

The Forgiveness Audit: Naming to Release

Day 11 companion worksheet for Al-Ghafūr

To move from the Womb of Mercy into the Arc of Forgiveness, we need a practical way to sift through what we have been carrying. We cannot repair what we are still justifying. This audit is not self-shaming. It is honesty with gentleness, so forgiveness can become real release.

Step 1. The Justification Log

List one or two recurring behaviours or choices that leave you feeling heavy, disconnected, or spiritually dull.

- Being critical "for their own good"
- Contempt, sarcasm, or harsh tone when stressed
- Avoiding responsibilities by distracting myself with my phone
- Long gaming hours "to de-stress" while avoiding the real overwhelm underneath
- Procrastination or last-minute scrambling
- Doom-scrolling, overeating, overspending, or overworking to numb discomfort
- Withdrawing, silent treatment, or shutting down in conflict
- People-pleasing, then resenting quietly

My own item(s): _____

The Story (my usual excuse): _____

Step 2. Naming for Moral Clarity

Strip away the story. Naming harm is not an attack. It is an act of truth.

Rewrite the choice without excuses. Plain and clear.

My truth statement: _____

Step 3. Assessing the Weight

Using the Fortress of Safety we built in the first ten days, notice the impact.

- Impact on Peace (As-Salām): This creates internal fracture rather than internal coherence.
- Impact on Nearness (Al-Qarīb): This makes me feel distant from Allah, or numb my turning.
- Impact on Love (Al-Wadūd): This reinforces conditional worth, fuels self-criticism, or makes it harder to receive and extend steady love.

- Impact on Generosity (Al-Karīm):** This comes from scarcity and defensiveness, or shrinks my capacity to give time, patience, kindness, or charity with an open heart.
- Impact on Tenderness (Ar-Ra'ūf):** This hardens me toward my limits or someone else's vulnerability, or reduces my ability to respond with gentleness under strain.

Step 4. The Readiness Check (circle one)

- Contemplation: I am starting to see the harm, but I am not sure I am ready to stop.
- Preparation: I am ready to name it, and I am looking for a way to repair it.
- Action: I am ready to release this today, and ask Al-Ghafūr to cover it.

Closing Reflection

Avoidance delays growth. When we initiate repair, we reclaim our power.

In your heart, say:

"Yā Ghafūr, I name this choice. I stop justifying it. I ask You to veil it and protect me from its effects, so I may move forward in light."