

# Anger and Hilm Worksheet

*Cooling the Fire, Cultivating the Composure of the Believer*

## Anger Is Not the Problem; What We Do With It Is

*“The strong is not the one who overcomes the people by his strength. Rather, the strong is the one who controls himself when he is angry.”*

*Sahih al-Bukhari 6114; Sahih Muslim 2609.*

وَالْكَاطِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ

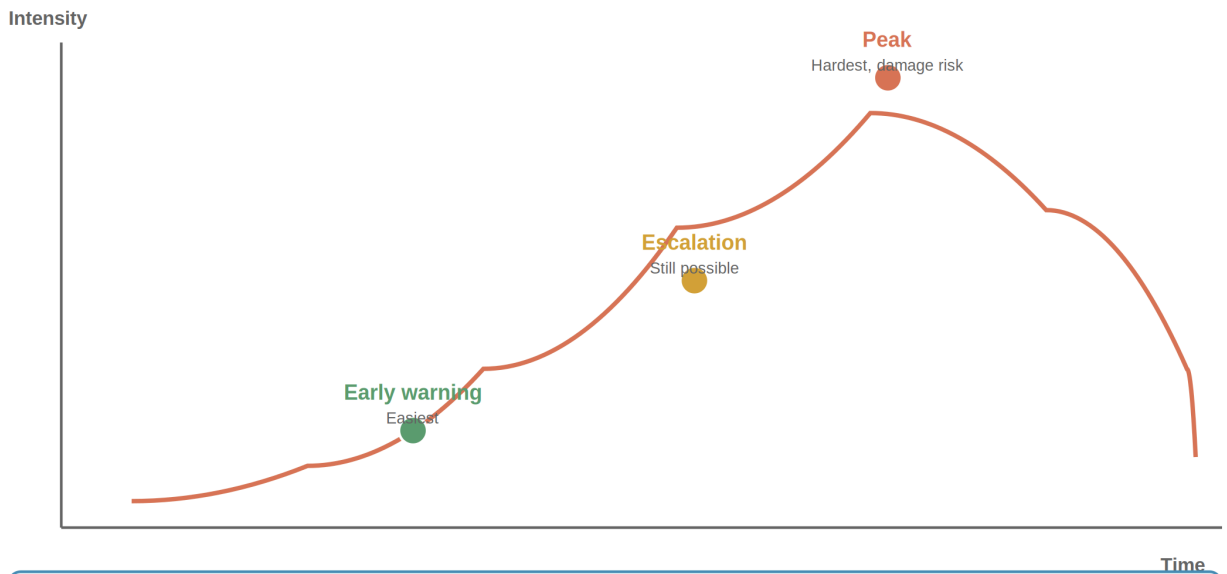
*“Those who suppress their anger and pardon the people.”*

*Qur'an, Surah Al-Imran, 3:134.*

## Where to intervene in the anger curve

### The Anger Curve and Where to Intervene

*Earlier interventions are far easier than later ones*



Earlier interventions are far easier than later ones. The skill is noticing your early warning signs and acting before the curve climbs.

## Section 1: Knowing My Anger

My early warning signs

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Common triggers

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What I usually do

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What I wish I did instead

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## Section 2: The Prophetic Toolkit

### 1. Seek refuge in Allah

*“I know a word, if he were to say it, what he is feeling would leave him: I seek refuge in Allah from the accursed Shaytan.”*

*Sahih al-Bukhari 6115.*

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

*A'udhu bi-Llahi mina-sh-Shaytani-r-rajeem.*

### 2. Change your physical position

*“If one of you becomes angry while standing, let him sit down. If anger leaves him, well and good; otherwise, let him lie down.”*

*Sunan Abu Dawud 4782 (sahih).*

### 3. Make wudu

*“Anger is from Shaytan, and Shaytan was created from fire, and fire is extinguished only with water. So when one of you becomes angry, let him perform wudu.”*

*Sunan Abu Dawud 4784. Note: scholars differ on the grading; al-Albani considered it weak. The principle of using water to cool the body is supported by physiology.*

### 4. Be silent

*“If one of you becomes angry, let him remain silent.”*

*Musnad Ahmad 2136 (sahih per al-Albani).*

## Section 3: Building a Pause

Most regretted anger happens in the seconds between trigger and response.

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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## Section 4: After the Anger

*“All the children of Adam are sinners, and the best of sinners are those who repent.”*

*Sunan al-Tirmidhi 2499.*

### If I caused harm: repair

- Sincere apology, naming the specific behaviour
- Avoiding excuses or counter-blame
- A concrete change for next time
- Tawbah if wrong was done in the sight of Allah

## Section 5: Anger Log

Date	Trigger	Intensity	What I did	What I would do differently

## Section 6: Cultivating Hilm

*“Knowledge is acquired by learning, and hilm is acquired by practising hilm.”*

*al-Khateeb al-Baghdadi; al-Albani hasan in Sahih al-Jami' 2328.*

- One pause before responding to a minor irritation, daily
- One du'a asking Allah for hilm, daily
- One reflection at night on a moment of hilm