

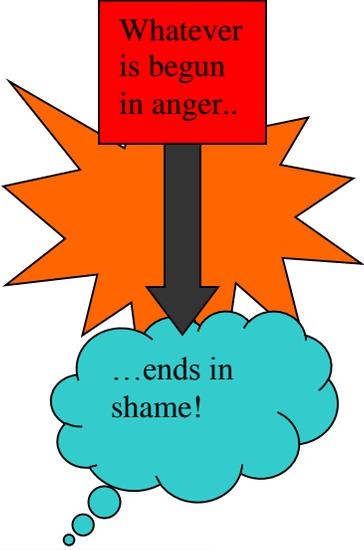
Anger Management

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.



My level of anger	Level
Today	
After 6 months	
After a year	