# Guarding the Tongue

In the end of famous Hadith Muadh, Prophet pbuh took hold of his tongue and said: **“Restrain this.** “He said: “O Prophet of Allah, will what we say be held against us?” He said: “May your mother be bereaved of you, Muadh!**Is there anything that topples people on their faces – or he said on their noses into Hell-fire other than the harvest of their tongues?”**

**Diseases of Tongue:**

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| Lying (Even with kids, for laughs) | Shirk/Kufr of Allah | Talking, showing off or being proud of sin |
| Backbiting | slandering | Exaggerated Talk |
| Gossip | Disrespecting others | Breaking Promise |
| Vulgar talk | Too much laughs | Teasing |
| Telling other’s secrets | Too loud/yelling/screaming | Complaining |
| Un necessary talks | Un necessary Questions | Spreading rumors |
| Sarcasm | Swearing/Cursing | Name calling |
| Making fun of others | False Witness | Boasting |

**Cure for These Diseases:**

* Silence
* Think before Speak
* Control emotions, stop the tongue
* Change the position, move away from the situation that is making you talk badly
* Cure the heart from Jealousy, hatred, ego etc
* Take a pause while talking constantly
* Focus on positivity, solutions
* Make your tongue busy with Zhikr, talking good, spreading the truth



