

MANAGING ANGER
AND RESENTMENT

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WE NEED TO DEAL WITH THIS
CONSTANT NEED OF YOURS
TO PLEASE OTHERS...

SURE, IF IT
MAKES YOU
HAPPY!



SIGNS OF PEOPLE PLEASING

1. Acting like friends at the **expense of being authentic**
2. **Apologizing** even when doing **nothing wrong**.
3. Confusing healthy **boundaries** with being **self-fish**.
4. Spend a lot of time and energy trying to **avoid conflict**
5. Experiences **distress** when people are upset or angry with them
6. Expresses feeling **overwhelmed by everything** they need to do.
7. **Fails to stand** up for what's right.

SIGNS OF PEOPLE PLEASING

8. Feels **responsible** for other people's feelings.
9. Goes along with the group and **resists expressing** their values
10. Misinterprets **people pleasing as being kind.**
11. **Needs praise** from their friends in order to feel good about who they are.
12. **Refrains from acknowledging** or communicating hurt feelings or anger.
13. **Refuses to say no** even when it's in their best interest.
14. **Wants desperately to be accepted** and liked by their peers.

WHY IS PEOPLE PLEASING A PROBLEM?

- Like perfectionism, pleasing everyone is an unattainable goal.
- People-pleasing creates self-neglect leading to anxiety
- People-pleasers are never reach contentment

THE MANY FACES of a PEOPLE-PLEASER

TheCooperReview.com



~~I am a people pleaser~~

In childhood my parents were inconsistent & had high expectations

I was only shown attention when I achieved something

**I was taught that I needed to "do something for others"
in order to be loved and validated**

**I was praised only when i was compliant and did what
I was told**

**I had to keep my parent in a good mood and to avoid
being a burden**

*As a result I became less interested in exploring who I was and more interested
in learning about what others want me to be*

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OVERCOMING PEOPLE- PLEASING

1. Stop. Think about the times you have said yes when you really wanted to say no.
2. Take your time. If someone asks you for a favor, take time to think about it and check your schedule.
3. Be Fair. Am I being fair to myself and others in my life if I say yes?

OVERCOMING PEOPLE- PLEASING

- Start Small. Limit your availability to help, set a time limit, or ask for assistance on small things.
- Forget the fear. If others get mad because you say no occasionally, they are not the people you should surround yourself with anyway.
- Ask for help. Recognizing when it's too much to handle or if you need help is a sign of someone who is confident and assertive.

MEDITATION CHECK-IN

- How was meditation last week?
- Lessons learned?
- Struggles?

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BENEFITS OF MEDITATION

Harvard's Dr. Herbert Benson, founder of the Mind/Body Institute has noted that 4-6 weeks of meditation practice typically results in the reduction of stress, short temper, headaches, backaches, insomnia, cholesterol levels, blood pressure, and anxiety.

ANGER IN THE QURAN

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



Those who give in prosperity and adversity,
and those who **restrain anger**, and those who
forgive people. Allah loves the doers of good

The Quran 3:134

“Anger is a destroyer of the wise man’s heart; whoever cannot control his anger, cannot control his faculty of reasoning

Imam al-Sadiq (a)
Bihar Al-Anwar vol 78, p. 255, no 129

WHAT IS ANGER?

- A God-given healthy emotion when used constructively
- An indication that a boundary has been crossed
- A reaction to wrongs and injustices to self and others
- A choice, not a personality trait (hot-head, not inherited)

WORST ADVICE EVER:

Don't be angry!

Tip: Emotional Suppression doesn't work!

Hack: Feel what you need to feel through self-regulation
and move on.

GENDER DIFFERENCE IN ANGER

- Society associates anger as a masculine trait
- Research shows that men and women tend to use anger just as frequently, but express it differently.
- Women conditioned in childhood to keep their anger down.
- Anger seen as more socially acceptable among males.

(Women and Anger, Sandra Thomas)

SET YOUR INTENTION

- What is something that has been causing you anger lately?
- Where do you feel the anger in your body?
- Who is around you when you feel this emotion?
- If the anger isn't active, is there anything residual from the past causing resentment?

PREPARING FOR GUIDED MEDITATION

6 TIPS TO HELP YOU START MEDITATING

Breath

Don't try to "calm your mind." Instead, appreciate the **sensations** of your breath. When your mind starts wandering away into thoughts, just recognize that you're thinking. Then return to appreciating the sensations of your breath.

Arms/hands

Relax your shoulders and arms, letting your hands rest on your thighs. Alternately, place one hand on another in your lap.

Legs/feet

If you're sitting in a chair, keep your **feet flat** on the floor and your spine straight. If you're sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.

Emotions

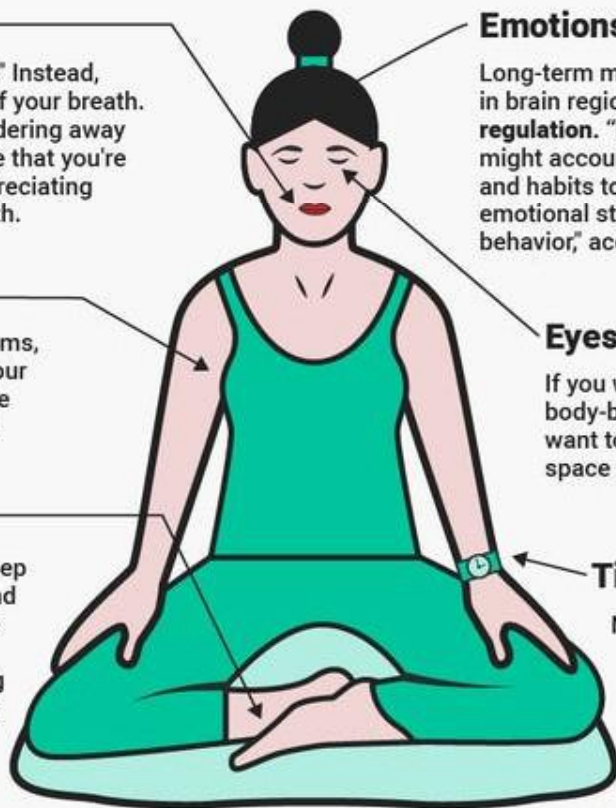
Long-term meditators show increased size in brain regions associated with **emotional regulation**. "Larger volumes in these regions might account for meditators' singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful behavior," according to a UCLA study.

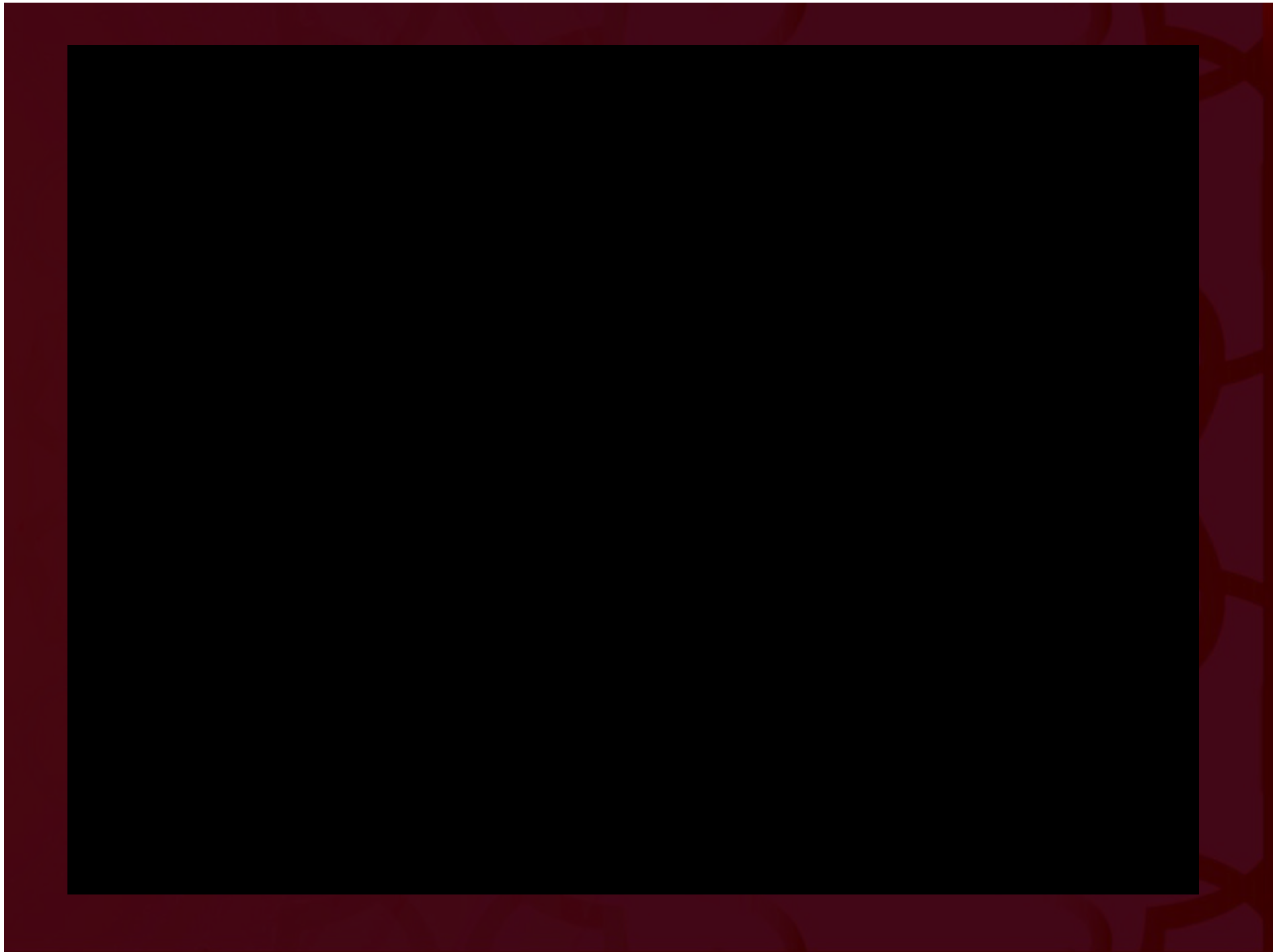
Eyes

If you want the **experience** to be more body-based, close your eyes. If you want to feel more anchored in the space you're in, keep them open.

Time

Meditation isn't about length; it's about frequency. In the same way you don't get strong by lifting one giant weight one time, you should try and sit regularly. **5 to 10 minutes** a day is a great start.





WHAT DID YOU NOTICE?



10 WAYS TO MANAGE YOUR **ANGER**.....

COMPILED BY MENTAL HEALTH
COUNSELLOR ANISA DIAB

Graphics by @ Qaim Initiative



01 **TAKE A DEEP BREATH**

02 **THINK BEFORE YOU SPEAK**



03 **SEEK REFUGE IN GOD**
04 **CHANGE POSITIONS**



05 **MAKE WUDHU**

06 **LOOK AT THE BIGGER
PICTURE**



07

**PRIORITISE YOUR
RELATIONSHIP WITH THE
PERSON YOU ARE MAD AT
OVER THE ANGER ITSELF**



08

IF YOU FEEL YOUR ANGER IS GOING TO CAUSE YOU TO SAY/DO SOMETHING YOU WILL REGRET – EXCUSE YOURSELF FOR 20 MINS OR UNTIL YOU CAN CALMLY REVISIT THE CONVERSATION



09

ENGAGE IN MINDFULNESS PRACTICES ON A REGULAR BASIS TO HELP DE-ESCALATE YOUR EMOTIONS AND PREVENT EXTREME ANGER FROM MANIFESTING IN THE FUTURE



10 **USE HUMOUR AND MAKE
EMOTIONAL DEPOSITS TO HELP
REPAIR THE RELATIONSHIP**

Anger Volcano

If anger is not controlled it can "Erupt" into violence or abuse.

ANGER

Anger is neither a positive or a negative emotion. However It can be an uncomfortable emotion.

Like the lava from a volcano, that builds the island, anger has a purpose, anger indicates something is wrong.



Anger is a secondary emotion which means there is some other emotion at play. It is important to challenge the anger to see what is behind it. These are common emotions hidden behind anger.

RESENTMENT

- Persistent ill will and bitter indignation at being treated unfairly
- “Resentment is like taking poison and waiting for the other person to die.”—Malachy Macourt

FEARS AND MISCONCEPTIONS THAT BLOCK FORGIVENESS

- 1. Forgiving means I am condoning the behavior*
- 2. Forgiving means forgetting*
- 3. Forgiving will make the offender think his actions didn't hurt me.*
- 4. Without the anger, I'll be vulnerable*
- 5. Forgiving risks making me look weak*

FEARS AND MISCONCEPTIONS THAT BLOCK FORGIVENESS

- 6. Forgiving means reconciling or trusting*
- 7. Certain acts are unforgivable*
- 8. If I don't make him pay, he'll never change*
- 9. If I give up resentment, I'll have to take responsibility for my own happiness.*
- 10. I'll be disloyal to others if I drop the grudge*
- 11. The offender is all bad and deserving of my animosity.*

“If we are willing to look at another person’s behavior toward us as a reflection of the state of his relationship with himself rather than as a statement about our value as a person, then we will, over a period of time, cease to react at all.”

-Anonymous

FINDING CLOSURE

1. Lower your expectations from the offender
2. Release the idea that a past offense is responsible for your present unhappiness
3. Complete emotional business
4. Seek Allah's forgiveness and forgive yourself

FORGIVENESS/CLOSURE STRATEGIES:

- Gestalt “empty chair” technique
- Letter writing (receiving an apology in writing or writing one to someone you haven’t forgiven)
- Practice forgiveness for yourself and seeking from others
- Reflect on stories of the prophets and Allah’s chosen ones.
- Meditation (of course!)

ASSIGNMENT

- **Listen to guided imagery recording at least once per day.**

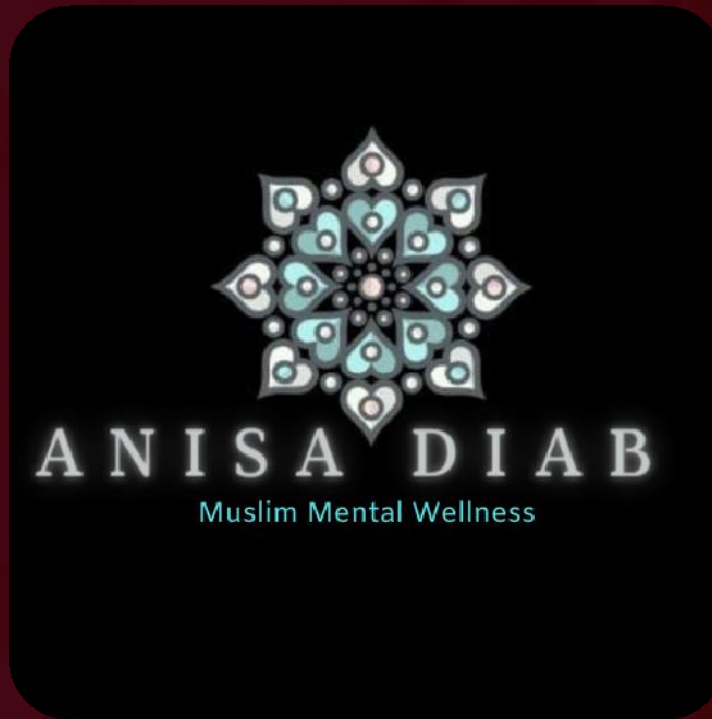
Recommended Tasks:

- Keep a Meditation Journal
- Try a Forgiveness Strategy that was mentioned today.
- Try supplemental resources

SUPPLEMENTAL RESOURCES

- Headspace: Beginner's Guide to Meditation on Netflix
- Headspace: Beginner's Guide to Sleep Meditation on Netflix
- The Anger Management Sourcebook: By Glen Schiralidi & Melissa Kerr

QUESTIONS?



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