

I hate myself rn. I have bad anger issues and can't handle ppl raising their voices without getting defensive over what I've said and yelling so I yelled at one of my most sensitive friends... she got mad over what I had said and me yelling and I feel so horrible.. I sent her an apology Email but I don't know if she'll accept it..

I feel so horrible

I'm such a bad friend

If it wasn't for my lack of emotional intelligence: I wouldn't have yelled its all my fault.