

Self-Care and Clarity of Mind...a weekly column by Princess Lakshman (Sister Iqra)



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **Why Me Syndrome**

You may go through phases in life where you may sulk in despair and ask ALLAH, "Ya ALLAH, why me?". The danger is when this question becomes a default setting in your daily life and you start operating on what is known as the **Victim Mindset**. I call it the Why Me Syndrome.

If not you, then who?

Take a moment and ponder on this. When you ask the question "Why me?" what are you really saying? I played a victim most of my teenage and adult life and it was only after much self-reflection that I realised that every time I ask "Why me?" what I am really saying is "I know a few people who are badly behaved and I feel that they need to go through bad times, not me. I don't deserve this, they do."

As selfish and harsh as it may sound, the core of the "why me?" question comes down to the fact that you would rather it was someone else than you. You may argue and say that you would rather it was no one. I agree. However, if ALLAH never tested any of us, how would we ever transform ourselves and grow to become more enlightened beings? If ALLAH never tested our Prophet (SAW) by taking away from him his beloved wife and his beloved sons, how else would he have understood that his ultimate purpose was to strive for Jannah? Never once did he complain "Why me?" nor wish harm or ill fate on another. Never.

No matter how difficult your challenges may be, as a Muslim you would never wish those same hurdles for another. You would accept these challenges as ALLAH's mercy on you in helping you grow from strength to strength. Wallowing in the Why Me Syndrome will drown you in the depths of fear and anxiety. Shaitaan loves to lead us astray using these tactics. As a Muslim, you are already one step ahead of shaitaan by knowing full well that he has no power over you, that ONLY ALLAH is your master.

Strategies To Own Your Challenges With A Victor's Mindset

Owning your challenges and overcoming them with a victor's mindset keeps you closer to ALLAH. Choosing to have a victor's mindset propels you towards victory in overcoming your challenges. Choosing the victim mindset propels you towards darkness and despair.

Here is a strategy to help you cultivate a victor's mindset. Consciously choose to act on overcoming your challenges

Identify your challenges by writing them down.	Write the desired outcome of each challenge	What actions can you take to achieve the desired outcomes

In Shaa ALLAH, next week we will explore the topic: **The Four Ts Of Marriage - Trust, Touch, Talk, Time**

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Princess Lakshman

Writer, Clarity Coach, Founder and Facilitator of **Healing Words Therapy - Writing for Wellbeing & Muslimah Mind Matters**

E: info@healingwordstherapy.com / info@muslimahmindmatters.com Ph: 0451977786

Website: www.healingwordstherapy.com / www.muslimahmindmatters.com