



Guided Reflection Worksheets

Five Islamic & Psychological Steps to Overcoming Childhood Trauma, Repetitional Stress, & Dysfunctional Behavior

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Option A

An Islamic & Psychological Pathway

Purpose: This worksheet is a focused operating system for healing—clear, credible, and built to convert insight into action. Move slowly. Write honestly. Return often.

How to Use This Worksheet

- Complete one section per sitting.
- Write without editing; clarity follows courage.
- End each session with a short du‘ā’ or moment of stillness.

STEP 1—Acknowledge the Wound (Truth Without Blame)

Reflection Prompt

What experiences from childhood still influence how you think, feel, or react today?

Write freely:

[illegible]

Name the Impact (check all that apply):

- ☐ Trust issues ☐ Anxiety ☐ Anger ☐ People-pleasing
☐ Emotional numbness ☐ Fear of abandonment ☐ Self-doubt

Reframe:

This pain is information, not an indictment. I am allowed to see it clearly.

STEP 2—Activate Compassion (Rahmah Toward the Self)

Reflection Prompt

If Allah's mercy is greater than all things, what would mercy toward yourself look like today?

Complete the sentence:

"I release the belief that I must be harsh with myself in order to heal."

Self-Compassion Statement (write one):

I am worthy of gentleness, even while healing.

STEP 3—Reframe the Story (Meaning Without Glorifying Pain)

Reflection Prompt

What false belief did this trauma teach you about yourself or the world?

Old Narrative:

Strategic Reframe

What is a truer, more grounded interpretation—one aligned with dignity and tawakkul?

New Narrative:

Anchor Thought (circle one or write your own):

- "This did not define me; it refined me."
- "I survived; therefore, I can rebuild."
- "My worth was never damaged."

STEP 4—Regulate & Restore (Sabr as Action)

Body Check-In (right now):

☐ Calm ☐ Tense ☐ Heavy ☐ Alert ☐ Exhausted

Grounding Practice (choose one for today):

- ☐ 4–6 slow breaths after salah
- ☐ Quiet dhikr for 3 minutes

- ☐ Gentle movement or stretch
- ☐ Stepping outside for fresh air

Reflection Prompt

What does healthy sabr look like in my daily routine—not endurance, but regulation?

Write one micro-habit you will commit to this week:

STEP 5—Secure Support (Strength Through Connection)

Reflection Prompt

Who or what feels emotionally safe and growth-oriented for me right now?

- ☐ Trusted friend ☐ Mentor ☐ Therapist ☐ Support group
- ☐ Faith leader ☐ Structured journaling

One concrete next step I will take:

Reminder: Seeking help is stewardship of the soul, not weakness.

Closing Integration

Today’s Insight (one sentence):

Du‘ā’ / Intention:

O Allah, grant me clarity without despair, healing without haste, and strength without hardness.

Date: _____ Next Reflection: _____

Executive Summary

Healing is not erasing the past—it is reclaiming leadership over your inner world. This worksheet blends spiritual grounding with psychological precision to produce momentum, not overwhelm.

Option B

A Guided 5-Day Reflection Series

Five Islamic & Psychological Steps to Overcoming Childhood Trauma, Repetitional Stress, & Dysfunctional Behavior—*An Islamic & Psychological Reset*

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Strategic Intent:

This is a five-day recalibration sequence. Each day isolates one lever of healing—mind, heart, body, meaning, and support—so transformation feels intentional, not overwhelming. Tradition anchors the soul. Psychology sharpens execution. Together, they deliver impact.

How to Use This Series

- You should dedicate one day to each section. Do not rush.
- Set aside 15–25 minutes daily.
- Begin with a quiet intention; end with stillness or du‘ā’.
- Return to this series quarterly if needed—healing is iterative, not linear.

DAY 1—Telling the Truth (Acknowledgment Without Shame)

Theme: Clarity before comfort

Islamic Anchor: *Muhāsabah* (honest self-accounting)

Psychological Lens: Trauma awareness & naming

Guided Reflection

Today is about accuracy, not blame. Trauma thrives in vagueness. Healing begins with precision.

Prompt 1:

What moments from my childhood still echo in my reactions, fears, or relationships?

Prompt 2:

How do these experiences show up today? (tones, triggers, boundaries, self-talk)

Truth Statement (complete):

“What happened to me mattered, and I am allowed to acknowledge it.”

DAY 2—Returning to Mercy (Rahmah as Inner Safety)

Theme: Gentleness is not weakness

Islamic Anchor: *Ar-Rahmān, Ar-Rahīm*

Psychological Lens: Self-compassion & shame reduction

Guided Reflection

Harshness delays healing. Mercy accelerates it. Today, you replace internal judgment with dignified care.

Prompt 1:

How do I usually speak to myself when I struggle or feel triggered?

Prompt 2:

If Allah’s mercy exceeds my pain, how might I mirror that mercy inwardly?

Compassion Practice (choose one):

- ☐ Place a hand on the chest and breathe slowly
- ☐ Speak one kind sentence aloud
- ☐ Sit quietly after salah for 2 minutes

Mercy Statement:

“I heal faster when I am gentle with myself.”

DAY 3—Rewriting the Story (Meaning Without Romanticizing Pain)

- Theme:** Authority over the narrative
- Islamic Anchor:** Trials as elevation, not punishment
- Psychological Lens:** Cognitive reframing

Guided Reflection

Trauma lies. It tells you who you are. Today, you reclaim authorship.

Prompt 1—The Old Narrative:

What belief did this trauma plant about my worth, safety, or value?

Prompt 2—The Strategic Reframe:

What is a truer, more grounded interpretation aligned with dignity and tawakkul?

Anchor Line (circle or write your own):

- “I was tested, not abandoned.”
- “My worth was never negotiable.”
- “This pain shaped strength, not identity.”

DAY 4—Stabilizing the Body (Sabr as Regulation)

Theme: Healing lives in the nervous system
Islamic Anchor: *Sabr* as disciplined steadiness
Psychological Lens: Emotional & physiological regulation

Guided Reflection

Insight without regulation collapses under stress. Today, you train the body to feel safe again.

Body Check-In:

Right now, my body feels:
☐ Calm ☐ Guarded ☐ Tight ☐ Heavy ☐ Alert

Grounding Exercise (do one now):

- Inhale for 4, exhale for 6 (x5)
- Silent dhikr with slow breathing
- Gentle stretch or walk

Reflection Prompt:

What daily practice would help my nervous system feel more stable?

Commitment:

“Sabr means caring for my body, not ignoring it.”

DAY 5—Securing Support (Healing Was Never Meant to Be Solo)

Theme: Strength through connection

Islamic Anchor: Ummah & amanah toward the self

Psychological Lens: Co-regulation & safe attachment

Guided Reflection

Isolation prolongs pain. Support multiplies resilience.

Prompt 1:

Who or what currently feels emotionally safe, grounded, and growth-oriented?

- ☐ Trusted person ☐ Therapist ☐ Mentor ☐ Faith leader
☐ Support group ☐ Structured journaling

Prompt 2:

What one realistic step can I take to strengthen support this month?

Truth Reminder:

“Seeking help is a responsibility, not a deficiency.”

Series Integration & Closure

The biggest insight from these five days:

Personal Du‘ā’ or Intention:

O Allah, grant me healing that is deep, steady, and lasting. Make my past a teacher, not a prison.

Next Review Date: _____

This five-day series is not emotional indulgence—it is strategic soul work. Rooted in Islamic wisdom, sharpened by psychology, and designed for sustainable transformation. If you invest in yourself, seeking the pleasure of your Lord, you’ll see the rewards.

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