

LOW URGE (1-3)

PHYSICAL: 20 push-ups or cold water on face**SPIRITUAL:** "A'udhu billahi min ash-shaytani'r-rajim" (3x)**MENTAL:** Remember your "why"**ACTION:** Change location

MEDIUM URGE (4-6)

PHYSICAL: 50 burpees or cold shower**SPIRITUAL:** "Astaghfirullah" (100x) + wudu**MENTAL:** Call accountability partner**ACTION:** Go to public space

HIGH URGE (7-10)

PHYSICAL: Run outside until exhausted**SPIRITUAL:** 2 Rak'at + Surah Al-Falaq**MENTAL:** Emergency contact + mosque**ACTION:** Complete digital lockdown

⚡ IMMEDIATE ACTIONS (DO ALL 5) ⚡

1

STOP & STAND UP

2

PUT PHONE DOWN

3

COLD WATER

4

SAY DHIKR

5

GO PUBLIC

ISLAMIC SPIRITUAL ARSENAL 🕌

Protection: "A'udhu billahi min ash-shaytani'r-rajim" (3x)**Forgiveness:** "Astaghfirullah" (7x)**Strength:** "La hawla wa la quwwata illa billah" (3x)**Grounding:** "Allahu Akbar" (10x)**Emergency:** Surah Al-Falaq + An-Nas**Quick:** "SubhanAllah, Alhamdulillah, Allahu Akbar" (10x each)

TECH LOCKDOWN PROTOCOL 📱

IMMEDIATE: Close apps, phone face down**ACTIVATE:** Do Not Disturb mode**PHYSICAL:** Put device in kitchen/give to family**BLOCKERS:** Activate strongest settings**SUBSTITUTE:** Smartwatch only (2 hours)**ENVIRONMENT:** Door open, lights on, public

EMERGENCY CONTACTS (FILL IN YOUR INFO) 📞

Accountability Partner:

Name: _____

Phone: _____

Text: "Need urgent support"

Family Member:

Name: _____

Phone: _____

Ask to sit with them

Local Mosque:

Name: _____

Address: _____

Go immediately if possible

✅ POST-URGE RECOVERY (AFTER SUCCESS) ✅

1. GRATITUDE

"Alhamdulillah" (3x)
Thank Allah

2. REINFORCE

Note what worked
Journal trigger

3. REWARD

Healthy celebration
Call supporter

4. STRENGTHEN

Plan for next time
Update strategy

MY PERSONAL ACTION PLAN 📅

My biggest triggers are:

My strongest responses are:

My safe spaces:

My motivation reminders:

💡 REMEMBER 💡

Urges are temporary
Average: 15-20 minutesYou are not your thoughts
"This too shall pass"Every victory counts
Each "no" builds strength

🏆 SUCCESS TRACKER 🏆

Week 1:

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Week 2:

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Week 3:

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Week 4:

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✓ Mark each successful day

The angels witness your struggle - and every moment you resist is written in your favour.

We're right here with you, through the storm. RN.