Verily, I know a word; if he said it, his rage would go away. If he said: I seek refuge with Allah from the devil, his rage would go away

Sulaymān ibn Surad (may Allah be pleased with him) reported: I was sitting with the Prophet (may Allah's peace and blessings be upon him) when two men started to insult each other, and the face of one of them turned red and his jugular veins got swollen. The Prophet (may Allah's peace and blessings be upon him) said: "Verily, I know a word; if he said it, his rage would go away. If he said: I seek refuge with Allah from the devil, his rage would go away." They said to him: The Prophet (may Allah's peace and blessings be upon him) said: "Seek refuge with Allah from the devil." Thereupon he said: Am I mad?

[Authentic] [Agreed upon]

Two men cursed and insulted each other in the presence of the Prophet (may Allah's peace and blessings be upon him), and the face of one of them turned red and the veins surrounding his neck became swollen. The Prophet (may Allah's peace and blessings be upon him) said: Verily, I know a word; if this angry man said it, his anger would go away. If he said: I seek refuge with Allah from the accursed devil. They said to him: The Prophet (may Allah's peace and blessings be upon him) said: Seek refuge with Allah from the devil. Thereupon he said: Am I mad? thinking that only the mad seek refuge with Allah from the devil.

http://www.sunnah.global/hadeeth/en/show/3578