

The Emotion Code

Here is where your
presence

Emotional Intelligence: R.U.L.E.R.



R ↔ Recognize

E ↔ Express

U ↔ Understand

R ↔ Regulate

L ↔ Label

Intrapersonal

Interpersonal

Why emotional intelligence is important for Muslims?



To act with accordance to how Allah wants us to



To have fruitful and positive interaction with others



Topics we will cover



Prophetic
Emotional
Intelligence



Intrapersonal
Emotional
Intelligence



Interpersonal
Emotional
Intelligence



Intrapersonal Emotional Intelligence





Intrapersonal Emotional Intelligence

It refers to the ability to understand and manage our own emotions, motivations, strengths, and weaknesses.

It involves gaining self-awareness through introspection, self-reflection, and insight.

This form of intelligence allows people to plan, make decisions, and pursue goals effectively.



The Alchemy Of Happiness



Strive to know yourself so that you may discover the path to Allah & gaze upon His splendour. Break away from the shackles of passion & anger...Allah did not create these things within you for you to be controlled by them, but rather for you to control them.

Emotions

Definition + Purpose + Importance

Strong feelings deriving from one's circumstances, mood or relationship with others

To enhance healthy living

Emotions control our thinking, behaviour and actions



Types of Emotions

LOVE BASED

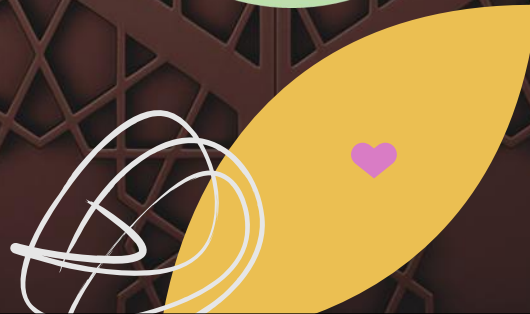
Joy, Happiness, Caring,
Trust, Compassion, Truth,
Contentment, Satisfaction

SADNESS BASED

Gloomy, Hopeless,
Disappointed, Unhappy,
Lonely, Bored

FEAR BASED

Scared, Worried,
Apprehensive, Anxious,
Panic, Insecure,
Discouraged



Types of Emotions

ANGER BASED

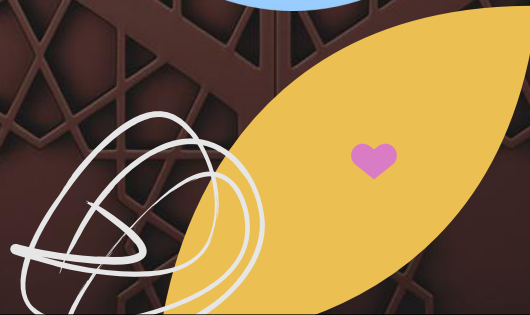
Frustrated, Irritated,
Annoyed, Skeptical,
Jealous

DISGUST BASED

Repulsed, Aversion,
Distaste, Repelled,
Sickened,

SURPRISE BASED

Amazed, shock,
astonished, stunned
wonderment



Robert Plutchik's Emotional Wheel



Expression of Emotions



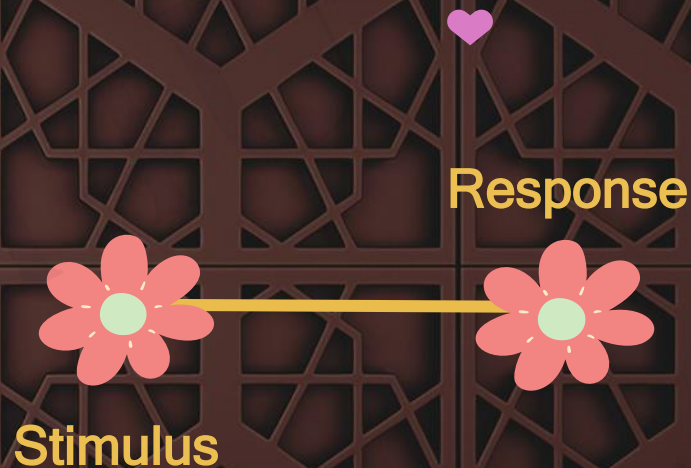
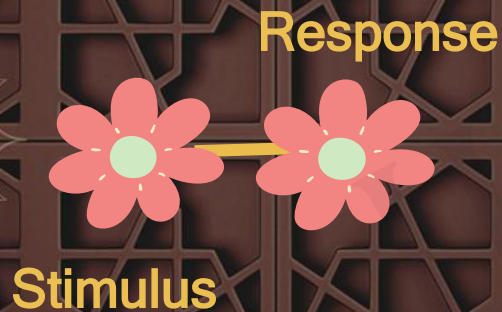
﴿وَأَنَّهُ هُوَ أَضْحَكَ وَأَبْكَى﴾

And that it is He who makes [one] laugh and weep
(Quran 53:43)





Emotional Regulation



Emotional Regulation

Stimulus

Response

CHOICE



Freedom

Emotional regulation of Prophet ﷺ



Anas (May Allah be pleased with him) reported:
I was walking with Messenger of Allah ﷺ who was wearing a Najrani cloak with a very thick border when a Bedouin happened to meet him.
He took hold of the side of his cloak and drew it violently. I noticed that the violence of jerk had bruised the neck of Messenger of Allah ﷺ.
The Bedouin said: "O Muhammad! Give me out of Allah's wealth that you possess."
Messenger of Allah ﷺ turned to him and smiled and directed that he should be given something.
(Sahih al-Bukhari & Muslim)



Emotional regulation of Prophet ﷺ



The Prophet ﷺ divided something (among the Muslims) and distributed the shares.

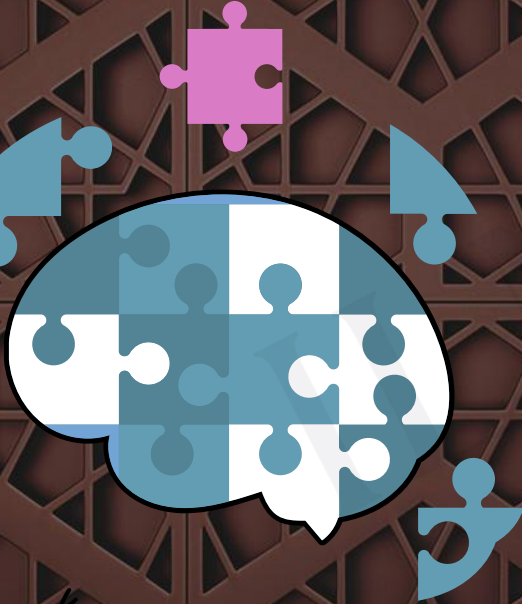
A man said, "This division has not been made to please Allah."

When I informed the Prophet ﷺ about it, he became so furious that I noticed the signs of anger on his face and he then said, "May Allah bestow His Mercy on Moses, for he was hurt with more than this, yet he remained patient."

(Sahih al-Bukhari)



Emotions mentioned in the Qurán



Love based emotions



01

Motherly love

Umm Musa

02

Fatherly love

Ibrahim (AS)

03

Caring

Zakariyyah (AS)

04

Mercy & compassion

Prophet ﷺ

Regulate

وَالَّذِينَ آمَنُوا أَشَدَّ حُبًّا
لِلَّهِ

...But those who
believe are
stronger in love for
Allah...
(Quran 2:165)



Sadness based emotions



01

Sadness

Yaqub (AS)

Regulate

إِنَّمَا أَشْكُو بَثِّي وَخُزْنِي إِلَى اللَّهِ

...“I only complain of my
grief and sorrow to Allah,..
(Quran 12:86)

02

Guilt

Yunus (AS)

Regulate

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ
إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

...“There is no god
(worthy of worship) except You.
Glory be to You! I have certainly done
wrong.” (Quran 21:87)

Fear based emotions



01

Fear

Musa (AS)

Regulate

فَلَا تَخْشَوْا النَّاسَ وَأَخْشَوْنَ

... So do not fear
the people but fear
Me..

(Quran 5:44)

Anger based emotions



01

Anger

Musa (AS)

02

Jealousy

Brothers of Yusuf (AS)

Regulate

وَالْكَاطِمِينَ الْغَيْظَ
وَالْعَافِينَ عَنِ النَّاسِ

...who restrain anger and who
pardon the people...
(Quran 3:134)

Regulate

وَأَسْأَلُوا اللَّهَ مِنْ فَضْلِهِ

...And ask Allāh of His bounty...
(Quran 4:32)

Disgust based emotions



01

Detest

Backbiting

...And do not spy or backbite each other. Would one of you like to eat the flesh of his brother when dead? You would detest it...
(Quran 49:12)

Regulate

...And fear Allah; indeed, Allah is Accepting of repentance and Merciful.
(Quran 49:12)

Surprise based emotions



01

Amazement

Sulayman (AS)

Regulate

So [Solomon] smiled,
amused at her speech,
and said, "My Lord,
enable me to be grateful
for Your favor which You
have bestowed upon me
and upon my parents and
to do righteousness of
which You approve. And
admit me by Your mercy
into [the ranks of] Your
righteous servants."
(Quran 27:19)

Surprise based emotions



02

Wonderment

Zakariyyah (AS)

Regulate

...And remember your Lord much and exalt [Him with praise] in the evening and the morning."
(Quran 3:41)

03

Wonderment

Maryam (AS)

Regulate

She said, "My Lord, how will I have a child when no man has touched me?" [The angel] said, "Such is Allah; He creates what He wills. When He decrees a matter, He only says to it, 'Be,' and it is."
(Quran 3:47)

Study

**Do Taqwa and Shukr predict
Muslims' proclivity to emotional
intelligence?
An empirical analysis**



Study



Purpose



Design



Data

This paper aims to examine the effects of taqwa and shukr on EI in a Muslim population in Malaysia.

Structural equation modelling tool AMOS was used to test the study's hypotheses

Data were sourced from 302 Muslim employees working in Malaysia's public and private sectors.



Result of the Study ♥



Taqwa & Shukr positively influence EI

Demonstrate greater levels of self-emotional appraisal compared with other emotional appraisals.

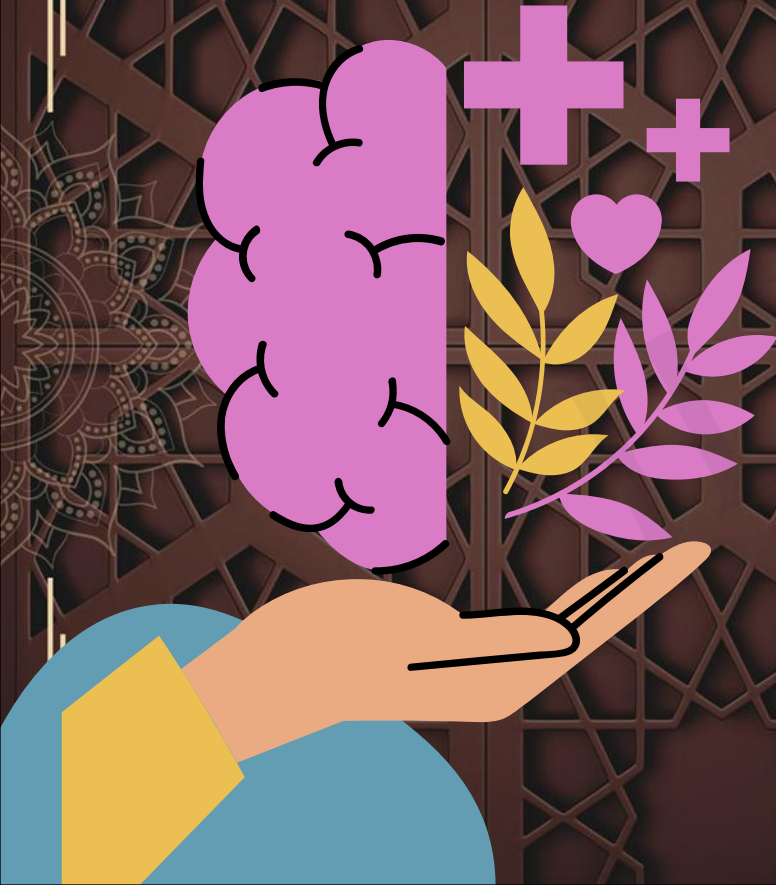
People of Taqwa & Shukr

Give increased priority to understanding and distinguishing positive and negative emotions because of their understanding of Islamic teachings

Exhibit concern with knowing their emotions well before advising or responding to the emotions of others

Increase their sense of empathy, thereby improving their emotional competency and EI.

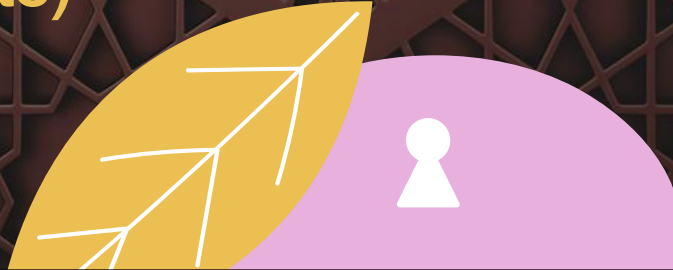
6 ways to know yourself better



1. Get to know your Creator better
2. Practice self-reflection
3. Increase Taqwa and Shukr
4. Ask Allah for guidance towards the truth
5. Ask your wise loved ones about yourself
6. Take personality test: 16 Personalities Test

Enemies of Man

- Nafs (lower self)
- Shaytan (devil)
- Hawa (desires)
- Duniya (love of immediate)





Emotions of Prophet ﷺ

Pain of separation



“Verily, the eyes shed tears and the heart is grieved, but we will not say anything except what is pleasing to our Lord. We are saddened by your departure, O Ibrahim.”
(Sahih al-Bukhari)



Regulation

"He who slaps his cheeks, tears his clothes and follows the ways and traditions of the Days of Ignorance is not one of us."
(Sahih al-Bukhari)



Painful Memories



When he ﷺ saw me, he ﷺ said, 'Are you Wahshi?' I said, 'Yes.' He ﷺ said, 'Was it you who killed Hamza?' I replied, 'What happened is what you have been told of.' He ﷺ said, 'Can you hide your face from me?'

(Sahih al-Bukhari)



Regulation

"A believer is not stung twice (by something) out of one and the same hole."

(Sahih al-Bukhari)



Expressing Love



Amr bin Al-`As said, "(On my return) I came to the Prophet ﷺ and said, 'Which people do you love most?' He replied, 'Aisha.' I said, 'From amongst the men?' He replied, 'Her father (Abu Bakr)'. I said, 'Whom (do you love) next?' He replied, "'Umar.' Then he counted the names of many men, and I became silent for fear that he might regard me as the last of them."

(Sahih al-Bukhari)

Regulation

"When a man loves his brother, he should tell him that he loves him."
(Abi Dawud)

Dislike for the sake of Allah



The Prophet ﷺ saw sputum in the direction of the Qibla and scraped it off with his hand. It seemed that he disliked it and the sign of disgust was apparent from his face. He said, "If anyone of you stands for the prayer, he is speaking in private to his Lord, (or) his Lord is between him and his Qibla, therefore he should not spit towards his Qibla...

(Sahih al-Bukhari)

Regulation

Negative emotions for the sake of Allah.

Anger for the sake of Allah



The Prophet ﷺ entered upon me while there was a curtain having pictures (of animals) in the house. His face got red with anger, and then he got hold of the curtain and tore it into pieces. The Prophet ﷺ said, "Such people as paint these pictures will receive the severest punishment on the Day of Resurrection," (Sahih al-Bukhari)

Regulation

Negative emotions for the sake of Allah.

His ﷺ Blessed Smile



Narrated `Aisha (RA):
I have never seen Messenger of Allah ﷺ laughing so heartily that his uvula could be seen. He used to smile only.
(Sahih al-Bukhari & Muslim)



Abdullah bin Mughaffal said:
"A bag of fat was thrown on the day of Khaibar, and I caught it and said: "I will not give anything of this to anyone." I turned around and saw the Messenger of Allah there, smiling."
(An Nasai)



...Messenger of Allah ﷺ smiled at this and said,
"Satan had been eating with him but when he mentioned the Name of Allah, Satan vomited all that was in his stomach."
(Abu Dawud & An Nasai)



...When `Umar asked for the permission to enter, the women quickly put on their veils. Allah's Apostle allowed him to enter and `Umar came in while Allah's Messenger ﷺ was smiling, `Umar said "O Allah's Apostle! May Allah always keep you smiling." ...
(Sahih al-Bukhari)

Prophet ﷺ weeps as the Quran is recited



Ibn Mas'ud (May Allah be pleased with him) reported:
The Prophet ﷺ said to me: "Recite the Qur'an to me".
I said, "O Messenger of Allah! Shall I recite the Qur'an to you,
when it has been revealed to you?"

He ﷺ replied, "I love to hear it recited by others".

So I recited to him a portion from Surat An-Nisa'. When I
reached the Ayah:

"How (will it be) then, when We bring from each nation a
witness and We bring you (O Muhammad ﷺ) (as a witness
against these people?". (Quran 4:41)

He ﷺ said, "Enough for now". When I looked at him I saw his
eyes were shedding tears.
(Sahih al-Bukhari & Muslim)



Weeping out of fear of Allah



"Seven people will be shaded by Allah under His shade on the day when there will be no shade except His.... a person who remembers Allah in seclusion and his eyes get flooded with tears."
(Sahih al-Bukhari)

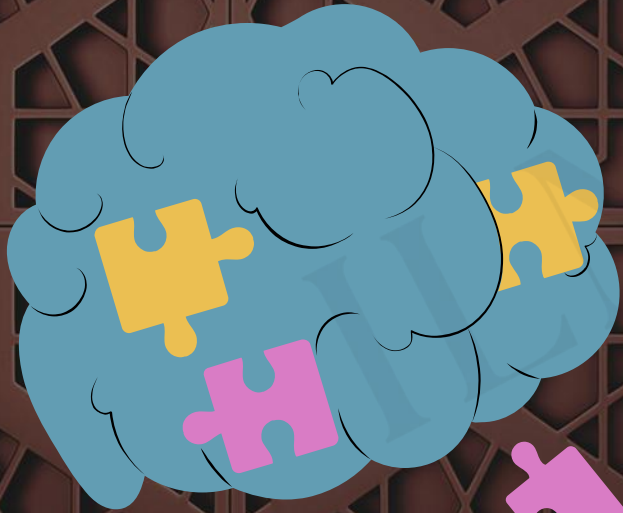
"There are two eyes which will never be touched by hell, an eye which weeps from fear of God..."
(At-Tirmidhi)





“Who looks outside, dreams;
Who looks inside, awakens”
— Carl Jung





♥
**Jazakallahu
Khiiaran**