AfiyaInMind

Islamic Thought Reflection Process

Change your thoughts. Strengthen your heart. Trust your Lord.

"Indeed, with hardship comes ease." ***Surah Al-Inshirah (94:6)***

1 SITUATION

What happened?
Describe the event or difficulty you experienced.

2 THOUGHTS

What thoughts came to your mind?
- What was I telling myself?
- What fears appeared?

3 FEELINGS AND BODY

How did you feel?
Sad, anxious, angry, guilty, hopeless

Where in the body?
Tension, racing heart, fatigue, restlessness

4 EVIDENCE CHECK

Let's look at the facts.
What supports the thought?
What challenges it?

5 ISLAMIC REFLECTION

What would Allah want me to remember now?
Sabr, tawakkul, rahmah, shukr - which helps? Any du'a or verse?

6 BALANCED THOUGHT

Write a more compassionate, realistic, helpful thought.

Not blind positivity.
Honest reframing.

7 ACTION STEP

One small healthy action:
- Prayer or dhikr
- Breathing, exercise
- Speak to support
- Rest or self-care

TAWAKKUL
Reliance on Allah

Trust in Allah,
Do your part,
Leave the rest to Him.