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

Bot: I understand that feeling empty can be quite challenging, and it's okay to not always know the reason behind it. In times like these, it's helpful to remember the words of Allah in the Qur'an: "Verily, in the remembrance of Allah do hearts find rest" (Qur'an 13:28). This verse reminds us that turning to Allah can fill the void we sometimes feel.

Can you think of any recent events or thoughts that might have contributed to this feeling?

As an action, I suggest setting aside a few moments today for dhikr (remembrance of Allah) or reciting a short surah that brings you peace. This spiritual practice can help ground you and bring comfort to your heart.

Bot: What do you notice as you think about this? How do you feel when you engage in spiritual practices like dhikr or reciting a surah, and how might those feelings influence your sense of emptiness?

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

Bot: It's completely natural to feel nervous about a job interview, and it's great that you're seeking comfort through dua. The Prophet Muhammad (peace be upon him) taught us to say, "Allahumma inni as'aluka khayraha wa khayra ma fiha, wa a'udhu bika min sharriha wa sharri ma fiha" (O Allah, I ask You for the good of it and the good of what it contains, and I seek refuge in You from its evil and the evil of what it contains). This dua can help bring peace to your heart.

What is the specific thought that is making you most anxious about the interview?

As an action, try to visualize a positive outcome of the interview while reciting this dua. This can help calm your nerves and increase your confidence.

Bot: What do you notice as you think about this? What do you think might help you feel more prepared and confident for the interview?

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

Bot: It's understandable to sometimes feel lazy or unmotivated when it comes to performing salah. You're not alone in this struggle, and it's important to approach it with compassion for yourself. In the Qur'an, Allah says, "And seek help through patience and prayer, and indeed, it is difficult except for the humbly

submissive [to Allah]" (Qur'an 2:45). This verse reminds us that prayer can be a source of strength, even when it feels challenging.

What thoughts or situations make it difficult for you to perform salah consistently?

As an action, try setting a specific intention before each prayer, reminding yourself of the peace and connection it brings. You might also find it helpful to

learn about the virtues and rewards of salah to reignite your motivation.

Bot: What do you notice as you think about this? What personal meaning or value do you find in salah that could inspire you to approach it with renewed enthusiasm?

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

Bot: It's understandable to feel concerned about losing focus in your daily life, and it's important to approach this with kindness towards yourself. It's not

necessarily a sign of weak faith, but rather a part of the human experience that many people go through. In the Qur'an, Allah reminds us, "And We have certainly created man and We know what his soul whispers to him, and We are closer to him than [his] jugular vein" (Qur'an 50:16). This verse reassures us that Allah is always near, understanding our struggles and guiding us.

What specific areas of your life do you feel you're losing focus on, and are there any particular thoughts or distractions that you notice?

As an action, consider setting small, achievable goals for your day and include moments of dhikr or salah to help center yourself. This practice can help you regain focus and bring a sense of balance to your daily routine.

Bot: How does that feel for you? How do you think your current feelings about focus and faith might be connected to your personal experiences or challenges?

You: What does Islam say about small everyday stress?

Bot: It's completely normal to experience small everyday stresses, and Islam acknowledges the challenges we face in our daily lives. The Prophet Muhammad (peace be upon him) said, "There is no fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress that befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his sins for that" (Sahih Bukhari). This hadith reminds us that even the smallest stresses can be a means of purification and reward.

What specific situations or thoughts are causing you stress on a daily basis?

As an action, try to incorporate moments of gratitude into your daily routine. Reflecting on the blessings you have, however small, can help shift your perspective and reduce stress.

Bot: What do you notice as you think about this? How do you currently cope with these everyday stresses, and what changes might you consider to improve your well-being?

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

Bot: It's wonderful that you have the intention to cultivate more gratitude, even if it feels challenging at times. This struggle is a common part of our spiritual journey. In the Qur'an, Allah says, "If you are grateful, I will surely increase you [in favor]" (Qur'an 14:7). This verse highlights the importance and benefits of gratitude in our lives.

What are some things, no matter how small, that you feel grateful for today?

As an action, try keeping a gratitude journal where you write down three things you're thankful for each day. This practice can help you focus on the positive

aspects of your life and gradually build a habit of gratitude.

Bot: How does that feel for you? How do you think your perspective might change if you focused on these small moments of gratitude each day?

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

Bot: It's completely normal to feel down sometimes, even when things seem to be going okay. Emotions can be complex and aren't always tied directly to our circumstances. The Prophet Muhammad (peace be upon him) said, "Amazing is the affair of the believer, for there is good for him in every matter, and this is not the case with anyone except the believer. If he is happy, then he thanks Allah, thus there is good for him; and if he is harmed, then he shows patience, thus there is good for him" (Sahih Muslim). This hadith reminds us that our emotional states are part of our journey and can bring us closer to Allah through gratitude and patience.

What thoughts or feelings are contributing to your current mood?

As an action, try engaging in a small act of kindness or charity today. Sometimes, helping others can lift our spirits and bring us a sense of joy and fulfillment.

Bot: Does that help you reflect further? What do you think might help you feel more at peace with your emotions right now?

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

Bot: It's understandable to feel frustrated with procrastination, especially when you recognize its impact on your productivity. Procrastination is a common struggle many people face. In the Qur'an, Allah advises us, "So when you have finished [your duties], then stand up [for worship]" (Qur'an 94:7). This verse encourages us to be proactive and diligent in completing our tasks.

What specific tasks or thoughts lead you to procrastinate the most?

As an action, try breaking down your tasks into smaller, manageable steps and set specific deadlines for each. This can help reduce feelings of overwhelm and make it easier to start. Additionally, consider making dua for guidance and strength to overcome procrastination.

Bot: How does that feel for you? How do you feel when you think about starting a task you've been putting off?

You: How do I deal with boredom without wasting time?

Bot: It's understandable to feel bored at times, and it's great that you're looking for ways to use your time wisely. The Prophet Muhammad (peace be upon him)

said, "Take advantage of five before five: your youth before your old age, your health before your illness, your wealth before your poverty, your free time before your preoccupation, and your life before your death" (Al-Hakim). This hadith encourages us to utilize our free time in beneficial ways.

What activities or interests have you considered exploring that could make your time more fulfilling?

As an action, try setting aside some time each day to learn something new, whether it's a skill, a hobby, or increasing your knowledge about Islam. This can help turn moments of boredom into opportunities for growth and enrichment.

Bot: What do you notice as you think about this? What personal values or goals could guide you in choosing activities that make your free time more meaningful?

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

Bot: It's understandable to feel distant from Allah at times, even when you're maintaining your prayers. This feeling can be part of the ebb and flow of our spiritual journey. In the Qur'an, Allah says, "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 attentive to our prayers and supplications.

What specific thoughts or feelings make you feel distant from Allah?

As an action, try incorporating additional acts of worship into your routine, such as reading Qur'an, making dua, or engaging in dhikr. These practices can help deepen your connection with Allah and bring a sense of closeness to your heart.

Bot: How does that feel for you? What do you think might be contributing to your feelings of distance from Allah despite your regular prayers?

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

Bot: I'm sorry to hear that you're feeling isolated. It's important to remember that Allah is always aware of our struggles and pain. In the Qur'an, Allah reassures us, "And We have certainly created man, and We know what his soul whispers to him, and We are closer to him than [his] jugular vein" (Qur'an 50:16). This verse reminds us that Allah is always near and understands our feelings deeply.

What specific thoughts or circumstances are contributing to your sense of isolation?

As an action, consider reaching out to a friend or family member to share your feelings. Sometimes, connecting with others can help alleviate feelings of isolation. Additionally, making dua and seeking comfort in Allah's presence can bring peace to your heart.

Bot: How does that feel for you? What small steps could you take to feel more connected to others or to your faith during this time?

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

Bot: I'm sorry to hear that you're feeling misunderstood by your family. It's painful to feel like you don't belong, especially with those who are closest to you. In the Qur'an, Allah reminds us, "And We have enjoined upon man [care] for his parents. His mother carried him, [increasing her] in weakness upon weakness, and his weaning is in two years. Be grateful to Me and to your parents; to Me is the [final] destination" (Qur'an 31:14). This verse highlights the importance of family ties and gratitude, while also acknowledging the complexities within these relationships.

What specific situations or interactions with your family make you feel misunderstood?

As an action, try to have an open and honest conversation with a family member about how you're feeling. Expressing your emotions calmly can sometimes help bridge gaps in understanding. Additionally, make dua for guidance and patience in navigating these relationships.

Bot: Does that help you reflect further? How do you think your feelings of not belonging affect your interactions with your family?

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

Bot: It's understandable to feel the pressure of comparing yourself to others, and it's a common struggle many people face. The Qur'an reminds us, "And do not

wish for that by which Allah has made some of you exceed others. For men is a share of what they have earned, and for women is a share of what they have earned. And ask Allah of His bounty" (Qur'an 4:32). This verse encourages us to focus on our own blessings and efforts rather than comparing ourselves to others.

What specific areas of your life do you find yourself comparing to others the most?

As an action, try practicing gratitude by reflecting on your unique strengths and achievements. You might also find it helpful to limit exposure to sources that trigger comparison, such as social media, and instead focus on personal growth and self-improvement.

Bot: What do you notice as you think about this? How do you think your life might change if you focused more on your own journey rather than comparing yourself to others?

You: How does Islam view low self-esteem?

Bot: I'm sorry to hear that you're struggling with low self-esteem. It's important to remember that Islam values every individual and recognizes their inherent worth. The Prophet Muhammad (peace be upon him) said, "Verily, Allah does not look at your appearance or wealth, but rather He looks at your hearts and actions" (Sahih Muslim). This hadith emphasizes that our value is not determined by external factors but by our sincerity and actions.

What specific thoughts or experiences contribute to your feelings of low self-esteem?

As an action, try to focus on your positive qualities and accomplishments, and remind yourself of your unique value in the eyes of Allah. Engaging in acts of kindness and service to others can also help boost your self-esteem and bring a sense of fulfillment.

Bot: What do you notice as you think about this? How do you think your understanding of your own worth might change if you focused more on your inner qualities and actions, as emphasized in the hadith?

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

Bot: It's understandable to feel regretful after saying things in anger, and it's a challenge many people face. Anger is a natural emotion, but managing it is

important. The Prophet Muhammad (peace be upon him) advised, "If one of you becomes angry while standing, let him sit down. If the anger leaves him, well and good; otherwise, let him lie down" (Sunan Abi Dawood). This hadith offers practical steps to help control anger.

What specific situations tend to trigger your anger the most?

As an action, try practicing deep breathing or taking a moment of silence when you feel anger rising. Additionally, make dua for patience and self-control, asking Allah to help you manage your emotions effectively.

Bot: How does that feel for you? How do you think your relationships might change if you were able to manage your anger more effectively?

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

Bot: I'm sorry to hear that you're feeling this way about your prayers. It's natural to feel disheartened when we don't see immediate answers to our supplications. In the Qur'an, Allah assures us, "And your Lord says, 'Call upon Me; I will respond to you'" (Qur'an 40:60). This verse reminds us that Allah hears all prayers, though His response may come in ways we do not immediately recognize or at a time He knows is best for us.

What specific prayers or situations are making you feel this way?

As an action, try to maintain hope and trust in Allah's wisdom and timing. Consider keeping a dua journal where you note down your prayers and reflect on how they are being answered over time, even in unexpected ways.

Bot: Does that help you reflect further? How do you think your perspective on prayer and patience might change if you focused on the unexpected ways your prayers could be answered?

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

Bot: I'm sorry to hear that you're feeling this way about your prayers. It's natural to feel disheartened when we don't see immediate answers to our supplications. In the Qur'an, Allah assures us, "And your Lord says, 'Call upon Me; I will respond to you'" (Qur'an 40:60). This verse reminds us that Allah hears all prayers, though His response may come in ways we do not immediately recognize or at a time He knows is best for us.

What specific prayers or situations are making you feel this way?

As an action, try to maintain hope and trust in Allah's wisdom and timing. Consider keeping a dua journal where you note down your prayers and reflect on how they are being answered over time, even in unexpected ways.

Bot: What do you notice as you think about this? How do you think your expectations of how prayers should be answered might be influencing your feelings about

them?

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

Bot: I'm sorry to hear that you're feeling scared about thoughts of death. It's a profound topic that can evoke strong emotions in many of us. In the Qur'an, Allah reassures us, "Every soul will taste death. And you will only be given your [full] compensation on the Day of Resurrection" (Qur'an 3:185). This verse reminds us of the certainty of death and the importance of preparing for the Hereafter, while also trusting in Allah's justice and mercy.

What specific thoughts about death are causing you the most fear?

As an action, consider engaging in dhikr or reciting Surah Al-Mulk, which the Prophet Muhammad (peace be upon him) recommended for protection from the trials of the grave. This practice can help bring peace to your heart and shift your focus towards trust in Allah's plan.

Bot: What do you notice as you think about this? How do you think your understanding of death and the afterlife influences your current feelings and actions?

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

Bot: I'm sorry to hear that you're feeling this way. It's important to remember that feelings of failure are common, and they don't define your worth or potential. In the Qur'an, Allah reminds us, "And whoever relies upon Allah - then He is sufficient for him" (Qur'an 65:3). This verse emphasizes the importance of trusting in Allah and recognizing that our efforts are valuable, even if the outcomes aren't as we hoped.

What specific situations or thoughts are making you feel like a failure?

As an action, try reflecting on your past achievements and the progress you've made, no matter how small. Additionally, make dua, asking Allah for guidance and strength to overcome these feelings and to help you see the value in your efforts.

Bot: Does that help you reflect further? What small steps can you take to start shifting your focus from perceived failures to recognizing your strengths and achievements?

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

Bot: I'm truly sorry to hear that you're feeling this way. It's important to remember that Allah's mercy is vast and encompasses all things. In the Qur'an, Allah says, "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 reassures us that no matter how far we feel we've strayed, Allah's forgiveness is always available to us.

What specific actions or thoughts are leading you to feel this sense of disappointment?

As an action, consider making sincere tawbah (repentance) and turning to Allah in prayer, asking for His forgiveness and guidance. Engaging in acts of worship

and good deeds can also help you reconnect with Allah and find peace in His mercy.

Bot: Does that help you reflect further? How do you think embracing Allah's mercy and forgiveness could change the way you feel about yourself and your actions?

You: Sometimes I wish I wasn’t alive

Bot: I'm truly sorry to hear that you're feeling this way. It's important to know that your life holds immense value and purpose, even during difficult times.

In the Qur'an, Allah reminds us, "And do not kill yourselves [or one another]. Indeed, Allah is to you ever Merciful" (Qur'an 4:29). This verse underscores the sanctity of life and Allah's mercy towards us.

What specific thoughts or situations are leading you to feel this way?

As an action, try to reach out to someone you trust to share your feelings. Additionally, engage in dhikr and remember that Allah is always near, ready to provide comfort and guidance.

Bot: What do you notice as you think about this? What small step could you take today that might help you feel a bit more supported or at ease?

You: Give me some dhikr that I can do to keep sucidal thoughts away

Bot: I'm truly sorry to hear that you're experiencing these thoughts. It's important to remember that Allah is always near and His guidance can help us through our darkest moments. In the Qur'an, Allah says, "And whoever fears Allah - He will make for him a way out" (Qur'an 65:2). This verse reassures us that turning to Allah can provide us with a path out of our struggles.

For dhikr, you can recite "La ilaha illa Anta, Subhanaka, inni kuntu minaz-zalimin" (There is no deity except You; exalted are You. Indeed, I have been of the

wrongdoers) as Prophet Yunus (peace be upon him) did when he was in distress. This remembrance can help bring peace to your heart.

As an action, try to incorporate this dhikr into your daily routine, especially during moments when you feel overwhelmed. Additionally, reaching out to someone you trust to talk about your feelings can be a valuable step toward healing.

Bot: How does that feel for you? How do you feel when you engage in dhikr, and what changes do you notice in your thoughts or emotions afterward?

You: Give me 3 dhikrs

Bot: I'm sorry to hear that you're going through a difficult time. Engaging in dhikr can be a powerful way to find peace and solace in your heart. Here are three dhikrs that you can incorporate into your routine:

1. "SubhanAllah" (Glory be to Allah) - This simple dhikr helps us reflect on the perfection and majesty of Allah.

2. "Alhamdulillah" (All praise is due to Allah) - This dhikr encourages gratitude and recognition of Allah's blessings.

3. "Allahu Akbar" (Allah is the Greatest) - This reminds us of Allah's greatness and His ability to help us through any challenge.

The Prophet Muhammad (peace be upon him) said, "The uttering of the words: 'Subhan Allah, Alhamdulillah, La ilaha illallah, and Allahu Akbar' is dearer to me than anything over which the sun rises" (Sahih Muslim). These words can bring comfort and a sense of closeness to Allah.

What times of the day do you find most challenging, and how might incorporating these dhikrs help during those moments?

As an action, try setting aside a few moments each day for these dhikrs, perhaps after each prayer or during a quiet moment. This practice can help center your thoughts and bring tranquility to your heart.

Bot: Does that help you reflect further? How do you feel after reciting these dhikrs, and what changes do you notice in your thoughts or emotions?

You: Is it haram to feel this hopeless?

Bot: I'm sorry to hear that you're feeling emotionally drained. It's important to acknowledge that experiencing such emotions is a part of being human and not

inherently haram. In the Qur'an, Allah reminds us, "Allah does not burden a soul beyond that it can bear" (Qur'an 2:286). This verse reassures us that our struggles are recognized by Allah, and He knows our limits.

What specific thoughts or situations are contributing to this feeling of emotional exhaustion?

As an action, try to engage in self-care activities that nourish your soul, such as taking time for dhikr or reciting a comforting surah. Additionally, make dua, asking Allah for strength and guidance to help you through this challenging time.

Bot: How does that feel for you? How might your faith provide comfort or perspective during this period of emotional exhaustion?

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

Bot: I'm truly sorry to hear that you're feeling this way, and it's important to know that you're not alone in your struggles. Islam offers hope and reassurance to those who feel overwhelmed. In the Qur'an, Allah says, "So verily, with the hardship, there is relief" (Qur'an 94:6). This verse reminds us that every difficulty is accompanied by ease, and Allah's support is always near. 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" (Sahih Bukhari). This hadith emphasizes that our trials can be a means of purification and reward.

What specific thoughts or situations are making you feel on edge, and how might turning to these verses and hadith offer comfort?

As an action, try to take a moment for deep reflection and engage in dhikr, such as "La hawla wa la quwwata illa billah" (There is no power nor strength except with Allah), to find strength and solace in Allah's presence.

Bot: How does that feel for you? How do you think incorporating these teachings into your daily routine might change your perspective on the challenges you're

facing?

You: exit

Bot: Goodbye. May Allah grant you ease.