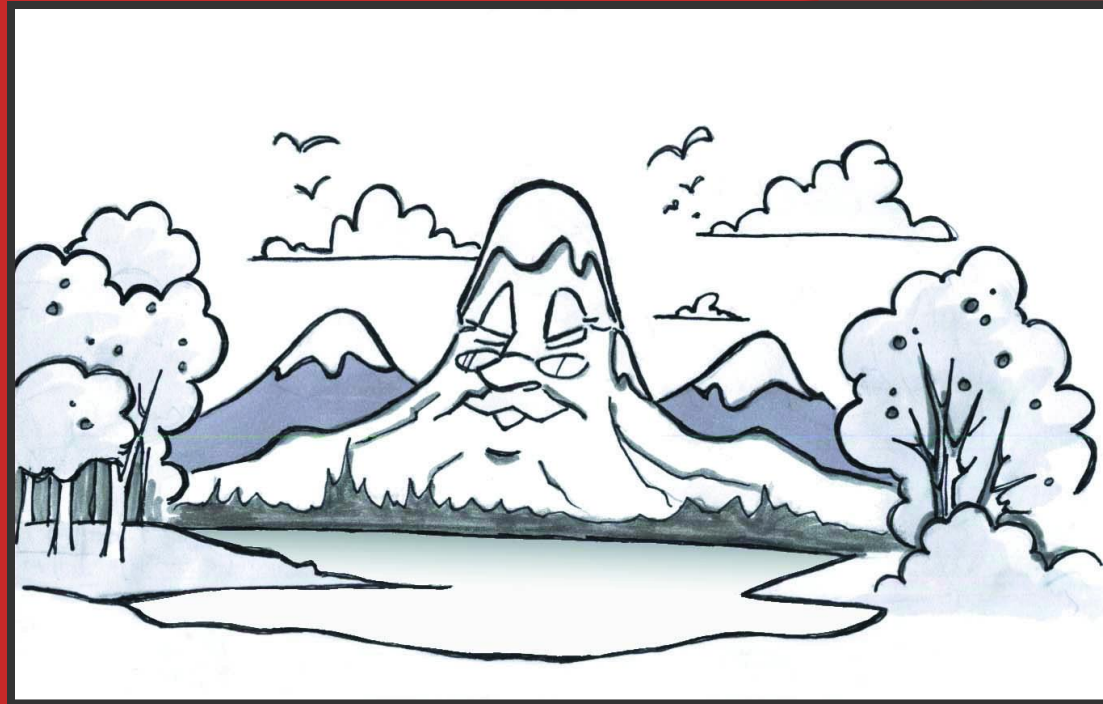


# A Tale of Three Volcanoes

## 三座火山的故事

Imagine three large volcanoes. The first is extinct. Where once magma and molten rock hurtled down, now grass, trees, and all manner of fauna and flora flourish on its serene slopes.

想像有三座火山。第一座火山是死火山。从前奔流下来的岩浆和融化的岩石，现已长满了青草树木，宁静的山坡上栖息着各种野生动物群落，植物繁茂生长。



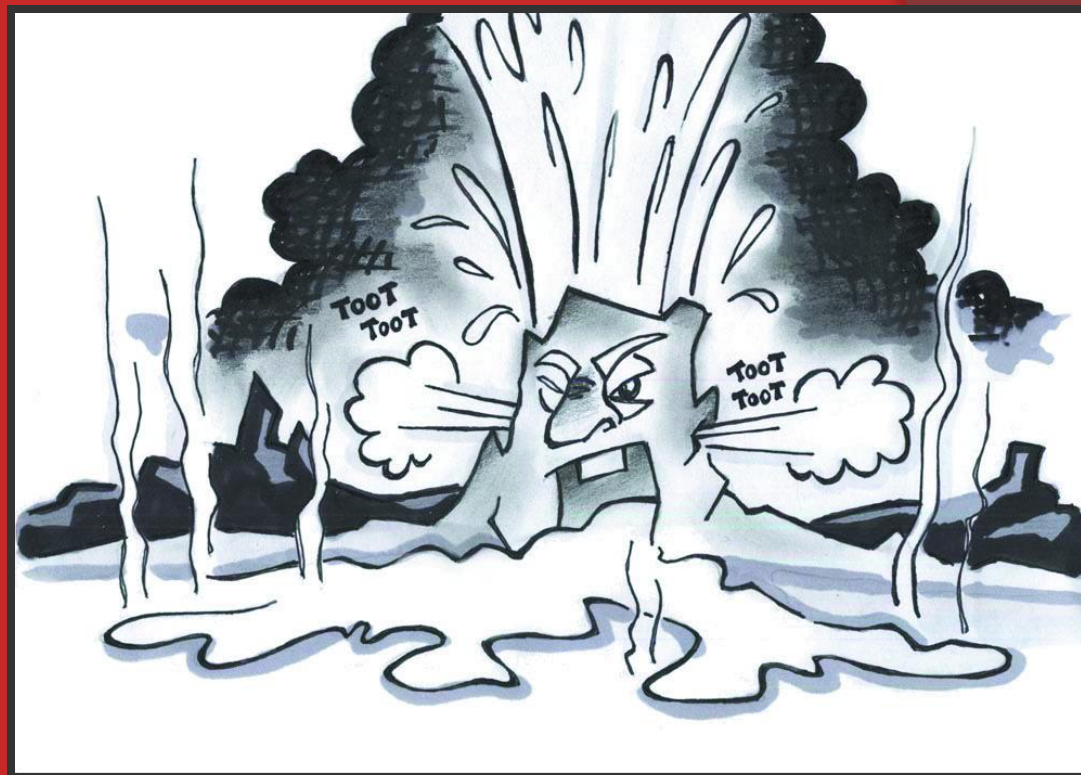
The second volcano is dormant. Like the first one, it's also covered with lush vegetation and teeming with wildlife, but inside the magma has not cooled and solidified. Seemingly peaceful on the outside, one day it will erupt again with force and power, spewing out rocks and ash and destroying all that grows and lives nearby.

第二座火山处于休眠状态。它也和第一座火山一样，草木茂盛、动物成群；但在火山里面的岩浆，并没有冷却和凝固。尽管外表看来平静，但有朝一日，它还会再度喷发熔岩与火山灰，毁灭周遭的一切生命。



Vegetation and wildlife can't be found on the third volcano, because it is active, constantly spewing sulfuric gasses and churning out hot lava that destroys everything in its path.

第三座火山上找不到任何植物和野生动物，因为它是座活火山，它仍在不断喷出含硫气体和大量滚烫的岩浆，附近的生物都无法生存。



Anger is like a volcano. Heated frustration seethes within, and when let loose it will cause hurt and pain. Sometimes we let it show, like the active volcano, when we're frustrated, annoyed, or feeling misunderstood. Hot, angry words spew from our mouths, hurting those we direct them at.

愤怒就像一座活火山。怒火在心中燃烧翻腾，一旦任其爆发，就会造成伤害和痛苦。当我们在恼火、气愤、或觉得被误解时，有时会将这些情绪发泄出来，就像活火山喷发一样。灼热、愤怒的言语冲口而出，伤害对方。



Other times we hold anger in. Slowly the anger builds up, like the magma gradually building pressure within the belly of the dormant volcano, until one day we explode in anger, spouting off angry, hurtful words and acting in an unloving manner. In the end, our anger places barriers between us and our loved ones, and we hurt ourselves most of all.

有时，我们会按捺住怒火。我们让愤怒逐渐在心中积聚，就像在休眠火山里累积着具有强大爆发力的岩浆一样。直到有一天，我们怒气爆发，喷涌出愤怒而刺伤人的话语，并做出一些无爱心的事情。最后，我们的愤怒成为障碍物，隔绝我们和我们所爱之人，到头来，我们伤害最深的是自己。



The good news is that anger can be dispelled. The next time you feel angry, take a deep breath. Eventually you may need to speak with the person who has upset you, but wait until you've calmed down and you can choose your words with care. Treat others as you would have them treat you, and you'll be much happier.

不过，好消息是，我们可以驱除愤怒的情绪。下一次，当你感到怒气在心中升腾时，先做个深呼吸。在把不满及怨恨化为言语之前，先等一等。你最终可能需要和惹恼你的人谈一谈，但一定要等到你冷静下来、能选择以适当的言辞沟通时再说。你愿意人怎样待你，你也要怎样待人，结果，你将会快乐多了。



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