You: I’m constantly anxious about my exams and feel I’ll never do well.

Bot: It sounds like you're feeling a wave of nervousness about your exams, and it seems like there's a fear of not doing well that's weighing heavily on you. The Qur’an reminds us, "Indeed, with hardship comes ease" (Qur’an 94:6), which can be a comforting reminder that challenges often bring growth and success in their wake. How might your perspective on exams change if you viewed them as opportunities for growth rather than obstacles? As a gentle step, try setting aside

a few moments each day to make dua, asking Allah for ease and success in your studies, while also visualizing yourself doing well.

Does this shift in perspective feel meaningful? What thoughts or beliefs do you think are contributing to your anxiety about exams?

You: I feel worthless and compare myself to others on social media.

Bot: It sounds like you're feeling a constant struggle with self-worth, especially when you find yourself comparing your life to the curated moments you see on social media. The Qur’an reminds us, "And do not wish for that by which Allah has made some of you exceed others" (Qur’an 4:32), encouraging contentment with

our own unique blessings. How might your feelings about yourself change if you focused on your own strengths and achievements rather than comparisons? As a gentle step, consider taking a short break from social media and reflecting on three things you are grateful for in your life, asking Allah to help you see your own value and blessings.

What feelings come up when you think about this? What are some personal strengths or achievements that you feel proud of, and how do they make you feel about yourself?

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

Bot: It sounds like you're caught in a loop of replaying the mistake at work, and it feels challenging to forgive yourself and move on. The Prophet Muhammad (peace be upon him) said, "All the sons of Adam are sinners, but the best of sinners are those who repent" (Tirmidhi). This ḥadīth reminds us that making mistakes is part of being human, and the key is to seek forgiveness and learn from them. How might your perspective change if you viewed this mistake as an opportunity for growth and learning? As a gentle step, consider making istighfar (seeking forgiveness) and reflecting on what you can learn from this experience, asking

Allah to guide you toward improvement and peace.

Does this shift in perspective feel meaningful? What specific steps can you take to turn this mistake into a valuable learning experience?

You: “I beat myself up for not being perfect in worship.

Bot: It sounds like you're feeling a heavy burden of self-criticism because you're not meeting your own expectations of perfection in worship. The Prophet Muhammad (peace be upon him) said, "The deeds most loved by Allah are those done regularly, even if they are small" (Bukhari and Muslim). This ḥadīth encourages us to focus on consistency rather than perfection. How might your feelings about worship change if you embraced the idea that Allah values your sincere efforts,

even if they seem small to you? As a gentle step, try setting a realistic and consistent worship goal, and remind yourself that Allah appreciates your persistence and sincerity in seeking closeness to Him.

How does this change how you see your situation? What might you discover about yourself and your relationship with worship if you focused more on your sincere efforts rather than striving for perfection?

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

Bot: It sounds like you're feeling a surge of anger with your siblings over seemingly small issues, and it's challenging to keep your temper in check. The Prophet Muhammad (peace be upon him) advised, "The strong person is not the one who can overpower others [in wrestling]; rather, the strong person is the one who controls himself when he gets angry" (Bukhari). This ḥadīth highlights the importance of self-control and patience. How might your interactions with your siblings change if you approached these moments with the intention of practicing patience and self-restraint? As a gentle step, try taking a deep breath and reciting "A'udhu billahi min ash-shaytan ir-rajim" (I seek refuge with Allah from the accursed devil) when you feel anger rising, asking Allah for calmness and understanding.

In what ways might this insight help you? What feelings or thoughts arise when you consider responding with patience and self-restraint during moments of

anger with your siblings?

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

Bot: It sounds like you're feeling an overwhelming wave of responsibilities, as if you're drowning under their weight. The Qur’an reassures us, "Allah does not burden a soul beyond that it can bear" (Qur’an 2:286), reminding us that we are equipped to handle our challenges, even when they seem daunting. How might your perspective shift if you viewed these responsibilities as opportunities for growth and trust in Allah’s wisdom in assigning them to you? As a gentle step, consider breaking down your tasks into smaller, manageable parts, and ask Allah for strength and guidance in your daily prayers, trusting that He will help you navigate through this busy time.

What do you notice as you think about this? What small change could you make today to start feeling more in control of your responsibilities?

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

Bot: It sounds like you're feeling a sense of frustration or disappointment because it seems like your prayers aren't being answered. The Qur’an reminds us, "And when My servants ask you concerning Me, indeed I am near. I respond to the invocation of the supplicant when he calls upon Me" (Qur’an 2:186). This verse reassures us that Allah is always near and listens to our prayers, even if the answers come in ways we might not immediately recognize. How might your feelings about your prayers change if you trusted that Allah's timing and wisdom are always perfect, even when the answers seem delayed? As a gentle step, try to maintain a consistent routine of dua and reflection, and consider writing down any small signs or blessings that come your way, asking Allah for patience and understanding in His divine plan.

In what ways might this insight help you? How do you think your perspective on your prayers might shift if you focused on recognizing the small signs or blessings in your life?

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

Bot: It sounds like the thought of death is casting a shadow of fear over you, making it difficult to find peace. The Qur’an reminds us, "Every soul will taste death. And you will only be given your [full] compensation on the Day of Resurrection" (Qur’an 3:185), emphasizing the inevitability of death but also the importance of preparing for the Hereafter. How might your perspective on death change if you viewed it as a transition to a new phase of existence rather than an

end? As a gentle step, consider focusing on actions that bring you closer to Allah, such as regular prayer and good deeds, and ask Allah for tranquility and understanding in your reflections on life and death.

In what ways might this insight help you? What feelings or thoughts arise when you consider death as a transition rather than an end?

You: I feel like I’ve disappointed Allah beyond repair

Bot: It sounds like you're feeling a deep sense of disappointment and worry that you've let Allah down beyond repair. The Qur’an reassures us, "Say, 'O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is the

Forgiving, the Merciful'" (Qur’an 39:53). This verse reminds us that Allah’s mercy is vast and encompasses all, encouraging us never to lose hope in His forgiveness. How might your feelings about your relationship with Allah change if you embraced the idea that His mercy is always available to those who sincerely seek it? As a gentle step, consider making sincere tawbah (repentance) and asking Allah for forgiveness, while also committing to small, consistent acts of worship that bring you closer to Him.

How might you apply this in your daily life? What small steps could you take to reconnect with Allah and feel His mercy in your daily life?

You: Is it haram to feel this hopeless?

Bot: It sounds like you're feeling emotionally drained, as if your energy and spirit are being sapped away. It's important to remember that feeling overwhelmed or exhausted is a natural part of being human. The Prophet Muhammad (peace be upon him) acknowledged the reality of emotional struggles, advising us to seek Allah's help and patience: "And seek help through patience and prayer" (Qur’an 2:45). How might your perspective on your emotional state change if you viewed it as a temporary phase that can be eased with Allah’s guidance and support? As a gentle step, consider incorporating a short daily practice of dhikr (remembrance of Allah) to help rejuvenate your spirit and ask Allah for strength and tranquility during this challenging time.

How does this change how you see your situation? What small steps could you take to explore and understand the underlying reasons for your feelings of hopelessness?

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

Bot: It sounds like you're feeling a deep sense of despair, as if there's no clear path forward. The Qur’an reassures us, "For indeed, with hardship [will be]

ease" (Qur’an 94:5-6), reminding us that difficulties are often followed by relief and ease. The Prophet Muhammad (peace be upon him) also advised, "Know that

victory comes with patience, relief with affliction, and ease with hardship" (Tirmidhi). How might your feelings change if you trusted that this challenging phase is temporary and that Allah's help is near? As a gentle step, try to engage in a simple act of kindness, whether for yourself or someone else, and ask Allah for strength and guidance, trusting that He will illuminate your path.

Does that help you reflect further? What small step could you take today that aligns with the belief that relief and ease are on the horizon?

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

Bot: It sounds like you're feeling as if you're standing on the edge, contemplating giving up, and it must be a heavy burden to carry. Islam offers hope and encouragement in such moments. The Qur’an reassures us, "And whoever fears Allah - He will make for him a way out and will provide for him from where he does not expect" (Qur’an 65:2-3). This verse reminds us that Allah is always there to provide unexpected solutions and relief. The Prophet Muhammad (peace be upon him) also said, "No fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his sins for that" (Bukhari and Muslim). How might your feelings change if you trusted that your struggles are not only temporary

but also a means of purification and growth? As a gentle step, consider reaching out to someone you trust to share your feelings and ask Allah for guidance and strength, knowing that He is always near and ready to support you through your trials.

How might you apply this in your daily life? What small step could you take today to begin finding comfort and support in your faith during this challenging time?