



KHUSHGAWAAR AUR SEHATMAND ZINDAGI KA RAAZ

MODULE 4

ZINDAGI KI MUSHKILAAT
SE NIMATNA

USTAZ MUHAMMAD ALI



MODULE 4 KI OUTLINE

- Musbat jazbaat kon se hain?
- Emotional intelligence
- CBT ka ABC Model (Cognitive Behavioural Therapy)
- Nafsiyaati, samaaji, rawaiyye ke aitbaar se [behavioural] sehat
- Mushkilaat kyun aati hain?



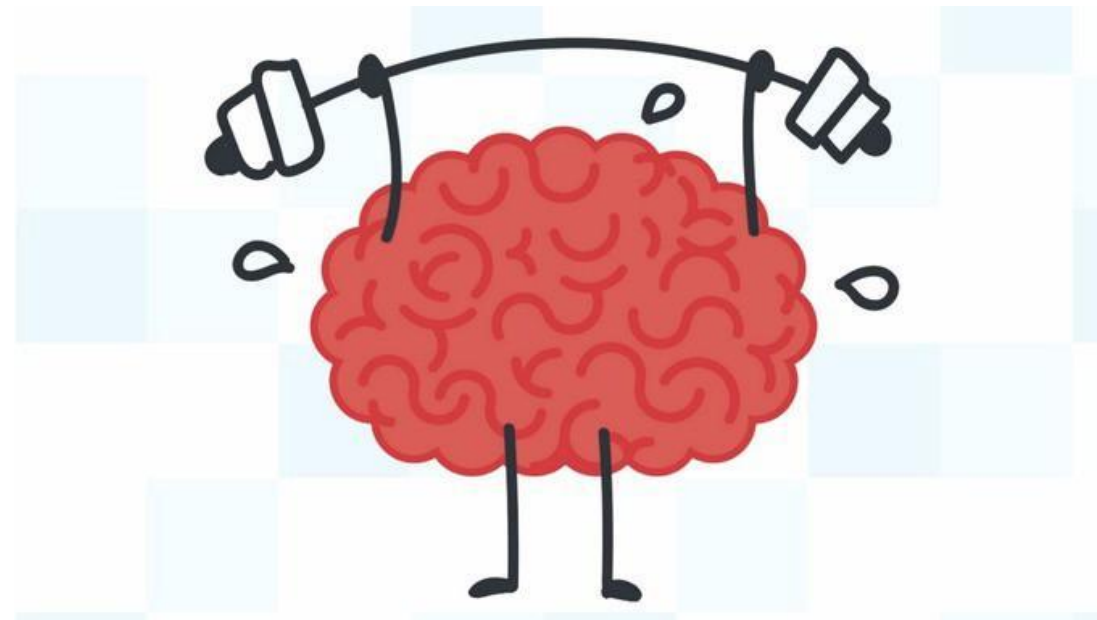
TULBAA KE LIYE ZAROORI HIDAYAAT

Baraaye meherbani modules ki mukammal videos dekhain. Slides main module ka sirf aik (1) khulasah bayaan kia gaya hai. Nazriyaat/ tasawwuraat ki tafseeli wazahaat video lectures main ki gai hai.



MUSBAT JAZBAAT KA TA'ARUF

Musbat jazba aik jazbaat radd-e-amal hai jo musbat asar ke izhaar ke liye design kia gaya hai







Manfi jazbaat	Musbat jazbaat
Behisi	Shaadmani/ khushi
Ghum	Dilchaspi
Khauf	Josh-o-kharosh
Nafrat	Hansi
Sharam	Humdardi
Qusoorwaar thehrana	Amal
Pachhtawa	Tajassus
Ta'ssub	Tawaqqo/ umeed
Ghussa	Fakhar
Dushmani	Khuwaahish
Ihsaas-e-jurm	Ihsaas-e-khushhaali
Mayoosi	Umeed



TEHQEEQ

Dr Alice Eisen musbat jazbaat ki daryaaft main mukhtara' ki hesiyat rakhti hain. Dr Eisen ki tehqeeq ke mutabiq jo log musbat jazbaat rakhtay hain un main mandirja zel khusoosiyaat paai jaati hain:

1. Wo doosray logon ki madad kartay hain
2. Un ki soch main lachak hoti hai
3. us ke paas apnay har maslay ka hal maujood hota hai



EHEM TIP

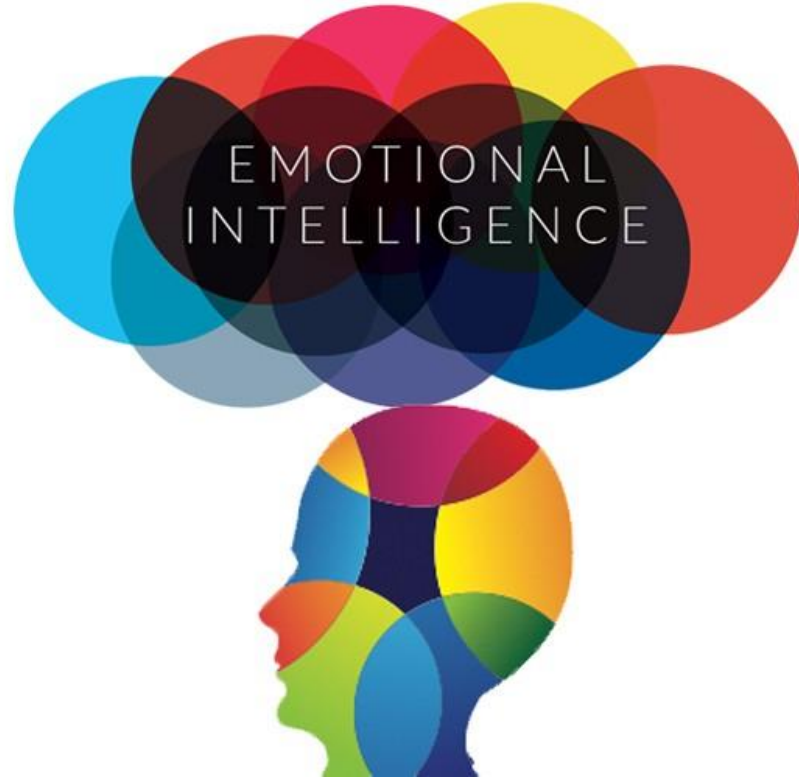
Depression se nimatnay ke liye Surah ad-Duha main jo sunehri tip milti hai wo ye hai ke doosron ki madad ki jaye



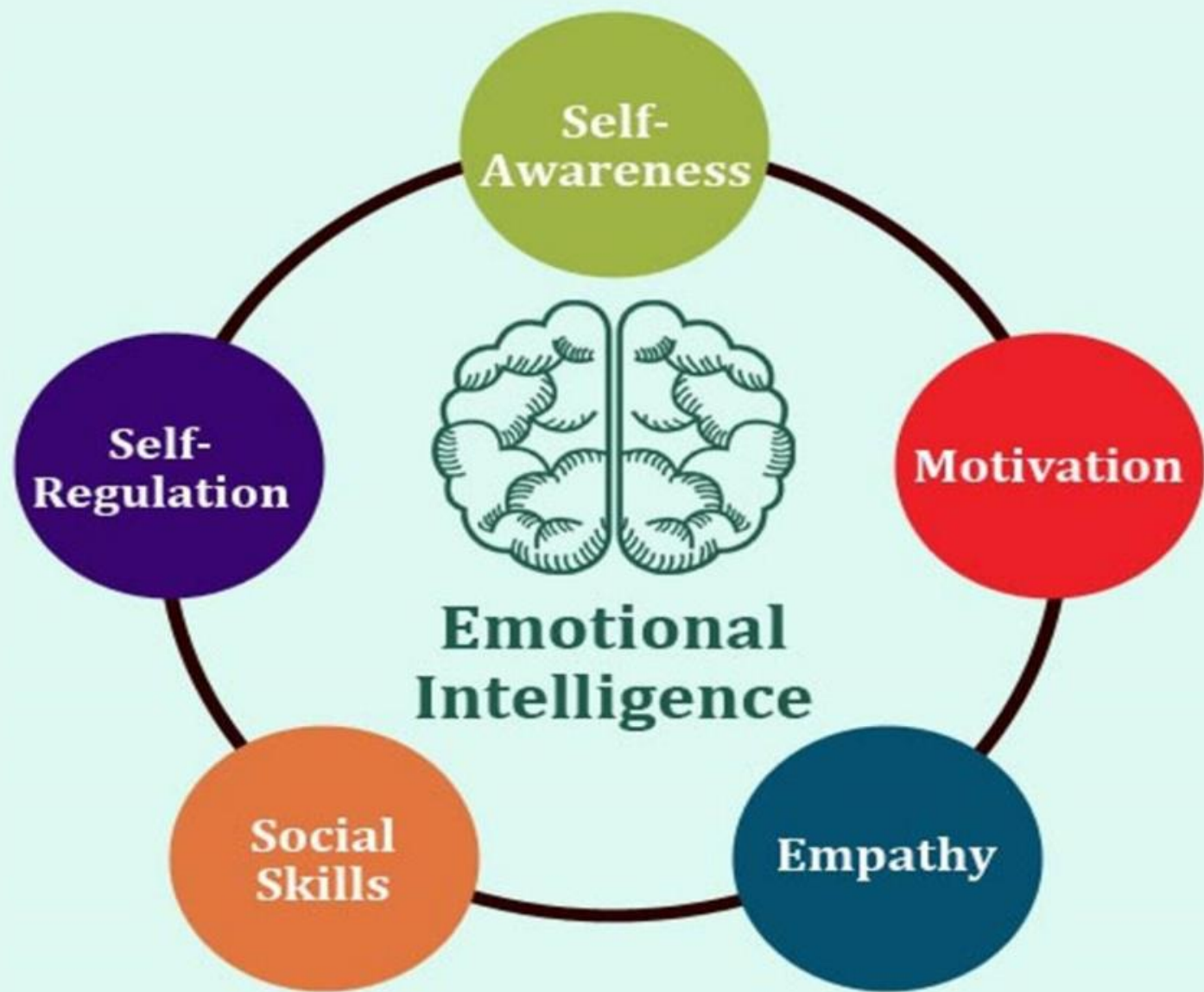
EHEM NUKTA

Aap jitna Rasool Allah ﷺ ke uswa husna aur mukhtalif halaat main Aap ﷺ ke muaamlaat ka mutaal'ia karengaym utna hi aap musbat jazbaat ka izhaar karna seekhengay.

EMOTIONAL INTELLIGENCE KE AJZAA

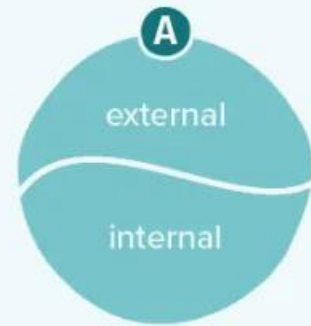


- Jazbaat ko samajhna aur pehchaanna
- Sahih tareeqay se barwaqt apnay jazbaat ka izhaar karna

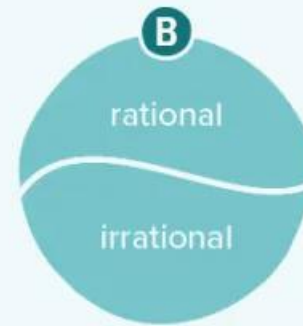


COGNITIVE BEHAVIOURAL THERAPY KA ABC MODEL

ABC model of cognitive behavioral therapy Ellis 1979



Activating event



Beliefs about event



Consequence(s)

healthline

JAZBAATI TAUR PAR MAZBOOT KAISAY HO SAKTAY HAIN?



- Qur'an main mazkoora tasawwuraat/ asbaaq ko yaad rakhain aur baqaayedgi se un ko duhraatay rahain/ un par ghaur-o-fikr kartay rahain jaisay surah at-Talaq ki ayaat 2 aur 3, surah al-Baqarah ki ayat 285, surah ar-Rahman ki ayat 60, surah Aal-'Imran ki ayat 26, surah Inshirah ki ayat 5, wegheera.
- Aisay logon ke sawani'h-e-hayat parhhain jo mushkilaat se larhay aur jazbaati taur par mazboot rahay. Is ke liye Seerat-un-Nabi ﷺ se behtar koi cheez nahi.
- Qur'an main mazkoora waqi'aat bohot ghaur se parhhain.



Jo log jazbaati lihaaz se sehatmand hotay
hain wo apnay khayalaat, ihsasaat, aur
rawaiyyon par qaboo rakh paatay hain.



Behtareen nafsiyaati sehat ki alamaat:

- Self-acceptance
- Zaati nasho numa
- Zindagi ka maqsad
- Mahauliyaati mahaarat
- Khudmukhtaari
- Doosron ke saath musbat talluqaat



Achi samaaji sehat ki nishaaniyan:

- Is cheez ko samajhna ke doosray log un par kaisay asar andaaz hotay hain
- Wo apnay jazbaat ka imandaari se izhaar kartay hain.
- Wo doosron se jo chaahtay hain us ka waazil taur par izhaar kartay hain aur apni baat un tak pohanchaatay hain.
- Wo doosron ki baat ko beghair koi raaye qayem kiye ya ilzaam ke suntay hain
- Wo ehtraam ko malhooz rakhtay huay doosron ke saath ikhtilaaf kartay hain
- Wo zaroorat se zyada tanqeed karnay, ghussay main aanay, aur pur tashaddud rawaiyye se parhez kartay hain



Jazbaati sehat se murad kisi bhi shakhs ke tajarbaat ka jazbaati mayaar hai

Jazbaati taur par sehatmand shakhs ki 5 khusoosiyaat:

In main khud agaahi paai jaati hai. Aisa shakhs apnay aap ko durust tareeqay se samajh sakta hai aur ye jaan sakta hai us ka rawaiyya doosron ko kaisay asar andaaz karta hai

- Wo jazbaati lihaaz se chust hotay hain
- Un main muqaabla karnay ki mazboot salaahiyatain hoti hain
- wo bamaqsad zindagi guzaartay hain
- Wo apnay tanaao ki satah ko manage/munazzam kartay hain



JAB MUSHKILAAAT AAYEIN TOU KIA KARAIN?

1. Shukar
2. Nabi ﷺ ki nafarmaani se bachna
3. Un gunaahon se bachna jo dunyaawi mushkilaat/
pareshaaniyon ko dawat detay hain
4. Musalsal istighfar
5. Zindagi ka sahih tasawwur



JAB MUSHKILAAAT AAYEIN TOU KIA KARAIN?

6. Ajr ke mawaaqe
7. Allah ko asaani main yaad karna
8. Azkaar
9. Dua'a
10. Sadqa-o-khairat