

Mid-Week Reflection

Building Your Fortress of Safety • Days 1–5

Pillar	Divine Name	Therapeutic Function
The Floor	Ar-Raḥmān	Safety Before Demand: Establishing a non-reactive foundation of grace.
The Bridge	Ar-Raḥīm	Repair Without Abandonment: Ensuring connection remains through every lapse.
The Walls	Al-Lāf	Tolerance for Ambiguity: Trusting the invisible process of subtle change.
The Fuel	Al-Wadūd	Active Affection: Moving from conditional worth to sustaining self-love.
The Space	Al-Qarīb	Proximity: Dissolving abandonment schemas through constant presence.

Use this map as a quick check-in: Which pillar feels strongest right now—and which one needs reinforcement?