ANXIOUS • SAD • BROKEN • BETRAYED • LONELY • USELESS • NEVER GOOD ENOUGH • CONFUSED POINT IN LIVING • HURTING • DEPRESSED • ANXIOUS • SAD • BROKEN • BETRAYED • LONELY • USELESS INTERNALLY DEAD • SUICIDAL • NO POINT IN LIVING • HURTING • DEPRESSED DEJECTED ANXIOU A Collection of Spiritual Remedies when feeling OVERWHELMED IN LIVING . HURTING . DEPRESSED SAD • BROKEN • BETRAYED • LONELY • USELESS • NEVER GOOD ENOUGH • CONFUSED • PATHETIC • F HURTING • DEPRESSED DEJECTED ANXIOUS • SAD • BROKEN • BETRAYED • LONELY • USELESS • N NO POINT IN LIVING . HUPTING . DEPRESSED .ANXIOUS . SAD INTERNALLY DEAD . SUICIDAL . SUICIDAL • NO POINT IN LIVING • **ENOUGH • CONFUSED • PAT** BETRAYED . LONELY . USELE CONFUSED • PATHETIC • FRAGILE • INTER DEPRESSED . ANXIOUS . SAD(. SUICIDAL • NO POINT IN LIV S • SAD • BROKEN • BETRAYED • LIVING . HURTING . DEPRESSED PATHETIC • FRAGILE • INTERN USELESS . NEVER GOOD ENOUGH SILE . INTERNALLY DEAD . SUICIDA SAD • BROKEN • BETRAYED • GOOD ENOUGH • CONFUSED • PATHETIC • F HURTING • DEPRESSED DEJECTED-ANXIOUS • SAD • BROKEN • BETRAYED • LONELY • USELESS • N INTERNALLY DEAD . SUICIDAL . NO POINT IN LIVING . HURTING . DEPRESSED . ANXIOUS . SAD LONELY • USELESS • NEVER GOOD ENOUGH . CONFUSED . ANXIOUS . DEAD . SUICIDAL . NO POINT IN L SED • ANXIOUS • SAD • BROKEN • CONFUSED • PATHETIC • FRAGILE • NO POINT IN LIVING • HURTING • HETIC . FRAGILE . INTERNALLY DEA VER GOOD ENOUGH . CONFUSED "Don't be sad, Indeed BROKEN • BETRAYED • LONELY • HURTING . DEPRESSED . ANXIOU FRAGILE . INTERNALLY DEAD . 30 GOOD ENOUGH . CONFUSED . F DEAD • SUICIDAL • NO POINT IN CONFUSED • PATHETIC • FRACE BROKEN • BETRAYED • LONELY • HURTING . DEPRESSED . ANXIOU ONELY • USELESS • NEVER GOO DEAD • SUICIDAL • NO POINT IN JECTED-ANXIOUS • SAD • BROKE CONFUSED • PATHETIC • FRAGIL /EA O POINT IN LIVING . HURTING . USELESS • NEVER GOOD ENG ED RAGILE . INTERNALLY DEAD . DEJECTEDANXIOUS • SAD • BRO • L(NEVER GOOD ENOUGH • CON NO POINT IN LIVING • HURTIN · AN **ROKEN • BETRAYED • LONELY •** FRAGILE • INTERNALLY DEAD • OINT ING DEPRESSED • ANXIOUS • SA ANXIOUS • SAD • BROKEN • B BOOD ENOUGH • CONFUSED POINT IN LIVING . HURTING . BETRAYED . LONELY . USELESS IOUS . INTERNALLY DEAD • SUICID DEPRESSED DEJECTED-ANXIOU GOOD ENOUGH . CONFUSED D • SUICIDAL • NO POINT IN L BETRAYED . LONELY . USELES PATHETIC • FRAGILE • INTER DEPRESSED DEJECTEDANXIOU USELESS • NEVER GOOD ENC SUICIDAL • NO POINT IN LI SAD • BROKEN • BETRAYED PATHETIC • FRAGILE • INTERN G • HURTING • DEPRESSED · PATH USELESS • NEVER GOOD EN ITERNALLY DEAD . SUICIDA SAD • BROKEN • BETRAYED NEVE USED • 🖺 ATHETIC • F · SAD · S . N

 HURTING • DEPRESSED D INTERNALLY DEAD . SUICI **ENOUGH • CONFUSED • P.** BETRAYED . LONELY . USELESS . NEVER GOOD ENOUGH . CONFUSED . PA DEPRESSED • ANXIOUS • SAD • BROKEN • BETRAYED • LONELY • USELESS • NEVER GOOD ENOUGH SUICIDAL . NO POINT IN LIVING . HURTING DEPRESSED . ANXIOUS . SAD B BROKEN . BETRAYED . PATHETIC • FRAGILE • INTERNALLY DEAD • SUICIDAL • NO FOSITIVE NO FURTILIS • DEPRESSED USELESS • NEVER GOOD ENOUGH • CONFUSED • PATHETIC

LIVING Our'an 9:40 INTERNA

SAD NG .

SAD • BROKEN • BETRAYED • LONELY • USELESS • NEVER GOOD ENOUGH • CONFUSED • PATHETIC • F HURTING • DEPRESSED DEJECTED-ANXIOUS • SAD • BROKEN • BETRAYED • LONELY • USELESS • N INTERNALLY DEAD . SUICIDAL . NO POINT IN LIVING . HURTING . DEPRESSED . ANXIOUS . SAD

Do you...

... Feel like nobody cares?

... Depressed?

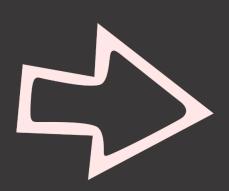
... See NO point in living any longer...?

...Feel unnoticed..?

... Feel that TAKING MY LIFE SEEMS THE ONLY WAY to end the Pain?

...feel HEARTBROKEN??

THEN REMEMBER



THE ()NE WHO HAS CREATED YOUR HEART, AND YOUR FEELINGS AND EMOTIONS HAS SAID:

"Do not despair of the Mercy of Allah"

Surah Yusuf:87

HE HAS ALSO SAID :

" AM WITH THOSE WHOSE HEARTS ARE
BROKEN"

Abu Nuaim Pg. 177 V.6

WHY NOT TRY THE FOLLOWING

SHOUT OUT to the One Who Always Listens...

ياكي ياقيوم بركمتك

أُسْتَغِيْثُ

YAA HAYYU YAA QAYYOOM BIRAHMATIKA ASTAGHEETH

O THE EVER LIVING, O THE SUSTAINER
OF LIFE

THROUGH YOUR MERCY, I BEG YOU TO RESCUE [ME]

Every Morning and Evening read the following

لاحول ولاقوة إلا بالله

LAA HOWLA WA LA QUWWATA ILLAA BILLAH

There is no power [to avert away any wrong] nor any strength [to accomplish any good] except through the [help of] Allah.

Try reading a portion of the Qur'an and follow it up with this beautiful prayer....

اللَّهُمَّ إِنِّي عَبُلُكَ ابُنُ عَبُرِكَ ابُنُ أَمَتِكَ، نَاصِيَتِي بِيرِكَ ، مَاضٍ فَيَّ كُمُكُمُ اللَّهُمَّ إِنِّي عَبُلُكَ ابُنُ عَبُلِكَ ابُنُ أَلْكَ بِكُلِّ السَّمِ هُولكَ ، سَمَّيْتَ بِهِ كُمُكُمُ اللَّهِ مُولكَ ، سَمَّيْتَ بِهِ نَفْسَكَ أَوْ عَلَّمْتَهُ أَحَلًا مِنْ حَلْقِكَ ، أَوْ أَنْزَلْتُهُ فِي كِتَابِكَ أَوِ اسْتَأْثُرُتَ نَفْسَكَ أَوْ عَلَّمْتَهُ أَحَلًا مِنْ حَلْقِكَ ، أَوْ أَنْزَلْتُهُ فِي كِتَابِكَ أَوِ اسْتَأْثُرُتَ بَعْمَلُ الْقُرْ آنَ رَبِيعَ قَلْبِي وَنُو رَصَدُمِي بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ ، أَنْ تَجْعَلَ الْقُرْ آنَ رَبِيعَ قَلْبِي وَنُو رَصَدُمِي بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ ، أَنْ تَجْعَلَ الْقُرْ آنَ رَبِيعَ قَلْبِي وَنُو رَصَدُمِي بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَلَكَ ، أَنْ تَجْعَلَ الْقُرْ آنَ رَبِيعَ قَلْبِي وَنُو رَصَدُمِي بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَلَكَ ، أَنْ تَجْعَلَ الْقُرْ آنَ رَبِيعَ قَلْبِي وَنُو رَصَدُمِي بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَاكَ ، أَنْ تَجْعَلَ الْقُرْ آنَ رَبِيعَ قَلْبِي وَنُو رَصَدُمِي بِهِ فِي عِلْمَ الْعَيْبِ عِنْدَاكِ ، أَنْ تَجْعَلَ الْقُرْ آنَ رَبِيعَ قَلْبِي وَنُو رَصَدُمِي وَهِ الْعَيْبِ عِنْدُولَ الْعَيْبِ عِنْدَاكَ ، وَجِلَاءَ حُزْنِي وَذَهَا بَهُمِي

Allahumma inni 'abduka, ibnu 'abdika, ibnu amatika, naasiyati biyadika, maadhin fiyya hukumuka, 'adhlun fiyya qadha'uka as'aluka bi kulli ismin huwa laka, sammaita bihi nafsaka, aw anzaltahu fi kitabika, aw 'allamtahu ahadan min khalqika, awista'tharta bihi fi 'ilmil-ghaibi 'indaka, an taj'alal-Qur' ana Rabbi'a qalbi, wa nura sadri, wa jalaa'a huzni, wa dhahaba hammi

Oh Allah, I am Your servant, the son of Your servant, the son of your female-servant, and entirely at Your service. You hold me by my forelock. Your Decree is what controls me, and Your Commands to me are just. I beseech You by every one of Your Names, those which You use to refer to Yourself, or have revealed in Your Book, or have taught to any one of Your creation, or have chosen to keep hidden with You in the Unseen, to make the Our'an Al-Karim the springtime of my heart, the light of my eyes, the departure of my grief, and the vanishing of my affliction and my sorrow.

? WHAT | F?? ?

| FEEL LIKE | DON'T BELIEVE ANYMORE ...? SHOULD | STILL

CONTINUE DOING / READING?

YES!

CONTINUE, AND DON'T PAY MUCH ATTENTION TO THE THOUGHTS

RELATING TO YOUR BELIEF

Also, Have You tried this? C'mon, Give it a Go!

- Hug your child or your baby brother or sister
- O Seek professional help, there's nothing wrong with that
- Feed a needy person, sit with them.
- O Speak to your local Imam.
- Place your head down in prostration to Allah, and Cry to Him

N NT When the going gets really Tough...

REPLACED TO SET OF THE SET OF THE SET OF TOUGHT...

REPLACED TO SET OF THE SET OF THE SET OF TOUGHT...

REPLACED TO SET OF THE SET OF

Then Read:

اَللَّهُ اَللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

ALLAH ALLAH RABBI LAA USHRIKU BIHI SHAY'AAN
Allah, Allah, My Master, I do not associate any
partners to Him.

Also read in abundance:

لَا إِلْهُ إِلَّا أَنْتَ سُبْحَانَكُ، إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

LAA ILAAHA ILLAA ANTA SUBHAANAKA INNI KUNTU MINADH-DHALIMEEN

THERE IS NONE WORTHY OF WORSHIP BESIDES YOU, PURITY BELONGS TO YOU, INDEED I AM FROM THE THOSE WHO HAVE OPPRESSED [THEMSELVES]



