

Hadith - Sahih Al-Bukhari 8.135, Narrated Abu Huraira, r.a.

Allah's Apostle said, "The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger."

Hadith - Sahih Al-Bukhari 8.137, Narrated Abu Huraira, r.a.

A man said to the Prophet, "Advise me!" The Prophet said, "Do not become angry and furious." The man asked (the same) again and again, and the Prophet said in each case, "Do not become angry and furious."

Hadith - Sahih Bukhari 8.136, Narrated Sulaiman bin Sarad, r.a.

Two men abused each other in front of the Prophet while we were sitting with him. One of the two abused his companion furiously and his face became red. The Prophet said, "I know a word (sentence) the saying of which will cause him to relax if this man says it. Only if he said, 'I seek refuge with Allah from Satan, the outcast.' " So they said to that (furious) man, "Don't you hear what the Prophet is saying?" He said, "I am not mad."

Hadith - Sunan of Abu Dawood, Narrated Atiyyah as-Sa'di, r.a.

Abu Wa'il al-Qass said: We entered upon Urwah ibn Muhammad ibn as-Sa'di. A man spoke to him and made him angry. So he stood and performed ablution; he then returned and performed ablution, and said: My father told me on the authority of my grandfather Atiyyah who reported the Apostle of Allah (peace be upon him) as saying: Anger comes from the devil, the devil was created of fire, and fire is extinguished only with water; so when one of you becomes angry, he should perform ablution.

Hadith - Sunan of Abu Dawood, Narrated Abu Dharr, r.a.

The Apostle of Allah (peace be upon him) said to us: When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise he should lie down.

Hadith - Al-Tirmidhi #5145, Narrated Abu Sa'id al-Khudri, transmitted by Tirmidhi

...It is said that he (sallallahu aleihi wa sallam) mentioned anger, saying, "Some are swift to anger and swift to cool down, the one characteristic making up for the other; some are slow to anger and slow to cool down, the one characteristic making up for the other; but the best of you are those who are slow to anger and swift to cool down, and the worst of you are those who are swift to anger and slow to cool down." He continued, "Beware of anger, for it is a live coal on the heart of the descendant of Adam. Do you not notice the swelling of the veins of his neck and the redness of his eyes? So when anyone experiences anything of that nature he should lie down and cleave to the earth."