
Anger Management According to Qur'an and Sunnah

Posted by Rabeel - 2007/07/23 14:59

color=#008000]In Surah Al-Imran 3:134, we learn that, "...those who control their anger and are forgiving toward mankind; Allah loves those who do good."

The Prophet (sallallahu alaihi wa sallam) is noted by Bukhari in his Sahih as saying: "Don't be angry." And he repeated this several times

There is a harm in anger or being angry. It is a trap from Shaitan. Abu Dawud in his Sunan noted that the Prophet (saws) stated: "Anger comes from the Shaitan. The Shaitan was created from fire and fire is extinguished only with water. So when one of you becomes angry, he should perform wudu."

The Prophet (saws) advises us: "When one of you is angry while standing, let him sit down and if his anger goes away that is good; otherwise let him lie down." (Abu Dawud

The Prophet (saws) stated: "Who is strong? He who controls himself when angry." (Muslim)

Learn to prevent anger before it happens by acquiring the righteous characteristics of generosity, shyness, forgiveness and ease of interaction with others. When these qualities are internalized the person will be in a good position to manage / control his anger when it fires.

Anger is the sign of weakness not a sign of strength. The Prophet (S) said: " Strong is not the one who wrestles others to the ground, but strong is the one who controls himself when angry

Al Hassan said, " If a person is able to control himself against the following four forces, Allah (SWT) will protect him from Shaytan:

Wishes / wants: trying always including haram

Fear: attempts to self defend in any way including the haram ways

Desire: examples are Zina (fornication and adultery) and stealing.

Anger: blood boiling to protect and / or take revenge

Treatment

1. Seek refuge in Allah (swt)

" And if an evil suggestion comes to you from Shaytan, then seek refuge in Allah, He is hearing and knowing (Quran 7: 200)

2. Do wudu (washing specific parts of your body with water) according to the tradition of the Prophet (S).

The Prophet (S) said, " Anger from Shaytan; Shaytan from fire; fire is put out by water; so when angry do wudu"

3. Change body positions

" If one of you gets angry while standing he should sit. If he is still angry he should lie down"

To say this hadith in other words:

- Lying down is better than sitting
- Sitting is better than standing
- Standing is better than walking
- Walking is better than Sa'y, which is somewhat between walking and running.

4. Cheek to the ground.

Since anger is a product of pride, the Prophet (S) said, “ whoever gets a little angry should stick his cheek to the ground”]

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