

Day 4 Bonus Worksheet

Al-Wadūd Self-Love Check-In

Theme: From conditional worth → to active affection

Date: _____

Name (optional): _____

How to use (2 minutes)

Pick one section (or do all if you have energy).

Keep answers short. One honest line is enough.

1) Safety vs. Demand (Day 1 — Ar-Raḥmān)

Today, I spoke to myself more like:

a harsh critic a supportive therapist both

One “demand” thought I noticed: _____

My “safety” replacement statement (one sentence): _____

2) Repair Without Abandonment (Day 2 — Ar-Raḥīm)

When I slipped today, I:

abandoned myself repaired and returned I’m not sure

What did the slip look like (one line): _____

My repair (what I will do next):

make istiḡfār restart gently ask for help take one small step

One sentence of mercy I choose today: _____

3) Subtle Kindnesses (Day 3 — Al-Laṭīf)



One quiet act of care I did today (small counts):

drank water breathed slowly took a break said “no” moved my body

prayed / made dhikr reached out other: _____

What I want to recognise: _____

4) Receiving Without Justifying (Day 4 — Al-Wadūd)

When care came to me today, I:

received it explained it away tried to “pay it back” immediately

Care I received (compliment/help/kindness):

Practice phrase (circle one): Thank you. / I receive this. / Alhamdulillah.

One line to let it sit in my heart: _____

Closing (30 seconds)

The one shift I choose to practice again tonight:

safety over shame repair and return notice subtle care receive without proving

Du‘ā: Yā Al-Wadūd, let me feel held by Your mercy without needing to prove myself.