

MODULE 5

Class Title: Anger Management- part 2

(2nd part of a 4 lesson series)

Aim of Lesson: To understand the psychological perspective of anger management

Lesson Format: PowerPoint presentation and discussion

(Greeting to students) *Assalam alaikum wa Rahmatullahi wa Barakatuh*

(*Ta'awwudh*) *Aoodhubillahi min AsShaytanir Rajeem*

(*Tasmiyah*) *Bismillahir Rahmanir Raheem*

(*Du'a*) *Rabbish rahli sadri wa yassirli amri wahlul uqdatum millisani yafqahu qawli* (Surah At Ta-Ha 20: Verse 25-28)

(Slides 1 – 4)

In continuation of our series on anger management, as last week, today, we are going to try and understand anger from a psychological perspective.

Then, in the next two classes we are going to look at anger management from an Islamic angle, as it deals with it in a slightly different manner.

However, before we examine what was said about it 1400 years ago, I feel that it's very important to understand what the psychologists of today say about anger and how to manage it.

Now, isn't anger an emotion that wrecks relationships? It terrifies children and provokes violence. Can anyone say anything positive about it? Can you?

Student: you can vent your feelings through anger. You don't have to take it out on anyone. You can go in the bathroom or lock yourself in your room and scream it out.

Teacher: So, you think it's fine to go into a room and scream? You really think it's a good way of managing anger by going into a room and screaming at a wall, and by punching a pillow?

Student: This way, we can let it all out.

Teacher: Letting it out? In response to this popularly held belief, I have to start by dispelling some misconceptions about anger. Anger is not synonymous with violence; it doesn't have to include screaming, yelling, punching, hitting, nor even sarcasm. Such reactions are merely mismanaged behaviors provoked by anger.

(Slides 5 – 8)

We have to understand that anger is really just emotional energy which is caused by two factors. And what are these?

They are natural instincts within us that are necessary for our self-preservation and self-protection. We have these because they helped us survive as a species.

How has it helped us to survive? Anyone?

Well, fifty thousand years ago, this anger helped humans to keep jackals and other predators away from their prey. Today however, anger helps us to protect and preserve our personally held concepts, values and beliefs from insult and ridicule, whatever they may be, regardless of whether they are right or wrong.

(Slides 9 – 11)

Another important fact to remember about anger is that it is always driven by one of these two intense emotions: pain or fear. And both these emotions are rooted in our instincts for self-preservation and self-protection.

So, as we discussed last week, fear of insult or injury caused by threats to our body, property, self esteem, values, and beliefs, as well as the threat of not getting what we want, fuel our anger.

So, when we analyze the reason for our anger, we will always find either pain or fear.

(Slide 12)

Earlier on, we defined anger as externally provoked energy.

Now if anger is energy, then like most other energies it can be either constructive or destructive.

For example, atomic and electrical energies can be highly dangerous and destructive, i.e., in the case of an atomic bomb, or electrocution. However if they are utilized properly, then they can be extremely useful and productive i.e., for producing energy.

The same goes for anger. We need to control and channelize it so that it's not destructive; this is anger management.

Thus, anger management does not mean that we get rid of anger completely, as certain situations will always provoke it, but rather that we learn to manage it so that it's harmless to ourselves and others.

(Slide 13)

Having identified anger, its causes, and anger management, now let's focus on a very practical list of techniques that can actually help us to control anger, instead of being controlled by it.

Any single technique that we talk about today might be helpful to you, or a number of techniques. You will have to pick and choose according to specific circumstances, and according to your own nature and personality.

I am going to tell you a lot of them! All right, so you can pick and choose, try different techniques and see what works for you. Ok? So, the idea behind giving you so many techniques is not for you to memorize everything and start doing everything from a to z tomorrow, rather pick and choose and see what works for you. You might decide to try a couple of things and they might not work for you. Then you can try something else.

(Slides 14 – 15)

To begin with, the antidote for an impulsive, instantaneous reaction to a perceived threat requires us to do two essential acts when we are provoked.

Number one, we have to slow down the reaction time.

Yes, as simple as that. So this is the first thing we must do if we are just about to hit the roof: slow down our reactions. But how? By consciously breathing deeply.

The second thing you need to do is substitute a loud and/or destructive response with a healthier one. For example, if your initial response is to really want to kill someone, then you really need to substitute it with a less destructive one! Now I know it's easier said than done; but it can be done. To help you do this, we are going to talk about specific techniques. These are going to help you to slow down your negative reactions, and help you to substitute them with positive ones.

Now, in order to change your reactions, the first thing you need to do is recognize, identify and then change self-angering thoughts by rationalizing them, by thinking positively. Make sense? By doing so, one can decrease the level of our anger and avoid loud and violent behaviors. This will surely curb your anger. However, what you have to do is control your self-angering thoughts which give rise to undesirable reactions. Self-angering thoughts are based on nothing but self-talk.

(Slides 16 – 18)

Self-talk is the words or phrases that you use when you are thinking, basically.

You don't actually talk to yourself; you think, right? So the words and phrases that you use while you are thinking are self-talk. Don't you self-talk? All of us do. We actually say words and phrases to ourselves, right? I mean we are saying it in our mind; it is not vocal. We all talk to ourselves, even literally, at times!

For example, you may say, "I am sure she will return my book late, as usual." This is a self-angering thought. Now, another one, "My mom will surely ask me to do an errand, as soon as my friend calls."

These are self-angering thoughts because the moment your friend actually returns the book late because of some genuine reason, or your mom actually needs your help and it's just a

coincidence that your friend calls at the same time. What is going to happen? You are going to get angry because you had these self-angering thoughts even before you were actually provoked, right?

So, these 'self-angering talks' influence our emotions greatly, and can help fuel our angry outbursts. Then, even after getting angry, self talk can play a major role in either intensifying the way we are feeling, or can help cool us down. So, you see how important it is to rectify or change self-angering thoughts, and to substitute them with positive, calming thoughts instead. This shift in our thought process is extremely important and crucial to anger management.

(Slides 19 – 20)

So it's important to get a handle on thoughts like 'It's not fair' or 'I don't deserve such treatment' or 'I am entitled to what I want, because I am special' or 'who does she think she is?' If you can handle and control such self-angering thoughts, then you will certainly be able to curb the anger that results from these. So, what do we need to work on firstly? We need to work on self-angering thoughts. We need to change and substitute them.

Now, do you remember that we had talked about the chain of events?

Let me summarize it for those who were not here for the last class: A threatening event takes place, and you naturally perceive a negative meaning to it, which then provokes your anger. As a result, your body reacts. What does your body do when you are angry? Your body quickly reacts, and is all ready to start moving fast, wanting to bang or kick or punch things about. This aggressive bodily reaction, along with negative self-talk, that we just talked about and BOOM!!

(Slide 21)

Now what do you suppose should have been added in this chain of reaction, to cause a proactive reaction instead of a violent one? What crucial part was left out?

It was self-evaluation.

Most often, we all eventually do that: we evaluate ourselves and try to understand why we reacted as we did, but usually in the end, long after the outburst, when it's too late to change the outcome.

During this self-evaluation process, consequently, some of us even try to justify our behavior. Don't we? Usually after an angry outburst, there are regrets. So to soothe ourselves, we then try to justify our terrible behavior, 'Oh I did this because of so and so; only if she hadn't done what she did'. We try to justify our behavior by firmly insisting to ourselves that we had no choice but to lose our temper. So this is one evaluation that most of us do, although after the fact and not before.

Often after uncontrolled outbursts, we have regrets. Regrets stems in largely from feeling ashamed of our behavior. You must have noticed it's very common to feel ashamed of our spontaneous, knee-jerk reactions, after evaluating our episode of anger.

Finally, our process of evaluation leads us to make certain decisions in our life, to make sure that this doesn't happen again. Bravo! This is the conclusion that's required.

Moving on, ideally we should be able to suppress our anger anywhere, anytime, all the time, right? To help us achieve this goal, who can tell me the best time to control our anger?

Student: when we start getting angry?

Yes! It must be right at the beginning...we must 'nip it in the bud'. If we wait till after our self-angering thoughts have been formed, and our body has begun to react, then it will become extremely difficult to suppress our anger. So clearly, it has to be done right in the beginning, ideally speaking, right? Although, we can try to control ourselves at any point, we have decided that it's best if we do it right in the beginning. So how do you suppose we are going to do this?

(Slide 22)

We'll begin by taking a deep breath, and then correcting the anger provoking meaning we have already given to a particular incident.

We definitely need to correct such self-perceived meanings. So, how do we correct the meaning? Someone give me an example. Where you actually lose your temper, anyone? Let's suppose, for example, your sister comes into your room with a glass of milk in her hand, and by mistake she spills the glass of milk all over your notebook, drenching it. Now, you are angry, right?! So how will you react?

Simply, to begin with, don't all of us know how to breathe deeply? This part should be easy, but how do we correct the meaning of the self angering thought that is going to now sprout in our mind: 'She did it on purpose!' This is the usual perception in such circumstances and we don't actually wait for ourselves to say the whole phrase. This is just the meaning that we usually perceive. How will we correct it? Remember, our first reaction should be to take a deep breath. When we take a deep breath, we are actually pausing; so the first thing we need to learn is how to use our pause button. Now, having successfully paused, how are we going to change our initially perceived meaning?

(Slides 23 – 24)

To begin with, we need to think about what actually happened—to evaluate the incident before reacting i.e., 'This could have happened to anyone' or 'I could have done this accidentally, too' or 'She didn't do it on purpose' or 'She is not my enemy, I know she loves me'. So there are always lots of valid explanations you can calm yourself with, right?

Secondly, we need to dispel provocative metaphors from our thoughts.

You see, there are certain self angering metaphors that we use, and I actually collected many for you, but you can still help me out, wherever you can. So, what we often do is use similes and metaphors to justify our anger, or to explain it, and even to assess if we are right or wrong. I am going to tell you the ones that I have collected; you can stop me in between and add your own:

‘I am as hot as a fire cracker’.

Now by saying this, what you try to do is to justify your anger. Essentially, what you’re saying is that you really didn’t want to lose your temper, but it was not in your hands, something absolutely out of your control.

‘I am an emotional yoyo.’

‘I am a time bomb ready to explode.’

‘I am a coil ready to spring.’

‘I have a short fuse.’ I’ve heard a lot of people use this one. By saying so, they feel their anger is justified no matter what, and they feel they have every right to do whatever they want to do!

‘I am a volcano ready to go off.’

‘There is a ball of fire within me.’

‘I am at my breaking point’, have you heard this one?

‘I am a prisoner of my own anger.’ As if you are warning the other person to just stay out of your way because you have absolutely no self-control, and are capable of doing anything and best of all, are surely justified in doing so, too!

(Slide 25)

Teacher: What else?

Student: ‘I’ve had a long day!’ Yes! So, this gives you the right to do whatever you please!

Student: ‘I’m so stressed out!’

Student: ‘I can’t deal with this right now!’

Student: ‘I’ve had it!’

Teacher: Yes, good. How about, ‘I am a pressure cooker ready to blow’?

‘I’m ablaze like red flames!’

‘I have an uncontrollable temper, so I can’t help it’, as if anger is a nice ‘badge’: ‘See everyone, I have an uncontrollable anger!’

‘I’d rather be right than be happy.’

‘I’m an emotional roller coaster.’

And it is engraved in stone that I am the queen of denial, right?

These are all self-provoking similes and metaphors, which only make us angrier.

We have to stop labeling ourselves with these metaphors: We have to stop telling ourselves that our misbehavior is ok, ‘This is just how I am! You watch out!’ If you don’t, it’ll be your problem. This is just how I am; this is how I was born”

Now, why should we be extra cautious about using these metaphors?? Because words have a very powerful impact! For example, what happens to a child who is repeatedly told that he is very lazy? He becomes lazy.

The same goes for us if we keep telling ourselves that we’ve got a short fuse. ‘I have a short fuse.’ Then yes, you will have a short fuse! Clearly, these metaphors don’t help, nor can they justify our actions. Then why use these metaphors at all? We should chuck them out of our thoughts.

(Slide 26 – 27)

So what should we do when we’re provoked? Obviously, we have to say something, right? We can’t just keep quiet! We need to defend ourselves, or do we? Actually, we need to use what can be termed as ‘empowerment statements’. Just what can be defined as ‘empowerment statements’? These are positive statements, self-thoughts, which can be a reminder for us, to strengthen us and enable us to cope with an existing difficult situation. They can be different for all of us: they can be something that we can make up for ourselves. We can have one or many; anything that is powerful enough to control and calm us. Here are a few examples:

‘I will get through this.’

‘I am in charge here, not my anger.’

‘I will chill out and take care of myself.’

‘I am going to make it.’

‘I will survive.’

‘I’m strong enough to cope with this.’

‘I’ll keep breathing deeply, until I figure out what to do.’

These are some very powerful statements that you can choose from. Make up your own, if you want to. Then, whenever you are just about to get angry, you can use one or more of these statements to help thwart an outburst.

The idea is to remind yourself of this powerful statement whenever it’s required. How will you remember it, in the heat of the moment? You are going to write it down. Where? All over, everywhere, especially if anger management is a serious problem in your life. If you can’t manage your anger properly at all, have it written on big A 4 size papers and stick it all around your room—your empowerment statement. This will help you to remember to remind yourself!!

(Slide 28)

Deep breaths, empowerment statements, and then what?

Watching what we say when we are provoked is crucial, right? Let’s say that you are provoked: the moment you know that you are irritated and that you don’t like what’s happening. What can you say to calm and control yourself? Again, this is something that you have to decide beforehand. Anything that works for you. I will give you a few examples:

‘I refuse to take this issue into my central nervous system!’

‘I turn this over to forces greater than myself!’ I love this statement!! I turn this over to forces greater than myself, unburdening myself! It’s a beautiful statement, very powerful.

‘I am not giving this issue free rent in my brain any longer.’

Here’s another, if you want something very short, ‘Oh, whatever!’ Even such a short statement might just work for you.

You can also say, ‘Yes, this too will pass!’ And it’s true you won’t remain angry for the rest of your life. Your anger level will eventually come down, you just have to make sure to avoid all potential damage or harm to yourself, as well as the people around you, when it begins to shoot up, that is the crucial point.

(Slide 29)

What’s next? Maybe what we should say to help us to let go after mismanaging our anger, because the problem is not just that we mismanage our anger, but the pangs of guilt we feel later on which just eat us up. Don’t they? And we keep justifying it because we are at fault most of the time. When we justify our anger, it is mainly because we’ve done some harm to another. At this moment, it is very important to forgive yourself. We all lose our temper; we’re all human beings. So we have to learn to let go, move on.

What can we tell ourselves?

We can pray to God to heal our mind, to show us a better way of looking at things, and ask for forgiveness. Is this my suggestion? In fact, these suggestions have been given by many psychologists, today. They have given this remedy; it's not just an Islamic perspective. They have suggested that there are moments when you are totally helpless and only a greater force, God or Allah (swt) can help us. In this way, we can forgive ourselves, at least, and learn never to do it again, similar to *Taubah*, right?

'I surrender to the Creator of this great universe .I acknowledge this behavior in myself, and I release it for my highest good. I forgive myself for being angry, and I let it go.' Or, it could be as simple as, 'I forgive myself for the mistake I've made'. Along with forgiving yourself, you can go and apologize to the other person, so that you can move ahead.

(Slide 30)

Moving on, we need to remember that whenever we are stressed, we are likely to become angry.

It may be that we feel stressed out because of our exams, or perhaps because of PMS, or whatever the reason is, but our level of tolerance goes very low when we are stressed out.

So what is the solution and the cure for this? Does anyone know? What do you think we need to do if it is stressed-based; if your anger is stress-based? Well, we really need to get rid of some of these stresses. Do we need them all anyway?

Remember, we can't get rid of all the stresses in life, but the least we can do is get rid of the unnecessary ones. And who is going to give me an example of an unnecessary stress in our lives. Think of all the stresses that you have in your life; are they all necessary? Most probably not!

Student: "School"

School? School? Ok, we need to start from scratch.

Do you realize that getting straight A's is an unnecessary stress for a lot of us? The whole world cannot get straight A's; let us face reality. There will always be people getting B's. Please, this is not the end of the world, right? Well, if you have the potential, you are extra, extra intelligent and have been coming first throughout your life but because of your laziness you have been neglecting your studies, and are now getting B's, that's another case.

But if you had put in your best effort and tried as hard as you could but you still got a B, because of which you start stressing out, then this an unnecessary stress.

What else? You need a new dress for every party! That is another example of unnecessary stress. A pimple on your nose, unnecessary stress! Come on, give me more examples!

Student: Having no maids.

Good! Not having any maids show up is surely an unnecessary stress! The day is going to pass without them, too! Just go and cook *dal chawal* (lentils and rice) and eat it!

I want you to go home and think about the unnecessary stresses you have in your life. Then, after identifying them, get rid of them; just throw them out of your window! Write them down if you want, and remind yourself not to stress about them, every now and then.

(Slides 31 – 33)

Another fact to remember about anger is that: there is always a progression. So that it gradually builds up; it doesn't ever start as full blown anger. Rather, it always starts from slight irritation about something, which then builds up to full blown anger.

There's a distinct cycle: **irritation** which creates **frustration** leading to **anger** blowing up as **rage** and finally resulting in **verbal and physical aggression**.

As we've already discussed, we need to stop this cycle at the level of irritation. If you are irritated, I can promise you that eventually, in a few minutes, or hours, or days, it is going to turn into anger unless you do something at the point of irritation. We should never let our anger progress.

An integral skill we need to learn to help us control and stop anger at the point of irritation is self-assertion, especially when provocation results from the real violation of our rights.

We all need to learn self-assertion.

Assertion is a way of communication that allows us to stand up for our rights, without violence and aggression.

Always remember, anger management does not mean that we become a door mat. There are times when we have to speak up for ourselves, but we need to do it in a very civilized manner; this is essential. So we have to put our point across but do it in a civilized manner, without getting angry.

We have to control our emotions and convey the message that we want to, calmly and collectedly. And this is what is called assertion.

Assertiveness is a positive skill; it isn't being disrespectful, or angry. Ok?

For e.g. telling your friend that you don't like it when she laughs at you.

(Slides 34 – 35)

By the way, psychologists today tell us that if we are angry we should go wash our face. I want you to remember this when we come to the Islamic perspective; then you'll appreciate the fact that a lot of modern day tactics were told to us a long time back, 1400 years ago! They also advise us to change our physical position. If we are standing we should sit down, and if we are sitting we should just lie down, as this is going to help us curb and control our anger. These are bodily changes which can help us to control ourselves.

(Slides 36 – 37)

Relaxing is yet another one. All these physical changes are so very simple; there's no rocket science to them. And can anyone tell me what is a simple way of relaxing?

Students: Lying down, deep breathing, not doing anything, being still and being calm.

Teacher: Now, if you are going to practice this on a regular basis, that is relaxing yourself, it will become a normal response to anger. Sometimes all we need to do is just RELAX! Pause, calm down, take a deep breath and there you are, relaxed!

Relaxation will enable you to access all your mind's resources. When are we most receptive to hearing things? When we are relaxed.

Notice how receptive you are right now in class, while I am giving you these techniques on how to control your anger? But imagine if you were just about to have a fight with your sister or your brother and I intervene and tell you, 'Listen, let me give you a few tips to control your anger.' Will you be as receptive? Definitely not! So, relaxation really helps; that's the time to think!!

Now, I want you all to identify your own 'igniters': things that tick you off i.e., useless stress, tendency to over-react, lack of forbearance, etc. Then, find one or more solutions for yourself, because, naturally, solutions can be different for each one of us. I am giving you various solutions here, but you yourself have to identify what is going to work for you. This will require trying different techniques over time in real-life angering situations, even repeatedly, and then figuring out what works best for you.

(Slides 38 – 40)

Moving on, a great hurdle in the way of anger management is the commonly held belief that we don't have any power or control over our own emotions.

If we believe this, even a little, then we will always have an excuse for being unable to control ourselves in angering situations. As if our own emotions is an alien outer force which has complete control over us.

So, what's the real truth about emotions?

Actually, emotions are choice based; meaning, we chose our emotions and then our mind and body follow. So, we decide whether we want to be angry or not; whether to let our face turn crimson-red, or remain calm and cool; whether to insult and hurt those around us, or remain silent. So who takes the first step? Is it the people around us? No! We are the ones who are totally and solely responsible for our own anger, and no one else. Agreed? If we can grasp this truth, then at least we can actively try to tame our own emotions, to learn to control them.

(Slide 41)

Another solution for anger management can be a good work out.

This is something that might work for a lot of us, besides being a very healthy way of getting rid of our angry energy. So, if you feel aggravated and frustrated about some issue, why not go for a swim; or hop on a treadmill; or go out for a walk and get some fresh air while you're at it, too; or go cycling. Whatever works for you—JUST DO IT!

(Slides 42 and 43)

Our list of solutions for anger management doesn't end here.

Why not talk to a friend? We all love to do that anyway. However, when I say talk to friends, do I mean backbite?? What are you going to talk to them about? Definitely not about the incident that just took place, though. The idea is to divert your thoughts and energy. You can talk to her about anything but the problem, right? Talking about what's angering you will only add fuel to the fire, anyway.

Another great way to thwart anger could be to distract yourself with pleasurable and enjoyable activities and hobbies, for instance cooking, baking, painting, or even cleaning for some! Immediately, leave everything else and just do whatever you really enjoy doing, what you like or love doing that: helps you to relax.

Furthermore, an extremely calming and soothing solution could be to get out into nature. Take a walk in the garden, water the plants, absorb their natural beauty, enjoy the birds sitting on the trees, admire the sunset, feel the breeze. It's all very therapeutic.

Finally, why not write or keep a journal in which you can express and understand your emotions?

What are you supposed to write? Should you pen down all your grudges, the people that you hate? Just what are you supposed to write?

Student: "Good things."

Teacher: "Good things that happen to you. What else?"

Student: “Or write about the incidences positively.”

Positively, yes, you must. We should all practice on giving a positive meaning to different types of events that keep happening ...heated events that usually provoke us to anger. Ask your conscious mind to see things differently. Again, keeping a journal for this exercise is a very good idea. You can write down how you are going to positively change the meaning that you usually perceive, right? You can also write down self-angering thoughts that reoccur in your mind and say these are the things that I am not going to think of. Instead, you’re going to substitute them with the empowerment statements that we’ve just discussed. You can write everything down.

Humor is another tactic we can use to control our anger.

However, finding humor in a situation can be slightly tricky and can even seriously backfire. You have to make sure that the person you are dealing with is receptive to it or not, during a confrontation. If you feel that it is agitating that person more, then don’t use it. For example, my nine year old son has a good sense of humor and he has gotten into this habit of using this tactic on me frequently. Finally I had to tell him, “Son, when I’m angry I don’t appreciate your sense of humor, at all.” Because I really hate it! It’s as simple as that. So, you have to gauge just how receptive your contender is to it, agreed?

Being well rested is also crucial in keeping our nerves under control.

Very often, we adults only lose our tempers when we are tired! We are merely tired, and nothing else! If my child would have provoked me first thing in the morning, when I was fresh, I would have probably tolerated it, even overlooked it. But, at the end of a tiring day of work, naturally my tolerance level will be very low, and so I’d probably lose my temper easily. So whenever you feel tired, you need to leave all issues before you, first get some rest, and then deal with them.

(Slide 44)

Now, what’s left? Let’s talk about some not so healthy things to do when we are angry.

Becoming absorbed in excessive violent TV shows or video/computer games is definitely not a good idea.

Hanging out with negative minded people may teach us to be negative minded as well. This could influence us into becoming intolerant, suspicious and spiteful of others, and easily provoked into anger. Go and observe your friends or the company you keep, and see whether they are perpetually negative minded and angry people. Remember, if they are, then this attitude is probably rubbing off on you, too.

What are other negative acts to avoid?

Allowing irritability to build up is not a good idea, ever. Whenever you think you are irritated, you need to take care of it there and then.

Withdrawing away through silent treatment is really not a good idea either, because you become like a pressure cooker which will sooner or later burst!

(Slides 45 – 46)

The most positive and beneficial reaction when angered, besides being the least damaging, would be to overlook and forgive others. This noble reaction is the least damaging to ourselves (our minds, bodies and souls) as well as others. We have to learn to let go of the anger that enrages and blinds us. This is the most essential remedy. We must learn to overlook and forgive, if we ever hope to manage our anger. Holding onto old hurts only damages our own psyche and emotional/physical well being, as well as our relationships.

(Slides 47 – 48)

What's forgiveness and overlooking?

It's essentially a detachment from how we ourselves insist things must be. So, we have to learn to detach ourselves from how we think things should be, or how we want things to be. To forgive is to surrender, to give in, to let things be as they are. Sometimes, we just need to surrender or give in. As we learn to overlook what piques us about others, and stop dwelling about them or what they've done, we'll find more time to spend constructively on things that are really important in our lives. Furthermore, as we let go of the need to always be right, and to always be on top, we'll become more tolerant and amicable. As a result, we'll be able to sustain our relationships, too.

(Slides 49 – 52)

Last but not least, staying cool will only help no one but our own selves to remain happy, dignified and at peace. To be peaceful: this is the most important consequence of remaining cool. In fact, we will be much happier if we can control our anger. If we don't focus on other people around us, and focus more on ourselves, we will be much happier.

Inshaallah, we will continue next week.

(Du'a for end of a gathering) *Subhana Rabbika Rabbul Izzati 'amma yasifun wa salamun 'alal mursaleen, walhamdulillahi Rabbil 'alameen*

(Parting salutation to students) *Assalam alaikum wa rahmatullahi wa Barakatuh*