

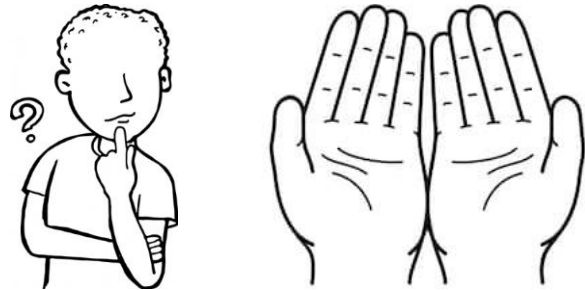
STOP!

SLOW DOWN

GO!

STEPS TO MANAGE MY ANGER

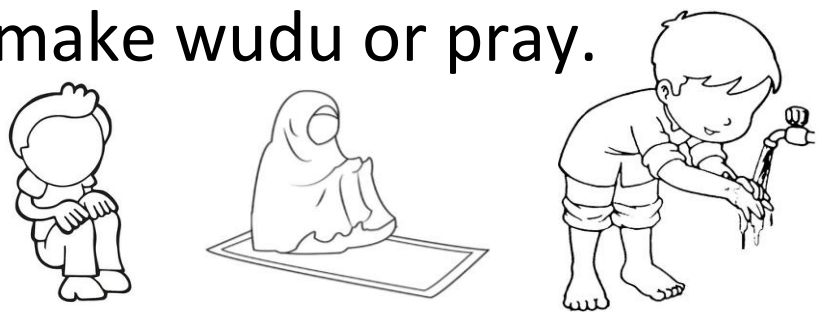
THINK – Pause, say Dua and remember Allah SWT.



FEEL – Take a deep breath, try to calm down and keep silent.



ACT – Change your position, make wudu or pray.



“A-oo-thoo Bill laa-hee Mi-nash Shaytaan-nir-ra-jeem” (I seek refuge with Allah from the cursed one),”

Prophet Muhammad PBUH said **“I guarantee a house in Jannah for the one who *GIVES UP ARGUING*, even if he is in the right; and I guarantee a home in the middle of Jannah for one who *ABANDONS LYING* even for the sake of fun; and I guarantee a house in the highest part of Jannah for one who has *GOOD MANNERS.*”** (Abu Dawud)

