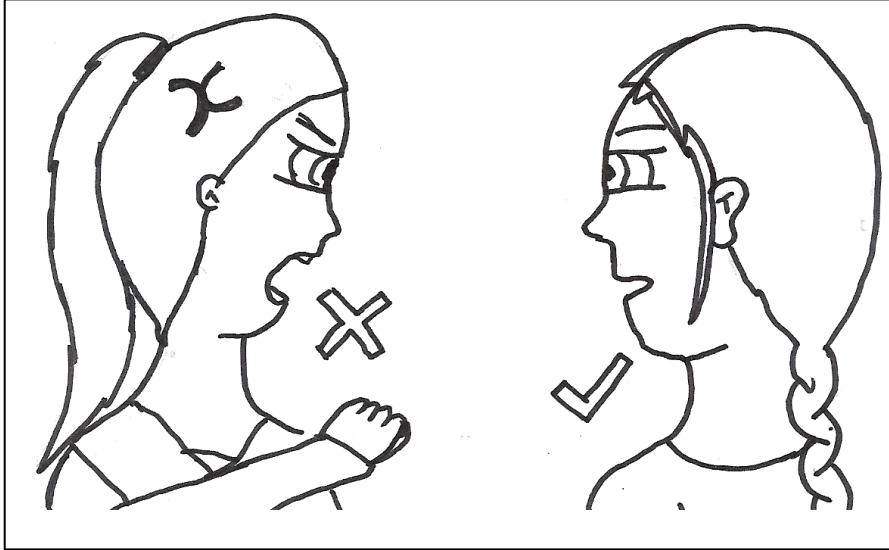


# Hadith: Control over anger.

Hadith means: The words actually spoken by the Holy Prophet (PBUH) or the words that describe an incident related to the Holy prophet's life. If a hadith does not contradict with *any* verse of the Holy Quran, it is our duty as Muslims to act upon it throughout our lives



لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ  
عِنْدَ الْغَضَبِ

The strong person is not he who defeats others in wrestling. The strong person is he who has full control over himself during his anger.

Think about it girls! When you are really angry you are capable of saying and doing things that in normal circumstances you would never do! You're natural instinct might be to lash out at someone with your fist or hurt someone with your tongue. But you are only *truly strong* when you ignore that urge and control your anger.

So fighting or going into a rage never solves things, Remember that phrase '*Blind rage*' Anger or rage does blind you and makes you act in an unreasonable way. So learn to control your anger and you will become a much stronger person. The Promised Messiah(as) said that gentleness makes a person more wise and deep thinking but anger causes a person to lose their commonsense.