



# A Muslim's Factsheet on Religious OCD

## Part 2



This guide is brought to you by



Written by Nadia Hawa

Edited by Humaira Kola, Meanha Begum

& Sarah Gulamhusein

Designed by Salwa Khan

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# How can we deal with intrusive thoughts?



ROCD is characterised by intrusive thoughts, doubts, and uncertainties about religious and moral issues. It is important to **challenge these thoughts** and **disempower these doubts** with knowledge and facts.

Use the table below to note down some of your doubts and intrusive thoughts, and disempower them by referring to the facts. If you do not find a fact that addresses your doubt, then conduct your own research and add it to your list of references.

***Did you know the 3 most viewed pages on our website are around intrusive thoughts, and unwanted and paralysing compulsions about faith and God?***

## Doubts + Fears (Did I, Maybe, What if)

- Self-doubt about the accuracy of wudu
- Excessive or repeated washing

# Disempower Your Doubts!

- Washing limbs excessively is disliked. *"Verily, the religion is easy and no one burdens himself in religion but that it overwhelms him"* [Bukhari]
- It is disliked to waste water: *"Do not waste water even if you were at a running stream."* [Ibn Majah]
- The Prophet ﷺ used to perform ablution with one Mudd of water (750mls) [Bukhari]
- *"There is a devil for ablution who is called Walahan, so be on guard against the insinuating thoughts (Waswasa) about water."* [Sunan Ibn Majah]
- Travellers are to shorten and combine prayers, Tayammum (ablution with earth) is a suitable alternative when water is not available
- These are reminders that Allah (SWT) wishes ease for us

## Doubts + Fears (Did I, Maybe, What if)

- Uncertainty about breaking wudu
- Catastrophising that if wudu is not accepted, then prayers will not be accepted

# Disempower Your Doubts!

- *"He should not leave his prayers unless he hears a sound or smells something."* [Bukhari]
- *"If one of you feels something in his stomach and doubts whether he released some wind or not, he should not leave the mosque unless he hears a sound or smells an odour."* [Muslim]
- *"Ignore what is uncertain and proceed on the basis of what is certain."* [Sahih Muslim]
- Doubts do not take priority over certainty and therefore we should avoid being led by them

## Doubts + Fears (Did I, Maybe, What if)

- Excessive dua or repetition of Hajj intention/acts to ensure perfection

## Disempower Your Doubts!

- We are *all* reliant on Allah's mercy to enter Paradise, *even* our beloved Prophet Muhammad ﷺ. *"Verily, none of you will enter Paradise by his deeds alone... not even me, unless Allah grants me His mercy..."* [Bukhari]
- We should always aim to do our best with the knowledge that we cannot reach perfection; we are to rely on Allah's mercy for what we are unable to achieve

## Doubts + Fears (Did I, Maybe, What if)

- Checking whether Hajj rituals were performed correctly, for example, throwing the correct number of stones at Jamarat
- In need of reassurance

## Disempower Your Doubts!

- *"Allah does not burden a person more than they can bear."* [Qur'an 2:286] - It is we who create more burdens and put excessive pressure on ourselves
- Our best is acceptable to Allah (SWT)
- If our doubts worry us, we can simply make dua for acceptance of our deeds and be hopeful in Allah's mercy

## Doubts + Fears (Did I, Maybe, What if)

- Catastrophising about mistakes and/or sins one may have committed during Hajj, such as hair falling out or nails being broken

## Disempower Your Doubts!

- Allah forgave Prophet Musa when he caused a man's death by accident: *"He pleaded, 'My Lord! I have definitely wronged my soul, so forgive me.' So He forgave him, (for) He is indeed the All-Forgiving, Most Merciful."* [Qur'an 28:16]
- *"A person in a state of ihram is permitted to smell sweet basil, look in a mirror, and cure himself by eating butter and oils"* [Ibn Abbas]
- Anything that is not intended to cause removal of hair or nails does not require correction *"Verily actions are by intentions, and for every person is what he intended."* [Bukhari]
- Corrections are only needed when there is a certainty of mistakes or sins committed

*Did you know our ROCD workshop is the most popular and highly requested workshop to date?*

# Help & Resources



## Inspired Minds

*for everyone*

**Website:** [inspiredminds.org.uk](http://inspiredminds.org.uk)

**Email:** [info@inspiredminds.org.uk](mailto:info@inspiredminds.org.uk)

- [Religious OCD Hybrid Masterclass](#)
- [Request Counselling with IM](#)
- [IM Religious OCD Series](#)
- [Mindful Muslim Podcast - Living With ROCD with Zainab Ahmed](#)
- [Mindful Muslim Podcast - Unpacking Religious OCD with Dr. Hooman Keshavarzi](#)

## Sakoon UK

*for everyone*

**Website:** [sakoon.co.uk](http://sakoon.co.uk)

**Call:** 07943 561 561

## Muslim Community Helpline

*for youth Muslims*

**Website:** [muslimcommunityhelpline.org.uk](http://muslimcommunityhelpline.org.uk)

**Call:** 0208 904 8193 / 0208 908 6715

**Monday to Friday from 10am - 1pm**

## Muslim Youth Helpline

*for youth Muslims*

**Website:** [myh.org.uk](http://myh.org.uk)

**Email:** [info@myh.org.uk](mailto:info@myh.org.uk)

**Call:** 0808 808 2008

**Every day from 4pm - 10pm**

## Samaritans

*for everyone*

**Website:** [samaritans.org](http://samaritans.org)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Call:** 116 123

**Every day 24 hours**

## Khalil Center

*for everyone*

**Website:** [khalilcenter.com](http://khalilcenter.com)

**Email:** [info@khalilcenter.com](mailto:info@khalilcenter.com)

- [Khalil Center](#)
- [The Islamic Workbook for Religious OCD \(Waswasa\): A Guide for Overcoming Intrusive Thoughts and Compulsions](#), by Dr. Hooman Keshavarzi

## Beyond OCD

*for everyone*

**Website:** <https://beyondocd.org/>

**Call:** 0300 123 3393

## Rethink Mental Illness

*for everyone*

**Website:** [rethink.org](http://rethink.org)

**Email:** [info@rethink.org](mailto:info@rethink.org)

**Call:** 0121 522 7007 / 0300 5000 927

**General enquiries & advice**

## Papyrus/Hopeline

*for people under 35*

**Website:** [papyrus-uk.org/hopelineuk](http://papyrus-uk.org/hopelineuk)

**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Text:** 07786 209697

**Call:** 0800 068 41 41

**Monday to Friday 10am - 10pm**

**weekends 2pm - 10pm**

**bank holidays 2pm - 5pm**



We are an Islamic grassroots charity that raises awareness and provides support, from a faith-based and culturally-sensitive perspective, to those affected by mental health challenges.

Anchored to our organisation is our vision of a society where people experiencing mental health challenges are validated and empowered to live fulfilling lives.

To bridge the gap in the understanding of mental health within and between our communities, we:

- Provide critical support and counselling services for both Muslim and non-Muslim clientele alike; recognising cultural, spiritual and Islamic needs
- Actively raise awareness on a variety of issues experienced within our communities, which is informed by the field-based research that we conduct to further our understanding

You can find out more about us via our website and social media.

We hope that together we can make a change and start **Prioritising Mental Health and Wellbeing.**



## How We Offer Support

### Counselling

Our accredited and trained psychologists and psychotherapists provide support in various languages. (Financial support available)

Access our online form at [inspiritedminds.org.uk/get-help](https://inspiritedminds.org.uk/get-help)

or scan our QR code



### #ggwithIM

Connect your hearts and minds to the beautiful names of Allah (swt) by joining **#ggwithIM** on social media or **scan our QR code**.



### Donate or Become A Torchbearer

Make a single donation or become a torchbearer over at [inspiritedminds.org.uk/donate](https://inspiritedminds.org.uk/donate)

or simply scan our QR code



### Ask IM

A safe, anonymous and confidential space to ask our experts your questions at [inspiritedminds.org.uk/ask-im](https://inspiritedminds.org.uk/ask-im)

or scan our QR code



### Workshops + Events

Find our upcoming events at [inspiritedminds.org.uk/upcoming-events](https://inspiritedminds.org.uk/upcoming-events)

or scan our QR code



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