 **Anxiety & Worry**  
“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?”

 **Self-Worth**  
“I feel worthless and compare myself to others on social media. What does Islam say about my intrinsic value?”

 **Guilt & Forgiveness**  
“I made a big mistake at work and can’t stop replaying it. How can I forgive myself and move forward?”

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

 **Anger Management**  
“I get very angry with my siblings over small things. How can I control my temper using Islamic teachings?”

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

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

 **Fear of the Future**  
“I’m terrified of what life will bring after graduation. How can I trust in Allah’s plan and cope with uncertainty?”

 **Social Anxiety**  
“I freeze up in social gatherings and worry others judge me. How can I reframe these fears and build confidence?”

 **Negative Self-Talk**  
“I keep telling myself ‘I’m a failure.’ How do I identify and challenge this all-or-nothing thinking?”

 **Loss & Grief**  
“I lost a close friend recently and feel overwhelmed by sadness. What Islamic perspective and coping exercises can help?”

 **Motivation & Purpose**  
“I feel stuck and unmotivated in life. How can I find purpose and set meaningful, faith-aligned goals?”

 **Relationship Conflict**  
“My spouse and I argue constantly about small issues. How can I practice patience and healthier communication?”

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

 **Spiritual Discouragement**  
“I’ve become distant from my prayers and feel guilty. How can I rebuild my connection with Allah without shame?”

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

 **Perceived Failure in Faith**  
“I miss prayers and fasts and feel like a bad Muslim. How can I overcome this black-and-white thinking?”

 **Coping with Stress**  
“Work pressure is affecting my sleep and focus. Which Qur’anic verses and CBT techniques can I use to decompress?”

 **Decision-Making Doubt**  
“I’m torn between two career paths and can’t decide. How do I weigh pros and cons without overthinking?”

 **Overwhelming To-Do List**  
“My tasks feel so overwhelming that I do nothing. How can I break them down and apply both CBT and prophetic advice?”