

Anger Management

The Prophet said: ‘There is no sip greater in reward near Allah than the sip of anger the servant suppresses, seeking Allah’s pleasure.’ -Ibne-Majah

What is my conduct on encountering these situations?

I don't get my way	
Mother scolds me for something I didn't do	
Nasty classmate teases me	
Friend forgets to invite me to her party	
Younger sibling smashes my new mobile	
Teacher tells me off in front of entire class	

Extinguish that fire in you!

Seek refuge in Allah (swt)

Be silent

Take a deep breath

Drink water

Change position

Perform *wudu*

Speak less, hear more

Avoid bad behavior

Think over ways to tackle the problem

Ask forgiveness from Allah

Smile

Pray to Allah for help

What angers me?

1.
2.
3.
4.
5.

Whatever is begun in anger..

...ends in shame!

My level of anger

Level

Today	
After 6 months	
After a year	