

# Anger — what to do with it

The Sunnah does not ask you to feel nothing. It hands you something to do in the moment the feeling arrives.



## ★ The strong man

لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ

“The strong man is not the good wrestler; the strong man is the one who controls himself when he is angry.”

Sahih al-Bukhari 6114

## ★ The whole advice

لَا تَغْضَبْ

A man asked him ﷺ for advice. He said: “Do not get angry.” The man asked again, and again, and each time the answer was the same.

Sahih al-Bukhari 6116

## ★ The word to say

Two men were abusing each other and one's face went red. He ﷺ said: I know a word that would take this from him — seeking refuge in Allah from Satan.

Sahih al-Bukhari 6115 • 3282

## ★ Change your posture

إِذَا غَضِبَ أَحَدُكُمْ وَهُوَ قَائِمٌ فَلْيَجْلِسْ فَإِنْ ذَهَبَ عَنْهُ الْغَضَبُ وَإِلَّا فَلْيَضْطَجِعْ

“If one of you becomes angry while standing, let him sit down. If the anger leaves him, well; and if not, let him lie down.”

Sunan Abi Dawud 4782 • sahih

## ★ Swallowing it is paid for

مَنْ كَظَمَ غَيْظًا - وَهُوَ قَادِرٌ عَلَى أَنْ يَنْفِذَهُ

“Whoever restrains his anger while able to act on it” — Allah calls him before all creation on the Day of Resurrection and lets him choose.

Sunan Abi Dawud 4777 • hasan

## ★ Who Paradise is described for

وَالْكَاظِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ

“...and those who restrain anger and who pardon the people — and Allah loves the doers of good.”

Qur'an 3:134

## ★ Push back with better

ادْفَعْ بِالَّتِي هِيَ أَحْسَنُ

“Repel with that which is better; then the one between whom and you there was enmity will be like a devoted friend.”

Qur'an 41:34

## ★ They forgive instead

وَإِذَا مَا غَضِبُوا هُمْ يَغْفِرُونَ

“And when they are angry, they forgive.” Named as a trait of the believers, right beside avoiding the major sins.

Qur'an 42:37

## ★ He never paid it back

مَا ضَرَبَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ شَيْئًا قَطُّ بِيَدِهِ

‘A’ishah: he never struck anything with his hand — no servant, no woman — and never took revenge for himself; only a limit of Allah moved him.

Sahih Muslim, Kitab al-Fada'il • Sahih al-Bukhari 3560