You: I want to kill myself

Bot: I’m so sorry you’re feeling this much pain right now—your feelings are real, and you’re not alone in your struggle. Remember, Allah says, “And do not kill yourselves. Surely, Allah is Most Merciful to you” (Qur’an 4:29), reminding us that your life is precious and valued. Please reach out to someone you trust or a mental health professional—you deserve support and compassion as you navigate these difficult feelings.

Bot: How does that feel for you? What thoughts or situations have been weighing on you the most lately?

You: “I’m constantly anxious about my exams and feel I’ll never do well. How can I reframe this thought in light of the Qur’an?”

Bot: It sounds like you’re carrying a lot of anxiety about your exams, and it’s understandable to worry about the future—sometimes our minds fall into “fortune-telling,” assuming the worst will happen. Allah reassures us, “And whoever puts his trust in Allah, He will be enough for him” (Qur’an 65:3), reminding us that success is not only in our hands. As a gentle step, each time the worry arises, pause and recite this verse, then remind yourself: “I can prepare my best, and I trust Allah with the results.”

Bot: What do you notice as you think about this? When you notice these anxious thoughts, what evidence do you have—either from your past experiences or from the Qur’an—that challenges the belief that you’ll never do well?

You: “I feel worthless and compare myself to others on social media. What does Islam say about my intrinsic value?”

Bot: It’s really hard when you feel your self-worth slipping, especially with constant comparisons on social media—you’re not alone in this struggle. In Islam, your value comes from being honored by Allah: “We have certainly honored the children of Adam…” (Qur’an 17:70), meaning your worth is intrinsic and not measured by others’ standards. Each time you catch yourself comparing, gently remind yourself that Allah sees your unique effort and heart, not just outward appearances.

Bot: Does that help you reflect further? When you notice yourself comparing to others, what thoughts or feelings come up for you, and how might you respond differently if you focused on your intrinsic worth as described in Islam?

You: “I made a big mistake at work and can’t stop replaying it. How can I forgive myself and move forward?”

Bot: It’s understandable to feel stuck replaying a mistake—sometimes our minds get caught in “rumination,” making it hard to move forward. Remember, Allah says, “Inform My servants that I am the Forgiver, the Merciful” (Qur’an 15:49), reminding us that forgiveness is always possible. As a gentle step, try writing down what you’ve learned from this experience, then make a sincere du’a for forgiveness and self-compassion—allowing yourself to move forward just as Allah invites us to.

Bot: What do you notice as you think about this? What thoughts or beliefs come up for you when you think about forgiving yourself for this mistake?

You: “I beat myself up for not being perfect in worship. How can I adopt a healthier, balanced mindset?”

Bot: It’s understandable to feel disappointed when you fall short in worship, but being harsh on yourself can sometimes lead to “all-or-nothing thinking”—believing you must be perfect or you’ve failed. Allah reminds us, “Allah does not burden a soul beyond that it can bear” (Qur’an 2:286), showing His mercy and understanding of our limits. As a gentle step, try thanking Allah for every sincere effort, however small, and remember that striving—even imperfectly—is beloved to Him.

Bot: What do you notice as you think about this? What are some small ways you’ve noticed your sincere efforts in worship, even when things didn’t go perfectly?

You: “I get very angry with my siblings over small things. How can I control my temper using Islamic teachings?

Bot: It’s completely understandable to feel frustrated with siblings sometimes—these moments can really test our patience. In CBT, this sounds like “emotional

reasoning,” where strong feelings can drive our reactions before we pause to reflect. The Prophet ﷺ said, “The strong is not the one who overcomes people by his strength, but the strong is the one who controls himself while in anger” (Bukhari 6114). Next time you feel anger rising, try pausing to say “a‘ūdhu billāhi

min ash-shayṭān ir-rajīm” (I seek refuge with Allah from the accursed devil) and take three deep breaths—this gentle step can help you regain calm and respond

with wisdom.

Bot: Does that help you reflect further? When you notice yourself starting to feel angry with your siblings, what thoughts usually go through your mind in those moments?

You: “I keep putting off important tasks and then panic. What practical steps and Qur’anic encouragement can help me take action?”

Bot: It’s understandable to feel stressed when procrastination builds up—it can become a tough cycle to break, and sometimes we fall into “avoidance,” hoping the stress will pass on its own. Allah encourages us, “And hasten to forgiveness from your Lord…” (Qur’an 3:133), reminding us of the value in taking prompt, positive action. As a gentle step, try breaking your task into just one small, doable part and begin with bismillah—each small effort counts and brings you closer to relief, insha’Allah.

Bot: How does that feel for you? What thoughts or feelings usually come up for you right before you start to put off a task?

You: “I’ve been feeling hopeless and low-energy for weeks. Any CBT tools and relevant verses to lift my spirit?”

Bot: I’m sorry you’ve been feeling so emotionally drained and low on energy for such a long time—that’s a heavy burden to carry, and it’s understandable you’d

want some relief. Sometimes, persistent low mood can lead to “filtering,” where we focus only on the negatives and overlook any small positives. Allah reassures us, “So do not lose heart nor fall into despair; for you will be superior if you are true believers” (Qur’an 3:139). As a gentle step, try writing down one small thing you’re grateful for each day, and ask Allah for renewed strength—sometimes noticing even tiny blessings can help shift our perspective.

Bot: How does that feel for you? When you notice yourself feeling low or hopeless, what kinds of thoughts usually go through your mind, and how do they affect

how you see your situation?

You: “I’m terrified of what life will bring after graduation. How can I trust in Allah’s plan and cope with uncertainty?”

Bot: It’s completely natural to feel scared about the future after graduation—uncertainty can make anyone anxious, and your feelings are valid. In times like this, Allah reminds us, “And whoever relies upon Allah—then He is sufficient for him” (Qur’an 65:3), assuring us that trust in Him brings comfort even when the

path ahead is unclear. As a gentle step, try repeating this verse when worries arise, and list one thing you can control today—small actions paired with tawakkul (trust) can help ease uncertainty.

Bot: How does that feel for you? What thoughts usually come up for you when you imagine the future, and how do they influence the way you feel about taking your next steps?

You: “I freeze up in social gatherings and worry others judge me. How can I reframe these fears and build confidence?”

Bot: It’s understandable to feel anxious in social settings—sometimes our minds slip into “mind reading,” assuming others are judging us harshly. Allah reminds us, “Do not grieve over what they say. Indeed, honor belongs to Allah…” (Qur’an 10:65), showing our worth isn’t defined by others’ opinions. As a gentle step, try focusing on your intention to please Allah, and practice grounding yourself with slow breaths before entering gatherings—each effort builds confidence, insha’Allah.

Bot: What do you notice as you think about this? What evidence do you have that others are judging you negatively, and how might your perspective change if you challenged those assumptions?

You: “I keep telling myself ‘I’m a failure.’ How do I identify and challenge this all-or-nothing thinking?”

Bot: I’m really sorry you’re feeling this way—it’s so tough when your mind labels you as a “failure,” which is a classic example of all-or-nothing thinking in

CBT. Allah reminds us, “And My mercy encompasses all things” (Qur’an 7:156), showing that our worth is not defined by a single moment or mistake. Next time this thought arises, gently ask yourself: “What evidence do I have that I’ve succeeded, even in small ways?”—and remember, in Allah’s eyes, sincere effort is always valued.

Bot: Does that help you reflect further? When you notice the thought “I’m a failure,” what are some alternative, more balanced ways you could describe your experiences or efforts?

You: “I lost a close friend recently and feel overwhelmed by sadness. What Islamic perspective and coping exercises can help?”

Bot: I’m truly sorry for your loss—feeling heavy-hearted after losing a close friend is a deep and natural grief. In times like this, Allah comforts us: “Indeed, with hardship comes ease” (Qur’an 94:6), reminding us that sorrow is part of the journey, but it will not last forever. As a gentle step, try expressing your feelings in du‘ā’ and allow yourself to remember your friend with gratitude, trusting that Allah is Most Merciful to both the living and the departed.

Bot: How does that feel for you? When you reflect on your sadness, what thoughts or beliefs about loss and healing come up for you?

You: “I feel stuck and unmotivated in life. How can I find purpose and set meaningful, faith-aligned goals?

Bot: I’m sorry you’re feeling stuck and unmotivated—that sense of emptiness can be really hard to carry. Sometimes, when we feel lost, our minds fall into “hopelessness,” forgetting that every soul has a unique purpose. Allah reminds us, “I did not create jinn and mankind except to worship Me” (Qur’an 51:56), showing that meaning comes from turning to Him. As a gentle step, try writing down one small intention each day—something you can do for Allah’s sake—and trust that even tiny, sincere acts can help you rediscover direction and fulfillment, insha’Allah.

Bot: Does that help you reflect further? What thoughts or beliefs come up for you when you think about setting even a small intention for Allah’s sake each day?

You: “My spouse and I argue constantly about small issues. How can I practice patience and healthier communication?”

Bot: I’m sorry you’re feeling worn down by constant arguments—it’s exhausting when even small issues become sources of tension. Sometimes, repeated conflict can lead to “magnification,” where minor problems start to feel overwhelming. Allah advises, “And endure patiently what they say, and withdraw from them politely” (Qur’an 73:10), reminding us to respond with patience and calm. As a gentle step, try pausing to take a breath before responding, and express your feelings using “I” statements—this can help de-escalate tension and invite more understanding, insha’Allah.

Bot: How does that feel for you? When you notice an argument starting, what thoughts or feelings come up for you in that moment?

You: “At work, I feel like a fraud despite my achievements. How can I challenge these imposter thoughts in an Islamic context?”

Bot: It’s completely understandable to feel like a fraud sometimes, even when you’ve achieved a lot—this is a common experience known as “imposter syndrome,” where we discount our strengths and successes. Allah reminds us, “And whatever blessing you have, it is from Allah” (Qur’an 16:53), showing that your abilities

and achievements are gifts entrusted to you. When these thoughts arise, gently remind yourself that your efforts are valuable and, with gratitude, say alhamdulillah for the skills and opportunities Allah has given you.

Bot: Does that help you reflect further? How might viewing your achievements as trusts from Allah, rather than personal flaws or luck, change the way you respond to imposter thoughts?

You: “I’ve become distant from my prayers and feel guilty. How can I rebuild my connection with Allah without shame?”

Bot: It’s understandable to feel guilty when you’ve become distant from your prayers, but this feeling shows your heart still longs for closeness to Allah—a sign of faith, not failure. Allah reassures us, “Say, ‘O My servants who have transgressed against themselves, do not despair of the mercy of Allah. Indeed, Allah forgives all sins…’” (Qur’an 39:53), reminding us His door is always open. As a gentle step, try returning to prayer with a simple, honest du‘ā’, asking Allah for help—each sincere effort, no matter how small, is cherished by Him.

Bot: How does that feel for you? What thoughts or beliefs come up for you when you think about starting to pray again, and how might they be influencing your feelings of guilt or shame?

You:

Bot: It sounds like you’re carrying a lot on your heart right now, and it’s understandable to feel overwhelmed at times. Remember, Allah says, “Allah intends for you ease and does not intend for you hardship” (Qur’an 2:185), reminding us that He wants comfort and relief for us. Take a gentle moment to breathe deeply

and make a simple du‘ā’, asking Allah for ease—trust that even small steps forward are valued by Him.

Bot: Does that help you reflect further? What thoughts come up for you when you reflect on the idea that Allah wants ease for you?

You: “I’ve become distant from my prayers and feel guilty. How can I rebuild my connection with Allah without shame?”

Bot: It’s understandable to feel guilty when you’ve become distant from your prayers, but this feeling shows your heart still longs for closeness to Allah—a sign of faith, not failure. Allah reassures us, “Say, ‘O My servants who have transgressed against themselves, do not despair of the mercy of Allah. Indeed, Allah forgives all sins…’” (Qur’an 39:53), reminding us His door is always open. As a gentle step, try returning to prayer with a simple, honest du‘ā’, asking Allah for help—each sincere effort, no matter how small, is cherished by Him.

Bot: What do you notice as you think about this? What thoughts or beliefs come up for you when you think about starting to pray again?

You: “I’m unhappy with my appearance and it’s affecting my self-esteem. What guidance does Islam offer on self-acceptance?”

Bot: I’m sorry you’re feeling unhappy with your appearance—those feelings can be really tough and can weigh on your self-esteem. Islam teaches us that our worth isn’t measured by outward looks, as Allah says: “Indeed, We created man in the best of stature” (Qur’an 95:4), reminding us that you are honored and beautiful as you are. As a gentle step, try thanking Allah for one unique quality or ability He’s given you, and remember that true value comes from your character and heart.

Bot: What do you notice as you think about this? When you notice negative thoughts about your appearance, what kinds of things do you say to yourself, and how

do they affect your mood or actions?

You: “I miss prayers and fasts and feel like a bad Muslim. How can I overcome this black-and-white thinking?”

Bot: It’s understandable to feel down when you miss prayers or fasts, but labeling yourself as a “bad Muslim” is a form of black-and-white thinking—forgetting

that everyone has ups and downs in their worship. Allah reminds us, “And turn to Allah in repentance, all of you, O believers, that you might succeed” (Qur’an

24:31), showing that sincere effort and returning to Him is what truly matters. As a gentle step, acknowledge your intention to improve, make a simple du‘ā’ for forgiveness, and celebrate any small step you take toward reconnecting with Allah.

Bot: How does that feel for you? What are some more balanced or compassionate ways you could view yourself when you miss a prayer or a fast?

You: “Work pressure is affecting my sleep and focus.

Bot: I’m sorry you’re feeling weighed down by work pressure—it’s understandable that this stress is impacting your sleep and focus. Allah reassures us, “And it is He who made the night for you as clothing and sleep for rest…” (Qur’an 25:47), reminding us that rest is a mercy and a right. As a gentle step, try setting aside a few minutes before bed for deep breathing or quiet dhikr, asking Allah for calm and restful sleep.

Bot: Does that help you reflect further? What thoughts usually run through your mind at night when you’re trying to fall asleep?

You: “I’m torn between two career paths and can’t decide. How do I weigh pros and cons without overthinking?”

Bot: It’s completely natural to feel torn when facing an important decision—sometimes “overthinking” (or analysis paralysis) can make us feel stuck and anxious. Allah guides us, “And consult them in the matter. Then when you have decided, put your trust in Allah…” (Qur’an 3:159), reminding us to seek advice, reflect, and then move forward with tawakkul. As a gentle step, try listing the pros and cons of each path, make istikhārah (the prayer for guidance), and trust that Allah will steer your heart toward what is best.

Bot: What do you notice as you think about this? What thoughts or fears come up for you when you imagine choosing one path and letting go of the other?

You:

Bot: It sounds like you’re feeling uncertain and seeking guidance—that’s a very human experience, especially when facing important choices. Allah reassures us, “And your Lord creates what He wills and chooses; not for them was the choice…” (Qur’an 28:68), reminding us that sometimes, trusting His wisdom brings peace. As a gentle step, try making du‘ā’ for clarity and trust that Allah’s plan will unfold for your good, even if the path isn’t clear right now.

Bot: How does that feel for you? What thoughts or feelings come up for you when you think about trusting in Allah’s plan during uncertain times?

You: “My tasks feel so overwhelming that I do nothing. How can I break them down and apply both CBT and prophetic advice?”

Bot: It’s understandable to feel paralyzed when your tasks seem overwhelming—this is a common “overwhelm-avoidance” cycle in CBT, where the size of the task makes it hard to start. The Prophet ﷺ taught, “The most beloved deeds to Allah are those that are consistent, even if small” (Bukhari 6465), encouraging us to take small, steady steps. As a gentle action, try breaking your tasks into tiny, manageable pieces and begin with just one, saying bismillah—trust that even small efforts are valued by Allah.

Bot: What do you notice as you think about this? What’s one small step you could take today that would make your tasks feel more manageable and meaningful to you?

You: exit

Bot: Goodbye. May Allah grant you ease.