



## The Al-'Adl Fair Consequence Planner

*A structured accountability tool to restore congruence*

*"Accepting fair consequence restores internal alignment and prevents repetition."*

Purpose: This planner helps you move from vague guilt into behavioural accountability. In the spirit of Al-'Adl, you build a fair system where the cost of a negative habit gradually outweighs its temporary reward. This is not self-punishment. It is structure that supports integrity.

### Step 1: Identify the lapse

Choose one specific, observable behavior you want to reduce.

**Target behavior:**

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### Step 2: Define a fair consequence

A consequence is fair if it discourages the habit without driving you into despair. Choose one currency that benefits your soul or your community.

*Spiritual: e.g., 2 extra nawāfil rakā'āt per lapse.*

*Financial: e.g., ₦1,000 sadaqah per lapse.*

*Service: e.g., one extra helpful act for family or community per lapse.*

**My chosen consequence:**

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### Step 3: Establish the immediate audit

Justice works best when it is prompt.

**Rule: I will complete the consequence within \_\_\_\_\_ minutes of the lapse.**

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Why: If we delay, we start to justify. If we act promptly, we return to integrity.



**Step 4: Track the cost of repetition**

Track lapses, consequences paid, and your internal alignment (1-10).

Day	Number of lapses	Consequence paid	Internal alignment (1-10)
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			

**Clinical note**

When the consequence is paid repeatedly, the brain begins to calculate the true cost. Over time, the urge weakens because the habit is no longer cheap.

**Reminder**

If you slip, pay the cost without resentment. The goal is restoration, not humiliation.

*Du ā line: "O Al-'Adl, help me accept responsibility without resentment."*