

# Anger Management

From the teachings of  
Shaykh Muhammad Saleem Dhorat  
Dāmat Barakātuhum

A valuable advice for life

Prophet Muḥammad ﷺ

peace be upon him said:

لا تغضب

**LĀ TAGHḌAB**

Do not become angry.

# A Historical Incident

- A companion approached the noble Messenger ﷺ and said. AWSINĪ! – Please advise me.  
peace be upon him
- Prophet Muḥammad ﷺ replied: LĀ TAGHDĀB  
– Do not become angry
- The companion repeated his question: AWSINEE!
- He received the same reply: LĀ TAGHDĀB.
- The narrator of this tradition says, FA RADDADA MIRĀRAN – And the companion repeated the question various times and received the same answer.

# Lessons from the Ḥadīth

- This advice is very important because it was repeated various times.
- **ANGER** is the **root** of many **evils**.
- If we are able to control our Anger, we will rid ourselves of many evils.

# What is **Anger**?

“The feeling that one experiences within himself when something happens against his wishes, his desire, his will. We find a feeling of frustration, dislike i.e. anger.”

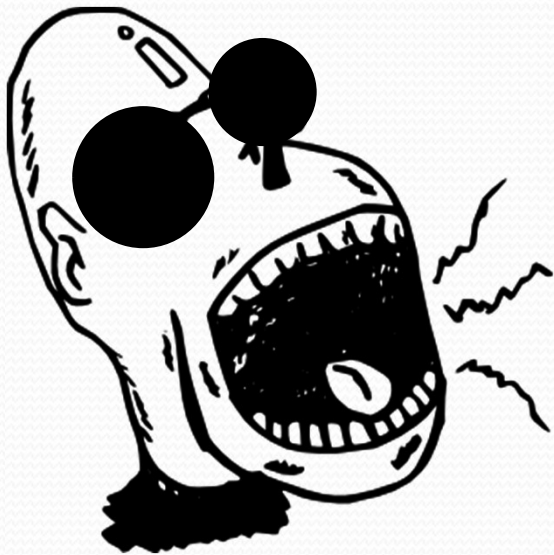
# Various Levels of Anger

- 1- **Mild** – This feeling is a mere resentment, within seconds it fades away.



# Various Levels of Anger

**2- Strong** – This feeling demands us to do something  
e.g. Screaming, shouting, swearing, etc.



# Various Levels of Anger

**3- Very Intense** – This feeling makes us do something physically.





# At times....

- Some people are in a state of frustration, stress, something insignificant will trigger anger.
- This person is already angry. Something insignificant has triggered his anger already building within himself.
- He was angry, and then trips over something, it was other people fuelling him , but he will kick/destroy that item. In some cases kicking it will bring harm to the self.

# Dangers of getting angry

- When anger increases and reaches its peak, the person is unable to control and explodes,



# Anger's chain of events



Become  
Upset

Shout

Scream

Swear

Physical  
Abuse

Kill

An  
angry a  
person  
can do  
any  
wrong



**Ṭalāq-**  
**DIVORCE**



# A saying of 'Alī رضي الله عنه



In Anger,  
always  
restrain  
your  
tongue

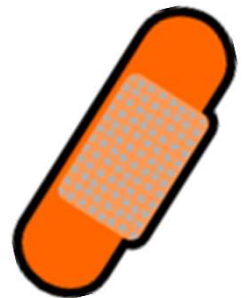
SPEAR

- Jarahātu sinān lahā al-tiyām
- The wounds of spears may heal



TONGUE

- Wa lā yaltāmu mā jaraha al-lisān
- but the wounds of the tongue don't.



# At the time of Punishment

- One may punish a person who has made him/her angry and go beyond the limit.
- Then remember the words of Allāh Ta‘ālā

WA IN  
‘ĀQABTUM

FA ‘ĀQIBU BI  
MITHLI MĀ  
‘ŪQIBTUM BIH

If you take revenge and punish somebody you can only do so according to the harm he has caused you; not more than that.

WA IN  
ŞĀBARTUM

FA HUWA  
KHAIRUN LI  
ŞĀBIRĪN

And if you are able to practice patience, then that it's very good for those people who can practice patience and control their anger.

# A person in Anger

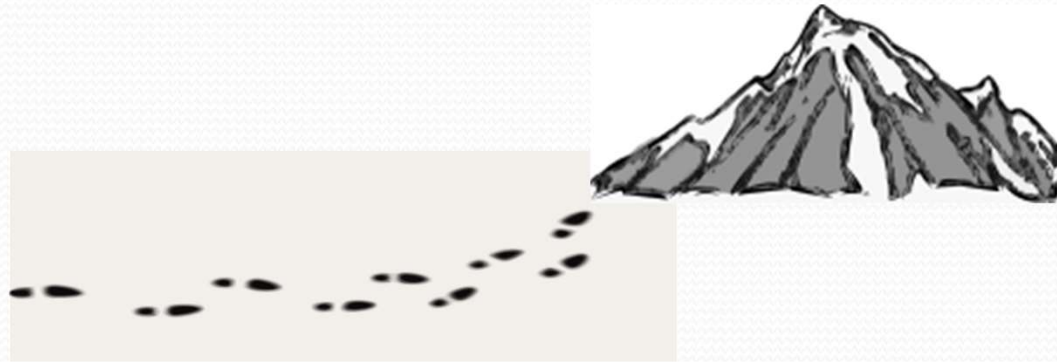
May cross the limits and Allāh will become unhappy.

May behave in such a way that he himself will lose respect.

He will not be able to behave like a gentleman.

He cannot behave with akhlāq (good character) and adāb (manners).

Controlling Anger is a very difficult thing to do.



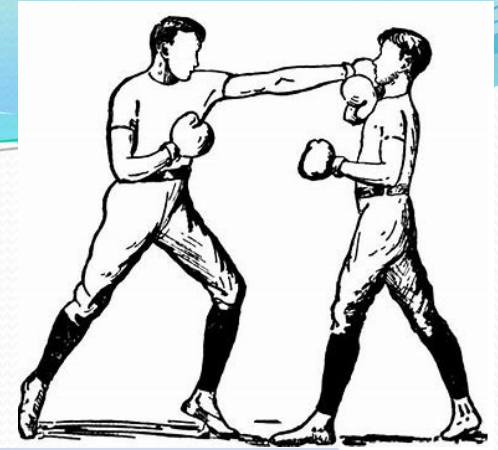
- \* This is the reason why those people who are concerned about self rectification, they may explode when their anger reaches its peak.; once in a while they may explode.
- \* The awliyā' (friends of Allāh) control their anger in every situation.
- \* Those who are far away from dīn, not concerned at all by their rectification, they will not be able to control even a mild anger, and will explode.

This does not mean we do not experience this feeling at all.

It is natural for humans to experience feeling of distress when something happens against his/her wish.

If we do not experience this feeling, then there would be no difference between us and a brick wall or a stone.

# Who is the strongest and most brave?



Nabī ﷺ (peace be upon him) said:

LAISA SHADĪDU  
BI ŞURA'AH

He is not a very strong fighter who  
throws his opponent on the  
ground - knock out

WA LAKINNA  
SHADĪD

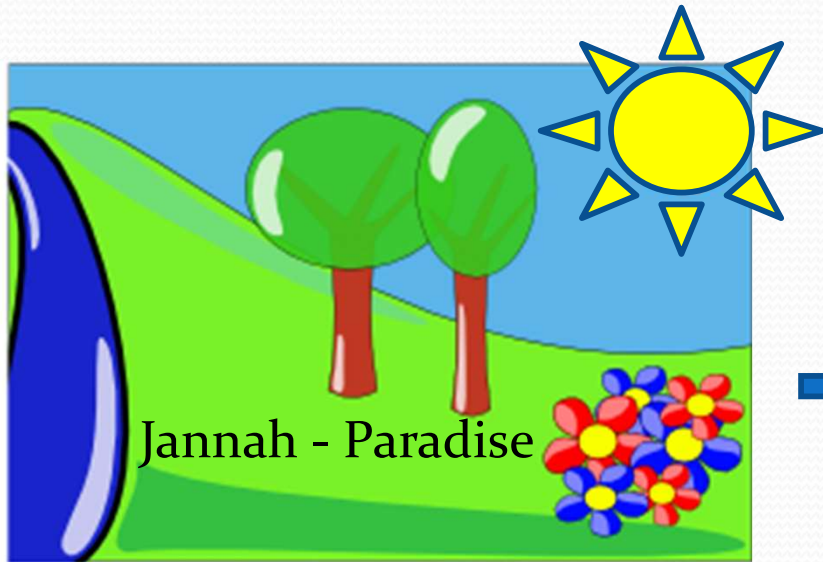
But the champion  
is

ALLADHĪ  
YAMLIKU  
NAFSAHU  
'INDAL GHADAB .

he who is able to  
control his nafs at  
the time of anger.



When a person experiences this feeling of Anger,



*Hoor*

A man will be rewarded by choosing 1 Hūr of his choice, for EVERY TIME Anger is controlled.

then suppresses this feeling

and does not carry out the demands of it

then in such circumstances

Allāh will grant great reward to this person for this immense sacrifice.

# Feeling of Anger is like a Knife



- If we use a knife to murder somebody, then it is being used for a sin and a crime.

**The knife in itself is not good or bad; it is how we use it.**

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- If we slaughter an animal islamically and give it to the poor it is a good deed.
- If we make slices of fruit with the knife and distribute it to people it is a good deed.

**Similarly ANGER is not good nor bad but it depends how we use it.**

# ANGER is natural & necessary

- If this feeling of anger did not exist, how would we be able to protect our property, our own honour, our wife and children,



- If one has no anger and someone abuses your spouse, walks away with your property and you are just standing there looking, then this is **COWARDNESS** (which is also impermissible).

# Understanding the Ḥadīth

We can now understand that when  
Prophet Muḥammad ﷺ peace be upon him said:

**LĀ TAGHḌAB**

**Do not  
become  
Angry.**

The lesson being taught to us is not to misuse  
our anger, not to use it in the wrong place.

# Method to Control our Anger

We need to make DU'Ā and pray to Allāh, "SAVE ME from this evil trait of Anger. Oh Allāh purify me from this evil, and till I breathe my last."

Make DHIKR – When we remember Allāh, all evil habits from the heart will leave.

A house which is not inhabited, there will be spiders, scorpions a/o snakes, but as soon as it is inhabited and illuminated, all these harmful and poisonous creatures will have to find place elsewhere.

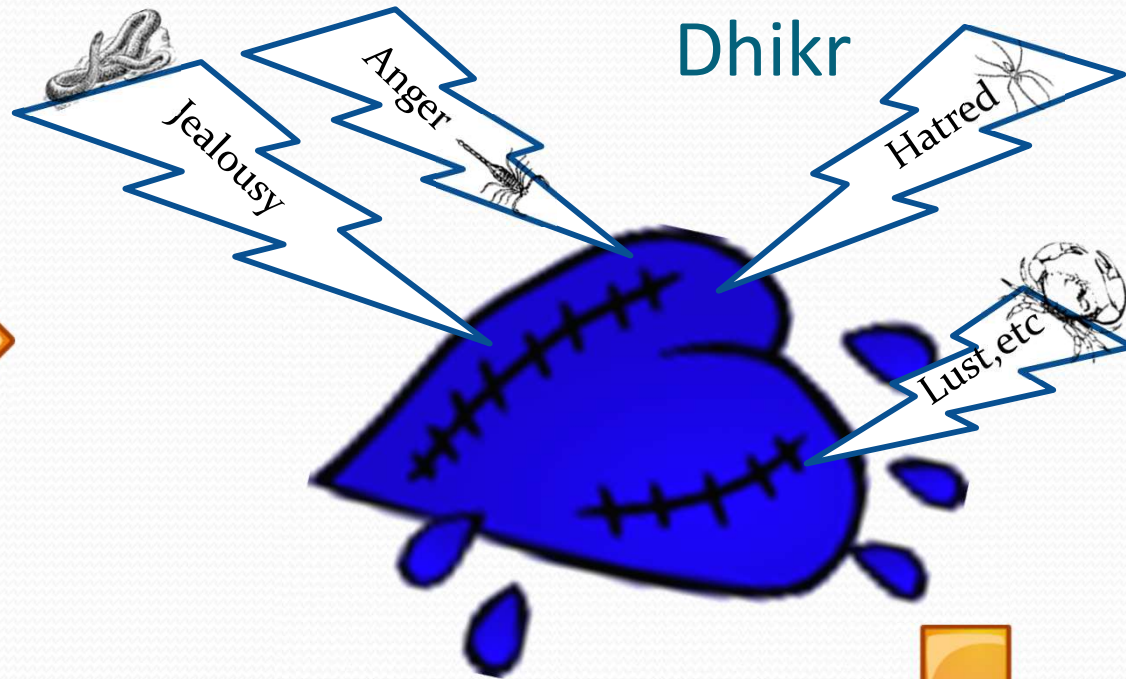
Similarly our hearts are dark. In the corners of our heart lie the scorpion of anger, the snake of jealousy, and other spiritual harms are hidden as well.

If we, in an organised and consistent manner, under the supervision of a Shaykh, clean and illuminate our heart doing dhikr, all these evil traits will have to leave and find home elsewhere.

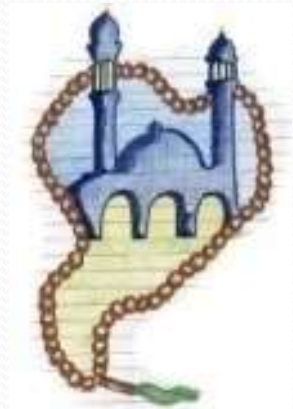
If this evil trait persists seek guidance. Refer to a professional, an authentic and reliable Shaykh (spiritual guide).

An abandoned house

A Heart without Dhikr



A Healthy Dhākir Heart



# SIMPLE STEPS TO CALM DOWN



Move away from the person/the object that has made you angry.

Have a glass of water

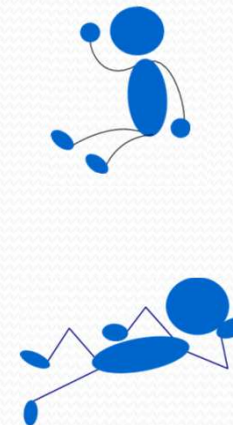
Make wuḍū' (ablution) ASAP

If standing up then sit down, if sitting then lie down.

Say:  
A'UDHŪ  
BILLĀHI  
MINASH  
SHAIṬĀNIR  
RAJĪM

If you are the person of authority, e.g. the father or the teacher, then tell the son or the student to go away to separate from that which has made you angry.

Very soon the anger will calm down.



Most Effective Du'a prescribed by Prophet Muḥammad peace be upon him.

# Anger comes from Shayṭān (devil)



1) Shayṭān is a jinn; jinns have been created from fire.

2) Whenever a fire is kindled, how do you see the flames of fire?



3) Going up and down, going towards right and left, moving all the time.



4) This is what we see in an angry person; he/she starts to jump up and down.

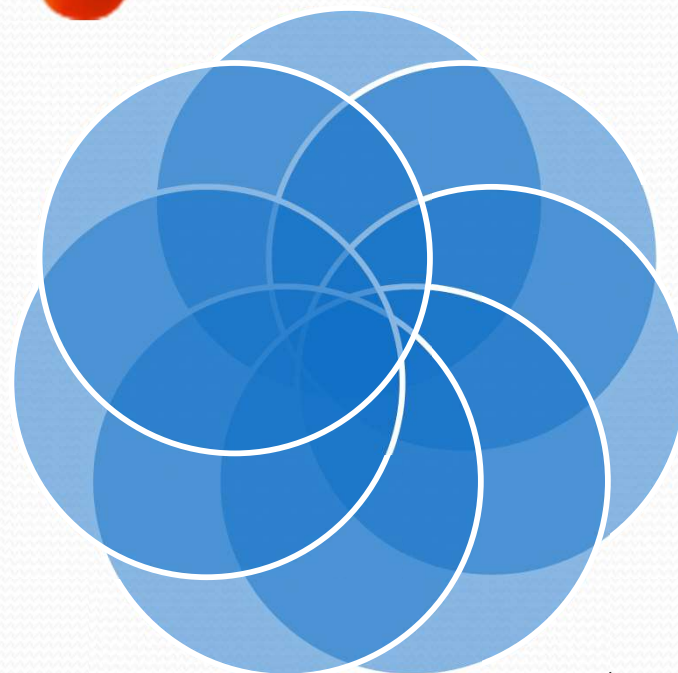
5) He/She becomes just like a flame.

7) Shayṭān gets hold of him/her and starts to misuse that anger.



6) This is because anger is an effect from Shayṭān.

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This is why drinking water & wuḍū' have been recommended.



# Shayṭān takes advantage of our Anger

When Prophet Muḥammad ﷺ saw a person in Anger, he ﷺ said,

I know a sentence, if this person was to utter this sentence this condition would go away.  
He should say,

A'UDHŪ  
BILLĀHI  
MINASH  
SHAIṬĀNIR  
RAJĪM



This ḥadīth shows Shayṭān plays a major role in a person's anger and gives us a solution.

Remember this valuable advice for life

Prophet Muḥammad ﷺ  
said: **LĀ TAGHḌAB**

Do not become Angry i.e. Control your anger.



**NOTE:** These are temporary measures. If this condition persists you need to consult a Shaykh who is an expert in this field.

**A valuable online resource  
for spiritual guidance**

*www.at-tazkiyah.com*