

You're feeling DISGUSTED.
Let us help you out.

Allah Says:

When it is said to them, “Come! The Messenger of Allah will pray for you to be forgiven,” they turn their heads ‘in disgust’, and you see them ‘O Prophet’ turn away in arrogance.(Quran 63:5)

Prophet Muhammad(SAW) said:

O Messenger of Allāh, which of the people are the most sorely tested?” He said: “The Prophets, then those similar, then those similar. A man will be tested in accordance with his level of faith. If his faith is strong, he will be tested more severely, and if his faith is weak, he will be tested in accordance with his faith. Calamity will keep befalling a person until he walks on the earth with no sin on him”

Dua we've been taught as muslims:

ایارب اُمسح علی صدري برحمتك

Oh Lord, wipe my chest clean with your mercy.

What to do:

Remember Allah(SWT) and ask for his mercy.

Pray for guidance and ease for your heart

Listen Surah Rehman with translation.

Do Zikr and stay in wudu

Recommendations:

Book:

When Sophie gets angry
by Molly Bang

Podcast:

Harden your hearts
by Bria

Movie:

The Adam Project

Psychological Therapies:

- Pause to breathe
- Change the scene
- Identify what's causing your frustration
- Consider exercising
- Practice mindfulness
- Prioritize your eating schedule
- Take a 60 minute nap