

One thought. A fairer response.

A practical first step from Healing the Heart & Mind

Inside: an opening page from Chapter 1, one completed example and a matching thought record.

Take it one page at a time

1. Read the opening extract.
2. Look at the completed example.
3. Try the blank record for one everyday situation.

The aim is a fair, evidence-based response. You do not have to force a positive thought or feel different immediately.

Educational self-help for adults. Personal answers stay with you. Page references on reproduced pages point to the full guide or workbook, not this sample.

CHAPTER 1

You Are Not Alone — The Emotional Life of the Believer

“Verily, with hardship comes ease.”

— Surah Ash-Sharh (94:5–6)

Every believer carries a private world. Beneath the composed face at Jumu'ah (جمعة; ju-MU-ah), behind the smiling voice in conversation, inside the heart that says “Alhamdulillah” while aching quietly — there is a landscape that few people ever see.

That landscape is real. It has textures: the weight of accumulated worry, the hollow echo of sadness, the tight knot of anxiety that arrives before sleep. It has sounds: the inner critic that whispers you are not enough, the repetitive thoughts that circle like a bird that cannot land.

This chapter was written to meet you in that landscape — not to pull you out prematurely with platitudes, but to sit with you, illuminate what you're experiencing, and show you, through Islam and through psychology, that you are neither broken nor alone.

One thought, examined fairly

This illustration follows the exact seven-prompt sequence on p. 5. The numbers describe a fictional entry, not an expected response. Faith reflection is optional; this example uses observable facts.

1. SITUATION: What happened? (Just the facts, not your interpretation.)

I sent a friend a message yesterday. There is no reply yet.

2. AUTOMATIC THOUGHT: What did my mind tell me about this situation?

I have annoyed them. They do not want to hear from me.

3. EMOTION: What did I feel? How intense was it (0-10)?

Anxiety 7/10; sadness 5/10.

4. EVIDENCE FOR: What evidence genuinely supports this thought?

They have not replied. I do not have other evidence that they are annoyed.

5. EVIDENCE AGAINST: What evidence challenges this thought? What would a compassionate person say? What does Allah say about this in Quran or Sunnah?

They have replied late before. Our last conversation was friendly. I do not know what is happening in their day.

6. BALANCED THOUGHT: Write a new, accurate, compassionate thought that accounts for all the evidence.

A late reply leaves me uncertain; it does not tell me why. I can wait without deciding that I have been rejected.

7. OUTCOME: How do I feel now (0-10)? What is the wisest action to take?

Anxiety 6/10; sadness 5/10. I will return to my planned task and decide tomorrow whether a follow-up is needed.

Islamic Thought Record

The same seven prompts and 0-10 emotion scale used in Guide pp. 52-53. The matching completed example is on p. 35. Use one page per situation; print or save another copy when needed.

Faith reflection is optional. Do not use it to debate compulsively or override evidence or safety. Pause if the record becomes repeated checking or reassurance. A balanced thought is not forced positivity.

1. SITUATION: What happened? (Just the facts, not your interpretation.)

2. AUTOMATIC THOUGHT: What did my mind tell me about this situation?

3. EMOTION: What did I feel? How intense was it (0-10)?

4. EVIDENCE FOR: What evidence genuinely supports this thought?

5. EVIDENCE AGAINST: What evidence challenges this thought? What would a compassionate person say? What does Allah say about this in Quran or Sunnah?

6. BALANCED THOUGHT: Write a new, accurate, compassionate thought that accounts for all the evidence.

7. OUTCOME: How do I feel now (0-10)? What is the wisest action to take?

Try it, then choose your next step

You have seen one small part of the programme. You can return to this record when there is another everyday situation you want to examine fairly.

Using the fillable version

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