



## The Al-Khabīr Blind Spot Discovery Worksheet

*From secrecy to awareness, from autopilot to choice*

*Du'ā line: "O Al-Khabīr, expose my blind spots without humiliating me."*

Purpose: This worksheet helps you move from secrecy to awareness using the lens of Al-Khabīr (The All-Aware). Blind spots are parts of our behaviour others may notice, but we struggle to see in ourselves. When they are brought into the light, we regain choice and begin the path of liberation.

### Step 1: External Perspective (the mirror)

Write one observation you have heard more than once from a trusted person.

**The feedback I keep hearing:**

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**My first reaction (justify, deny, explain away, or reflect):**

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### Step 2: Internal Inquiry (the hidden motive)

Ask yourself the Day 19 question. Keep it honest and gentle.

**What am I avoiding admitting to myself?**

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### Step 3: Coherence Check (finding the gap)

Notice where inner motives and outer actions do not match.

**Outer action (what I did or said):**



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**Inner motive (what was really happening inside me):**

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**Impact (how this gap affects my peace, relationships, or integrity):**

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#### **Step 4: Strategic Disruption (a new response)**

Now that it is visible, it is workable. Move from shame to strategy.

**Name this blind spot clearly (e.g., Defensive Shield, Avoidance Loop):**

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**My disruption plan (one small wise-mind response next time):**

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#### **Safety over shame**

Seeing a blind spot can feel vulnerable. Remember: being seen is truth, not threat. Truth is what makes regulation and repair possible.

#### **Khabīr (awareness) commitment**

*"I am no longer operating on autopilot. By naming my blind spots, I reclaim my power to choose differently."*