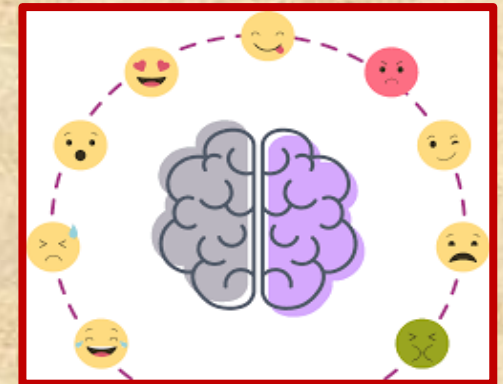


# ALI 528: Intelligence and Managing emotions Session Two

## Question to ponder

Which emotion is hardest to regulate?  
(write your answers in the chat box)



In man there is a piece of flesh attached to him with a vein and it is the strangest thing in him. It is the heart. It has a store of wisdom and things contrary to wisdom. If it sees a ray of hope, eagerness humiliates it and when eagerness increases, greed ruins it. If disappointment overtakes it, grief kills it. If anger rises in it, a serious rage develops. If it is blessed with pleasure, it forgets to be cautious. If it becomes fearing, it becomes heedless. If peace extends all round, it becomes neglectful. If it earns wealth, freedom from care puts it in the wrong. If trouble befalls it, impatience makes it humble. If it faces starvation, distress overtakes it. If hunger attacks it, weakness makes it sit down. If its eating increases, heaviness of stomach pains it. Thus, every shortness is harmful to it and every excess is injurious to it.

# Hadith on Emotional Control

1) As for self-restraint, from it branches out satisfaction, resignation, good fortune, comfort, a sense of evaluation, humbleness, a sense of remembrance, contemplation, magnanimity and generosity. These are the many ramifications for the intelligent man who practices self-restraint and is satisfied with Allah and with his share.

**Holy Prophet (s), Tuhaf al-Uqul, H#17**

2) He who practices self-restraint, his burden decreases and his worth in Allah's eyes increases.

**Imam Ali (a), Ghurar al-Hikam, Hadith #4597**

3) Whoever cannot control his anger cannot control his intellect.

**Imam Sadiq (a), Bihar al-anwar, v.78, p.255**

# Regulating emotions - Assessment

The individual understanding and assessment of the situation regulates the relationship between the difficult conditions and emotions felt.

That assessment is more significant than the objective characteristics of the situation.

- 1) Assessment of situation
- 2) Assessment of your abilities to cope with the situation

# Regulating emotions - Strategies

## Types of Strategies

- 1) Emotion oriented
- 2) Situation oriented

# 1) Emotion oriented

- 1) Sense of Coherence
- 2) Life will be difficult
- 3) Things keep changing
- 4) Be pleased with God's decree
- 5) Be grateful for the good in your life

# Sense of Coherence

Understanding the necessity of the situation.

Lack of coherence brings about irrational assessments

SOC is a mixture of optimism combined with a sense of control. It has three main components:

- Comprehensibility
- Manageability
- Meaningfulness

<https://positivepsychology.com/sense-of-coherence-scale/>

Life will be difficult

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي كَبَدٍ

Truly We created human being in travail

Sura al-Balad, no.90, verse 4



# Things keeps changing

Remember that this life consists of two days - a day for you and a day against you.

The world is a house that changes authorities. Whatever in it that is for you will come to you despite your weakness; and whatever in it that turns against you cannot be brought back despite your strength.

**Imam Ali (a)**

**Letter no.72, Nahjul Balagha**

# Be pleased with God's decree

الرَّوْحُ وَالرَّاحَةُ فِي الرِّضَا وَالْيَقِينِ وَالْهَمُّ وَالْحُزْنُ فِي  
الشُّكِّ وَالسَّخَطِ

Happiness and comfort lie in Ridha and Yaqeen, while worry and grief lie in doubt and anger at Allah's decree

Imam Sadiq (a)

Mizanul Hikmah, v.4, p.478

# Be grateful for the good in your life

Occupy yourself in being grateful for the blessing rather than being delighted by it.

Imam Ali (a), Ghurar al-Hikam, Hadith#4780

When you see your Lord continually testing you [with hardships] then be grateful to Him.

Imam Ali (a), Ghurar al-Hikam, Hadith #5403

Your gratitude to the one who is angry with you leads to reconciliation and his having a favourable disposition towards you.

**Imam Ali (a)**

**Ghurar al-Hikam, hadith #4836**

## 2) Situation oriented

What can be done to;

- 1) Remove the situation
- 2) Reduce the situation
- 3) Tolerate the situation

# Using Resources

Human beings are equipped with coping resources - internal and external.

Internal – Acceptance, Gratitude, Understanding, Self-care.

External - social support; emotional, physical, material, informative.