

# Tending the Nafs

Awareness. Sabr. Skilful response.

"And Allah is with the patient." *Surah Al-Baqarah (2:153)*

## 1 NAME THE EMOTION

### What am I feeling now?

Sad, anxious, angry,  
ashamed, lonely,  
content, grateful...

## 2 RATE INTENSITY

### How intense? (0-100)

- 0-50: low to moderate
- 50-80: moderate-high
- 80-100: high intensity

Honest, not minimising.

## 3 WHERE IN BODY?

### Body locations:

- Chest, throat
- Stomach
- Shoulders, Jaw
- Head, eyes

## 4 WHAT IS IT SAYING?

### Emotions carry information:

- Anger → injustice/limit
- Sadness → loss/need
- Fear → threat (real/false)
- Shame → standard missed

## 5 CHOOSE A SKILL

### Match skill to intensity:

- 80+: cold water, movement
- 50-80: wudu, du'a, call
- 0-50: name, breathe slow
- Any: recite Al-Fatihah

## 6 RE-RATE AFTER

### After the skill:

New intensity now?  
Did the emotion shift?  
Did the body soften?

## 7 LEARN AND RECORD

### What I learned:

- Trigger pattern
- What helped today
- What to try next time
- When to seek support

SAKINAH

Tranquility

*O reassured soul,  
return to your lord,  
well-pleased.*