

# Emotion Regulation Worksheet

*Tending the Nafs With Awareness, Sabr, and Skill*

## The Inner Landscape

Islamic psychology speaks of the nafs (self) in stages: the nafs al-ammarah (commanding self), the nafs al-lawwamah (the self-blaming self), and the nafs al-mutma'innah (the tranquil self). Allah addresses the tranquil self directly:

يَا أَيَّتُهَا النَّفْسُ الْمُطْمَئِنَّةُ

*“O reassured soul...”*

*Qur'an, Surah Al-Fajr, 89:27.*

## The journey of the nafs

### The Stages of the Nafs

*An Islamic map of the inner self in motion*



O reassured soul, return to your Lord, well-pleased and pleasing to Him.

*(Qur'an, Surah Al-Fajr, 89:27 to 28)*

Movement between stages is normal. Most of us travel back and forth.

Emotion regulation is not about suppressing emotion. It is the training of the *nafs* toward stillness, while honouring the truth that emotions are part of being human. The Prophet (peace be upon him) wept at the death of his son Ibrahim and said:

*“The eyes shed tears, the heart grieves, but we say only what pleases our Lord.”*

*Sahih al-Bukhari 1303.*

## Section 1: Naming the Emotion

### Common emotion families

Anger: irritation, frustration, rage, resentment.

Sadness: disappointment, grief, hopelessness, loneliness.

Fear: worry, anxiety, dread, panic.

Shame: embarrassment, guilt, humiliation.

Joy: contentment, gratitude, delight, sakinah.

### What I am feeling now

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### Intensity (0 to 100)

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### Where I feel it in my body

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## Section 3: Sabr as Active Capacity

Sabr is not passive endurance. Classical scholars describe three forms: sabr in obedience, sabr in avoiding sin, and sabr in the face of trial.

إِنَّمَا يُوقَى الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ حِسَابٍ

“Indeed, the patient will be given their reward without account.”

*Qur'an, Surah Az-Zumar, 39:10.*

**Where am I being asked to exercise sabr?**

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## Section 4: Skills by Intensity

Different emotional intensities call for different skills. Use the menu below.

### Skills by Emotional Intensity

*Different intensities need different responses*

<p><b>80 to 100</b> High intensity intensity</p>	<ul style="list-style-type: none"><li>● Cold water on face and wrists</li><li>● Brisk movement, 2 to 3 minutes</li><li>● Surah Al-Fatihah, slow recitation</li><li>● Ta'awwudh (seek refuge in Allah)</li><li>● If risk, contact clinician or crisis line</li></ul>
<p><b>50 to 80</b> Moderate-high intensity</p>	<ul style="list-style-type: none"><li>● Wudu with full attention to the water</li><li>● Two raka'at if permitted time</li><li>● Step outside, feel ground and air</li><li>● 5-4-3-2-1 grounding through senses</li><li>● Call a safe person</li></ul>
<p><b>0 to 50</b> Low to moderate intensity</p>	<ul style="list-style-type: none"><li>● Name the emotion out loud or on paper</li><li>● Slow exhale breathing, two minutes</li><li>● Make du'a, even one sentence</li><li>● Drink water, change posture</li><li>● Recite a short surah you know</li></ul>

When intensity is high, choose simple body-based skills first. When lower, mind-based skills work well.

## Section 5: Weekly Emotion Tracking

Day	Strongest emotion	Trigger	Intensity	Skill used

## Section 6: After the Storm

What I notice now

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What helped

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What I want to try next time

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وَاللَّهُ مَعَ الصَّابِرِينَ

*“And Allah is with the patient.”*

*Qur'an, Surah Al-Baqarah, 2:153.*