



Nafs vs You: Getting Honest With Yourself

Worksheet

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You say you want one thing...
but your actions keep showing something else.

And that gap?

That's where the frustration comes from.
Not because you don't care.

But because a part of you is pulling in a different direction.
This isn't about judging yourself.

It's about being honest enough to see what's really going on.

What I say I want

- I want to feel closer to Allah
- I want to be consistent
- I want to stop falling into the same habits
- I want to feel more in control

(Add your own...)

What I actually keep doing

- I delay
- I avoid
- I distract myself
- I give in when it feels uncomfortable

(Add your own...)

Take a moment and really look at both sides.

Not to criticise yourself...

but to understand yourself.

THE HONEST QUESTIONS

Now go a layer deeper.

- *What am I actually avoiding?*
- *What feels uncomfortable here?*
- *What am I not ready to face yet?*
- *What truth do I already know... but keep pushing away?*

THE MOMENT OF CHOICE

The next time the pattern shows up...

There will be two voices.

What my nafs will say:
(Write it out)

What my better self knows:

(Write it out)

And in that moment...

You'll have a choice.

Not a big, dramatic one.

Just a small one.

*But those small choices...
are what start to change everything.*