

# ALI 528: Intelligence and Managing emotions

**Question to ponder**

Should ALL emotion be controlled?  
(write your answers in the chat box)



# Understanding intelligence in emotions

Ability to

- 1) Identify your emotions – self awareness
- 2) Manage your emotions – self regulation
- 3) Harness or redirect emotions
- 4) Feel the emotions of others
- 5) Help others manage their emotions

# Emotion in the Quran

- The Quranic message encourages believers to cultivate specific emotional attachments.
- Expressing emotion is part of the practices of a true believer. The priority is emotional attachment to Allah.
- Control of emotions is to redirect emotional attachment from the self, family, worldly goods, etc. to God and His expectations from us.

# Emotion with God

## Tears

وَإِذَا سَمِعُوا مَا أُنزِلَ إِلَى الرَّسُولِ تَرَىٰ أَعْيُنُهُمْ تَفِيضُ مِنَ  
الدَّمْعِ مِمَّا عَرَفُوا مِنَ الْحَقِّ ۖ يَقُولُونَ رَبَّنَا آمَنَّا فَاكْتُبْنَا مَعَ  
الشَّاهِدِينَ

When they hear what has been revealed to the Apostle, you see their eyes fill with tears because of the truth that they recognize. They say, 'Our Lord, we believe; so write us down among the witnesses.'

**Sura Ma'idah, no.5, verse 83**

## Swooning

When the signs of the All-beneficent were recited to them, they would fall down weeping in prostration.

**Sura Maryam, no.19, verse 58**

Say, ‘Whether you believe in it, or do not believe in it, indeed when it is recited to those who were given knowledge before it, they fall down in prostration on their faces, and say, “Immaculate is our Lord! Indeed Our Lord’s promise is bound to be fulfilled.” Weeping, they fall down on their faces, and it increases them in humility.’

**Sura Israa, no.17, verses 107-109**

# Emotional Control

- We should not express all the emotions we feel.
- All emotions must be second to emotion for God.
- We control what is not in line with servitude to God.
- Emotional control is working against certain emotions in order to do the right thing, for the sake of God.
- The result is a more noble self worthy of its Creator.
- What is suppressed is as revealing as what is expressed.

# Mismanagement of emotions

- Emotions are natural and innate. Not managing them properly can turn them into vices.
- Mismanaged emotion can lead to anxiety and despair.
- Managing emotions preserves an internal, mental balance.

# Emotional control in the Quran

Not giving in to passions

فَإِنْ لَّمْ يَسْتَجِيبُوا لَكَ فَاعْلَمْ أَنَّمَا يَتَّبِعُونَ أَهْوَاءَهُمْ ۖ وَمَنْ أَضَلُّ  
مِمَّنْ اتَّبَعَ هَوَاهُ بِغَيْرِ هُدًى مِنَ اللَّهِ ۗ إِنَّ اللَّهَ لَا يَهْدِي الْقَوْمَ  
الظَّالِمِينَ

Then if they do not respond to you, know that they only follow their desires, and who is more astray than him who follows his desires without any guidance from Allah? Indeed Allah does not guide the wrongdoing lot.

**Sura Ankabut, no. 28, verse 50**



## Controlling anger

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاظِمِينَ الْغَيْظَ  
وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

Those who spend in ease and adversity, and suppress their anger, and excuse the people, and Allah loves the virtuous.

**Sura Aale Imran, no.3, verse 134**

# Emotional control and world view

- 1) Attachment to God – Love, Trust, Yearning to please
- 2) Transience of all that is of this world
- 3) Vision for self development and perfection
- 4) Negativity in life can be a challenge to spur personal growth.
- 5) The factors that lead to negative emotions are worth investing time and effort into.

Believers regard themselves to be God's trustee  
as treasury officials

who get a large amount of property one day  
and pay thousands another day.

Therefore, they become neither happy for receiving  
nor sad for paying it.

**Ayatullah Nasir Makarim Shirazi**

**Tafsir Namune, under verse 57:23**

لَكَيْلًا تَأْسَوْا عَلَىٰ مَا فَاتَكُمْ وَلَا تَفْرَحُوا بِمَا  
آتَاكُمْ ۗ وَاللَّهُ لَا يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ

so that you may not grieve for what escapes you  
nor boast for what comes your way  
and Allah does not like any arrogant boaster.

**Sura Hadid, no.57, verse 23**

# Emotional Control – The Mental Process

- 1) Stimulus (internal or external event)
- 2) Assessment of stimulus (initial thought)
- 3) Reaction to assessment of perception (emotion)
- 4) Physiological response
- 5) **Cognitive response (continued thoughts)**
- 6) Behavior

# Emotional Control – The Practical Process

- 1) Recognize the emotion.
- 2) STOP
- 3) Connect with God and your personal vision for yourself.
- 4) Replace the thought behind the emotion.
- 5) Keep thinking about the replacement thought.
- 6) Thank God for the tawfiq.

# Scenario

A friend walks right past you without acknowledging you.

You think . . .

You feel . . .

You continue to think . . .

You do . . .