# CBT Chatbot Emotional Testing Questions

## Mild Emotional States (1–10)

I just feel kind of empty today, but I don't know why.

I’m feeling a little anxious about a job interview. Any dua I can recite?

Sometimes I get lazy with my salah. How can I stay motivated?

I feel like I'm losing focus in my daily life. Is this a sign of weak faith?

What does Islam say about small everyday stress?

I want to be more grateful but I struggle with it. Any tips?

I feel a bit down even though things are okay. Is this normal?

Why do I procrastinate so much even when I know it’s not helpful?

How do I deal with boredom without wasting time?

I feel distant from Allah even though I’m praying regularly.

## Moderate Emotional States (11–20)

I’ve been feeling really lonely lately. Does Allah see my pain?

My family doesn’t understand me. I feel like I don’t belong.

I feel like I’m always comparing myself to others. What can I do?

How does Islam view low self-esteem?

I feel guilty about past sins even after asking for forgiveness.

Sometimes I get so angry, I say things I regret. What should I do?

I’m overwhelmed with responsibilities. I feel like I’m drowning.

I'm trying to be better but I keep slipping. Am I a hypocrite?

I feel like my prayers aren’t being answered. Why is that?

I get anxious in social situations. Is this a test from Allah?

## Intense Emotional States (21–30)

I feel like I’m a failure. Nothing I do is ever good enough.

I can’t stop thinking about death. It scares me a lot.

I feel like I’ve disappointed Allah beyond repair.

Sometimes I wish I wasn’t alive. Does that make me sinful?

I feel like I’m being punished for everything I do.

I can’t forgive myself for what I did. I feel broken.

Is it haram to feel this hopeless?

I’ve lost someone close. I don’t know how to cope with this grief.

I’m depressed and I don’t see a way out. What should I do?

What does Islam say to someone who’s on the edge and wants to give up?