

STEP 4

MAKING DUA TO ALLAH

The power of praying to Allah is very important when trying to overcome addictions, and so one should do this sincerely and with persistence.

A person should try and wake up at Tahajjud time and after performing the Tahajjud salah, pray to Allah to help him leave his addiction.

If waking up early is difficult, then a person should make Dua at other times, praying to Allah and asking Him earnestly.

With Allah's help, the bad habits will be left behind in one's life.

A person should also ask pious people and the friends of Allah to make dua for him.

Because of their nearness to Allah, their duas will be answered quickly.

STEP 5

SPENDING TIME IN GOOD COMPANY AND GOOD ENVIRONMENT

A person should surround oneself with good friends and remain in a pious environment that is free from all traces of the bad habit. Fine friends have a positive impact upon us.

On the other hand, bad friends encourage one to continue with bad habits.

Similarly, good environments strengthen good habits once a person has started them, while bad environments forces a person to be inclined to bad habits, even if the bad habits have been left behind.

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5 STEPS FOR QUITTING AN ADDICTION

By
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STEP 1

HAVING TAQWA, THE FEAR OF ALLAH

Taqwa is to create this belief within oneself that my Allah is the one to be recognised and if I carry on with this bad habit and routine, then my Allah will be displeased with me.

If Taqwa is developed from within oneself, a person will feel connected to Allah and one will leave the bad habit.

One will be protecting oneself and thus be successful wherever one may be.

A person should have this understanding that even though people may seem to hate me because of my bad practices, my Allah is loving towards me and continues to give me blessings. In return, I will love Him and be aware of His presence.

STEP 2

HAVING HOPE

A person leaving an addiction needs to build hope in a positive manner that the bad habit will be left soon.

If the habit is done again, then one should have hope that the bad habit will be left sometime in the near future.

This hope should be there in one's heart, mind and soul.

If the person falls into the addiction again, even after not doing it for a while, then he / she shouldn't stop trying to leave the addiction.

Rather, one should feel that one will be able to leave this addiction soon.

Hope is required, as it keeps a person brave and enthusiastic about leaving the addiction.

STEP 3

OBTAINING SUPPORT

To leave an addiction, a person needs support from well-wishers.

This usually means support from many people who are close to one.

This support should always be available, and should be provided without wanting anything in return.

It should be given positively, in a loving and soft-hearted manner.

The support might be caring for someone or perhaps by helping a person mentally, by reducing stress from him / her.

It can also be through spiritual means, with a person supplicating to Allah through duas for the individual suffering the addiction.