



### Step 1: Diagnosis:

In private, or with someone else if you prefer, answer to the following questions:

Question	My answer
Am I aware of the Islamic teachings related to speech?	
How truthful am I in my speech?	
Do I know the Islamic definition of backbiting?	
Am I guilty of backbiting, slander, or gossip? (Or encouraging others to do this?)	
If so, do I know how to rectify this Islamically?	
How often do I complain?	
How often do I express gratitude?	
How often do I say good words to others or encourage them?	
How much do I occupy my tongue with Quran, dua, or the remembrance of Allah?	

### Step 2: Identifying issues:

Using the table below, list the personal weaknesses or problems you identified in the first table:

Weakness / issue:
1.
2.
3.
4.
5.
6.
7.



**Step 3: Root cause analysis:**

Copy your weaknesses / problems from the previous table. Now find the root cause of each issue:

Issue	Outward symptoms	Root causes <i>(Keep asking "Why?" until you come to the most basic cause)</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		

**Step 4: Solutions:**

Brainstorm and list practical ways to solve the issues from the root:

Weakness / Problem	Possible solutions
1.	
2.	
3.	
4.	
5.	
6.	
7.	



### Step 5: Planning:

Analyse your expected schedule and life after Ramadaan and come up with a realistic plan of how you can implement the solutions for each issue. Break your solutions into baby steps that you'll work on consistently over the next 11 months. If you find you're not coping after a while, make adjustments as needed – as long as you stay consistent and keep progressing, even if it's small steps:

### Resources

For resources to help with the current focus, visit <https://accidentalmuslims.com/ramadaan1440-part4-speech>.

 +27 72 244 3668 or +27 82 417 0898

 [info@accidentalmuslims.com](mailto:info@accidentalmuslims.com)

 [accidentalmuslims.com](http://accidentalmuslims.com)

 [twitter.com/accidentalmuslims](https://twitter.com/accidentalmuslims)

 [instagram.com/accidentalmuslims](https://www.instagram.com/accidentalmuslims)

 [facebook.com/accidentalmuslims](https://www.facebook.com/accidentalmuslims)

