

قِيَامُ رَمَضَانَ

QIAM RAMADHAN



VALUES OF RAMADHAN;
A REFLECTIVE ART AS THERAPY BOOKLET

BISMILLAH

Dedicated to all BUDDies who are constantly taking the leap to heal and grow through creative expressions and processes.

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We share psychoeducational content to raise awareness and educate individuals on mental well-being. No part of this booklet can be reproduced or replicated without the art therapist's consent.





DUA FOR ALL

Dear Allah SWT, May this reflective art as therapy booklet that focuses on beautiful values and virtues derived from your 99 names and your words in the Quran allows this believer to gain Islamic and psychoeducational knowledge, self-betterment, self-awareness, and personal insights through the reflective art prompts and questions provided. May the beneficial outcomes and reflections benefit and bring them closer to You. May they emulate and instill these values to be better individuals for themselves and others. May they be better believers in Your eyes. And may their efforts and thoughts towards betterment be rewarded tenfold and accepted by You, in this blessed month of Ramadhan, and months ahead.

Ameen!



HOW TO BENEFIT FROM THE BOOKLET

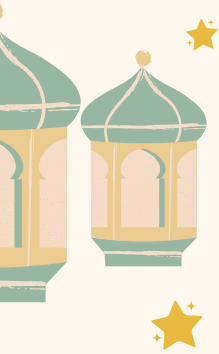
This reflective art as therapy booklet is meant to be done one part a day throughout our 30 days of Ramadhan.

Each value comes with 3 parts;

- Psychoeducational Information
- Art as Therapy Prompt
- Mini Challenge with Reflective Questions

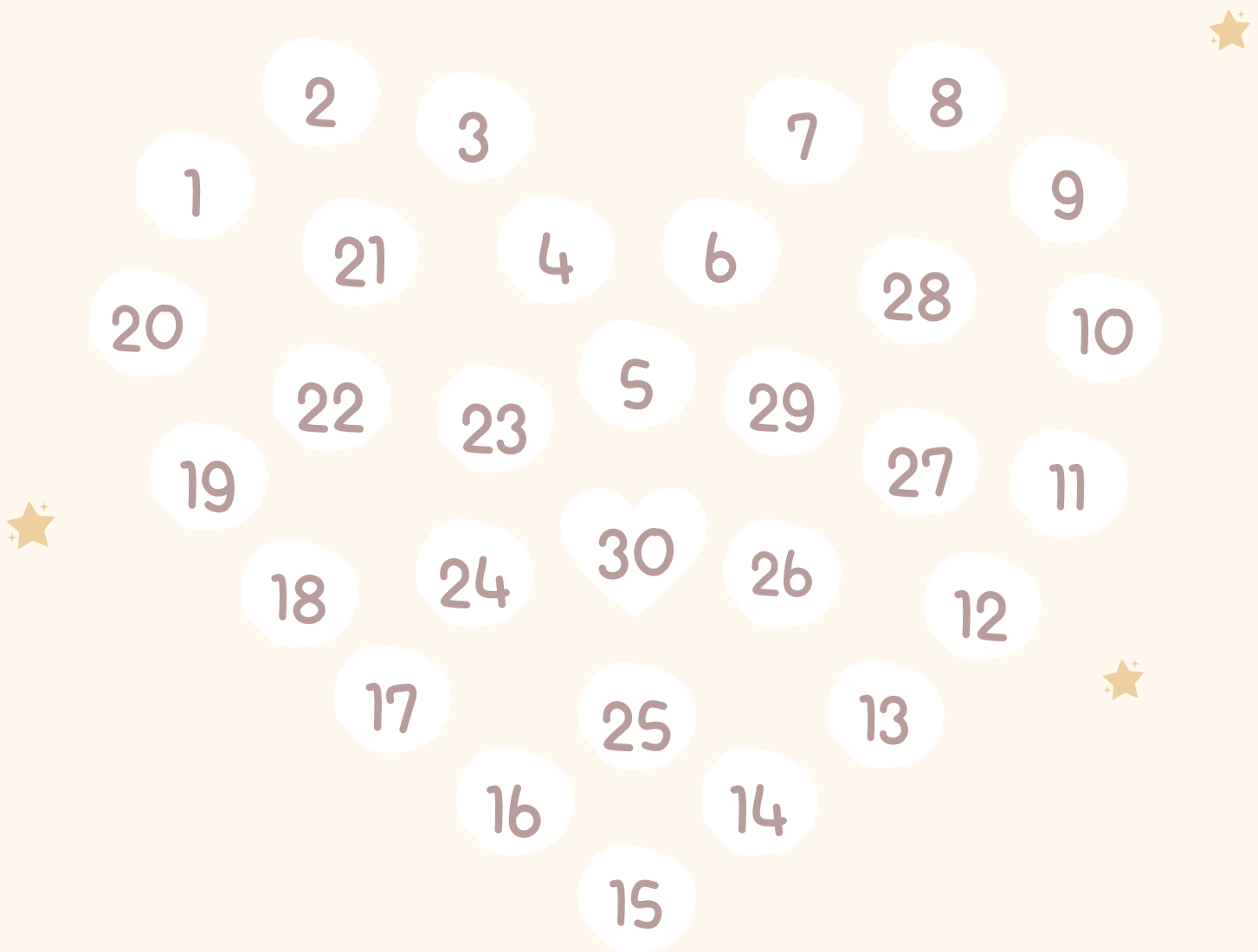
Hence by taking each part to one day, it will be completed in parallel to the 30 days of Ramadhan! The 10 values in this booklet are not in particular order, so that you can work with a value that you feel most connected to on that day, or following the order in which it comes in the booklet. Ultimately, it is for you to go through the booklet in a flow that you personally feel best to do so.

Self-betterment, self-awareness, and personal insights will only present itself with intentional awareness and deliberate reflections. Hence, set your intentions and may this Ramadhan be spiritually and emotionally rewarding to you through this booklet!



My Check-Ins

Use this Ramadhan chart to check-in with yourself on whether you felt that the day went well, or will intend to do better tomorrow. At the end of the 30 days, see how colorful your heart is!



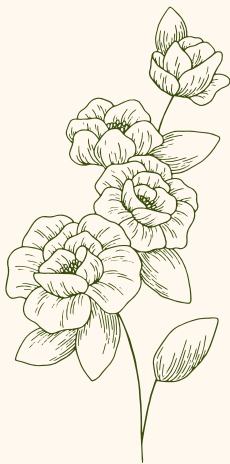
Alhamdulillah,
Did well today!



Subhanallah, did
my best today.



Better tomorrow,
InshaAllah



PATIENCE

Definition

Patience is power, and is not passive nor resignation to fate. It is an emotional practice of waiting, watching, knowing when to act (Orloff, 2012).

In Islam

Patience is one of the many ways we can be in a state of to achieve comfort. Allah SWT mentions that He is with those who are patient as there's benefits in being patient (Surah Al-Baqarah: 153).

Benefits of Being Patient

There is no doubt that values are beneficial, apart from bringing peace and comfort, here are other benefits of being patient (Pira, 2020):

- Aids in achieving goals.
- Provides time to strategically think.
- Makes us better leaders when interacting with others.
- Brings out the best in us, by not quitting and learning from mistakes to be better.

Applying Patience

Practicing patience is not an easy journey, especially when your emotions are involved. You may want results and solutions quick. Here are some pointers you can slowly pick-up to instill patience in day-to-day life situations:

1. Practicing mindfulness.
2. Noticing when you get impatient.
3. Reframe how you see the situation from various angles.
4. Manage expectations.
5. Being self-compassionate.
6. Respond, not react.

PATIENCE

With your non-dominant hand, write
your full name in the space below.

- How was the experience in writing your own name with your non-dominant hand?
- Did taking time to write helps better, or did rushing it through was better?
- Do you think you can practice patience in alternating between fast-paced and slow-paced in life when taking-up a task or challenge in future life events that tests your patience?

the value's challenge

Notice what might annoy you today, and practice patience to the person or situation you are facing.

START TODAY

What made you notice that this person/situation is annoying you?

How did your feelings and heart regulation towards the person/situation changed upon practicing patience?



PERSEVERANCE

Definition

Perseverance is our ability to pursue a goal, task, or passion over long periods of time and not quitting halfway when faced with challenges, setbacks, and obstacles (Schaffner, 2021).

In Islam

Our Prophet PBUH faced challenges and setbacks himself, but he persevered through for His sake and command in Surah Hud, verse 112: "Persevere, you and those with you, as you have been ordered to".

Benefits of Persevering

If Allah SWT orders us to do something, it is definitely for our own good. Knowing that our Prophet PBUH had been ordered to persevere, here are some benefits of persevering:

- Personal growth to reach potential(s).
- Gain more confidence and strength
- Turn failures into learning opportunities.
- Enables you to inspire others and get inspiration from others.

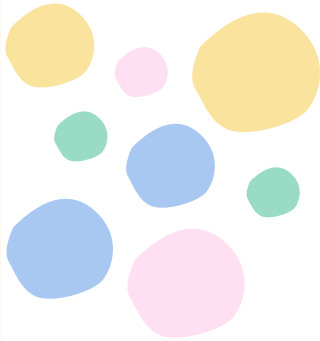
Persevering Through

To persevere through with a dream, or task, it is important that we keep these 4 pointers in mind and heart to keep us going (Duckworth, 2016)!

1. Passion; Without these, we will lose interest fairly quickly.
2. Practice; If we do not allow ourselves opportunities to practice, we are setting ourselves up for not getting better.
3. Purpose; We must hold firm to the purpose on why we are doing this in the first place.

PERSEVERANCE

Fill up the entire space below with dots of various sizes and colors! Take multiple breaks if you need to.



- This form of art is called Pointillism Art, and is known to bring the artist into a state of mindfulness. However, due to the long process it can also encourage the artist to persevere through.
- What motivated you to continue on and complete the pointillism art?
- How can you bring this motivation into situations where you need to persevere?

the value's challenge

Try to identify a task, dream, or personal life challenge that you almost give up. Take the time today, to continue persevering and take it one step, one day at a time.

START TODAY

What was the reason on why did you almost give-up on this particular task/dream/ challenge?

How has the Pointillism Art allowed you to view challenges as another opportunity to work, with breaks and self-compassion now?



Definition

Love involves care, trust, attraction, and affection that varies in intensity. It may also change over time in its personal definition through intimacy, passion, and commitment involved (Swaim, 2020).

In Islam

Allah SWT is Love. It is the highest form of love we can ever have as believers. It is natural to develop love for wealth, spouse and ambitions. However, love for Allah SWT should strive to be the priority for all love.

Why we Love, Love?

Have you ever wondered why we love others, places, animals, and even activities and the Self? Well, here are 3 reasons why:

- It makes us feel good as dopamine (a chemical hormone) is released.
- It makes us feel secure and allows us to be open to the world.
- Basic emotional needs of a human being (and other creatures too).

Loving Ourselves

Loving ourselves comes from deliberate and intentional actions that support our psychological, emotional, and spiritual growths. There are steps we can practice to start loving yourself a little bit more today:

1. Knowing ourselves first.
2. Listening to ourselves – things we are inclined to, and things we do not want to do.
3. Say no when you need to.
4. Not comparing yourself to others.
5. Accepting the worst in you and the best in you.

LOVE

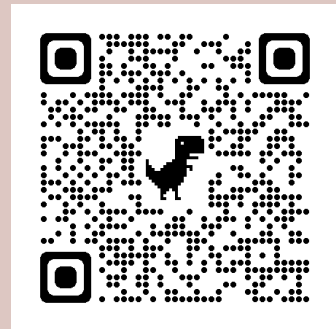
If love is an object in nature,
what will it be? Draw, trace, or paste it below.

- Which part of the object is love to you?
- Why is that part of the object is love to you?
- How do you think your personal process was like to associate this object with the concept and feeling of love?

the value's challenge

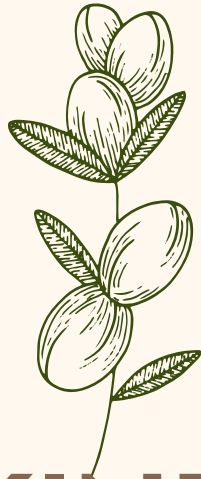
According to Chapman (1992), there are 5 love languages that we express and prefer to receive love. Take this online quiz to know which is your love language!

START TODAY



Did the result surprised you? If yes, why so?
If not, what made you knew/guess beforehand?

Knowing that there are 5 love languages, how will you express love differently to the people close and dear to you?



KIND NESS

Definition

Kindness is often an act for others that is motivated by the desire to help another without the intention to gain reward or benefits (APA, 2022).

In Islam

When our God loves something, it is only natural and right for us to love it too. When Allah SWT describes himself as the value itself, the importance of the value increases than ever. In a hadith, the Prophet PBUH said: "Allah is kind, and he loves kindness in all matters" (Bukhari 6528).

Benefits of Being Kind

There are times we may feel that being kind to everyone is tiring, especially when the world is not kind. We will ask ourselves on what's the benefit of being kind if the world is not. We hope that these pointers will continue to burn the flame of kindness in you:

- Increased feelings of overall wellbeing.
- Improves social network which in return improves our self-esteem.
- Helps reduce loneliness and isolation as we interact kindly with others.

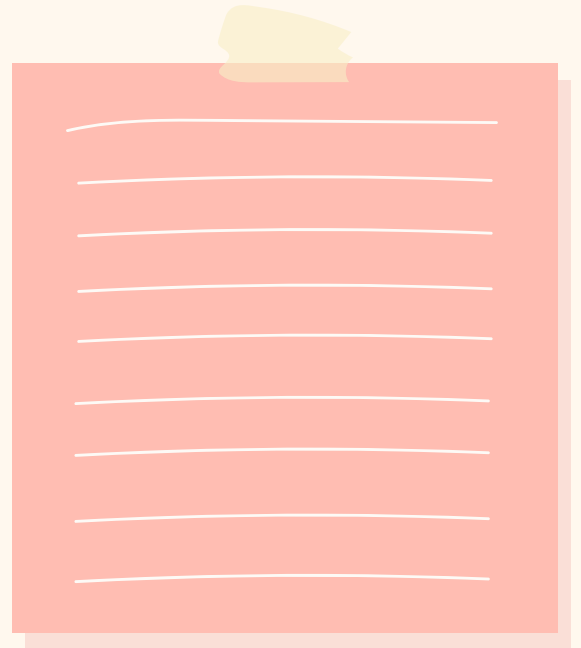
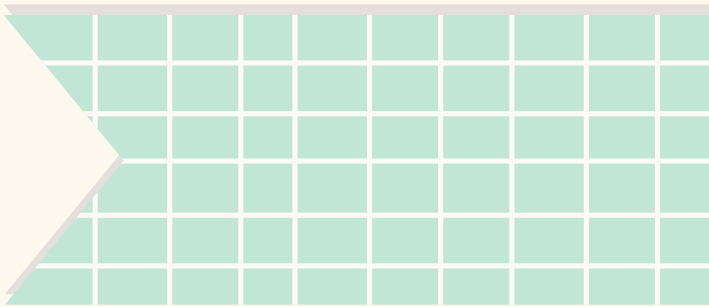
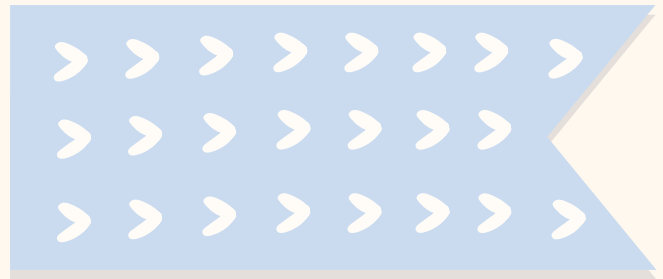
Being Kind to the Self Too

In our efforts to be kinder to the people around us, there will also be times that we forget that the Self needs kindness too. Take this time to practice some loving kindness to the Self!

1. Prioritize some 'me time' to do things that you enjoy and love.
2. Turn off social media once in awhile to virtually detox.
3. Treating yourself, even if it is small to you.
4. Celebrate your very small achievements, and not be too hard on yourself.

KINDNESS

Fill up the list with acts of kindness that you can give and/or receive from others.



- Have ever received an act/ acts of kindness from total strangers? How was it like to receive such kindness?
- Have you ever shown kindness to strangers? How was the experience for you?
- What made you decide to show kindness to the stranger?
- Did they remind you of a particular person/personal experience you once had?

the value's challenge

Select 2 acts from the previous List of Kindness you wrote, and try your best to attempt them to anyone. It does not matter if it is successful or not, what matters is that you tried!

START TODAY

Why did you choose the 2, and not the other 4 acts that you have written down?

Was the act easy or hard? Will you attempt it again in the near future and make it a personal habit/etiquette?



EQUALITY

Definition

Equality is ensuring that individual members of the community has equal opportunity to make the most and best of their skills, knowledge, talent, education and experience.

In Islam

In Surah Al-Hujurat, verse 13, Allah SWT mentioned that no tribe nor nation is superior than the other. This is due to how everyone is equal in His eyes as what sets us apart are our deeds and merits!

Why do Unfairness Exist?

Human beings can be greedy and selfish. Once they taste a delicious meal, they want more of it, and causes discomfort to others.

There's 2 identified reasons to the injustices and unfairness in this world.

- **Human selfishness:** As human beings tend to want more, this is when gratitude and contentment must come into picture to ensure just in ourselves.
- **Power and status control:** Misuse of power happens more often than we think when authority is placed in the wrong hands.

Practicing Equality

The Day of Judgment will come surely to ensure that fairness and justice will be served, but we do not need to wait for the day to come to ensure that things are equal and justice is served!

1. Identifying and calling out injustice(s) when it happens.
2. Putting equality policies in place.
3. Being aware of bias and stereotypes that we may have.
un/subconsciously participate in.
4. Creating an inclusive culture where everyone meets in the middle.

EQUALITY

Use this space below to express the injustice that you have personally went through or witnessed by poking repeatedly with a pen/pencil. Afterwards, try to join the dots created to form an image.

- Did you relive the anger and frustration once again? Or has the feeling towards the injustice changed?
- How was the physical activity of poking? Did you start off slow and gentle? Was it fast and full of energy?
- What have you created from your poked dots? How can you transform injustices around you into a new perspective and narrative to aid in working towards justice?

the value's challenge

Notice if there are any sorts of injustice lying around you. Take the effort to correct and make justice to the situation or person you are noticing.

START TODAY

Was it easy to approach and handle the injustice?

What do you think can greatly help you to manage the injustice situation or person better in the future?



Definition

Bonds includes connection, association, and interaction between two or more people. This can be family relationships, friendships, acquaintances, and romantic relationships.

In Islam

In Surah Al-Anbiya, verse 92, Allah SWT mentioned: "Indeed, your religion (ummah) is one religion (ummah), and I am your Lord, so worship me". In this verse, it is a reminder to all that we are one ummah, as brotherhood.

Why we Form Bonds with Others

We seem to want human connection, and even went online to speak and communicate with our friends during quarantine/ circuit breaker! Here are some reasons why:

- Human beings are social creatures, hence we need to be with the presence of others from time-to-time.
- We each have attachment types, and the types will impact and affect our future socializations and network.

Maintaining Bonds

At times, we fight. Fights are rightfully normal, but do you know that communication and misunderstandings are usually the cause for arguments and fights?

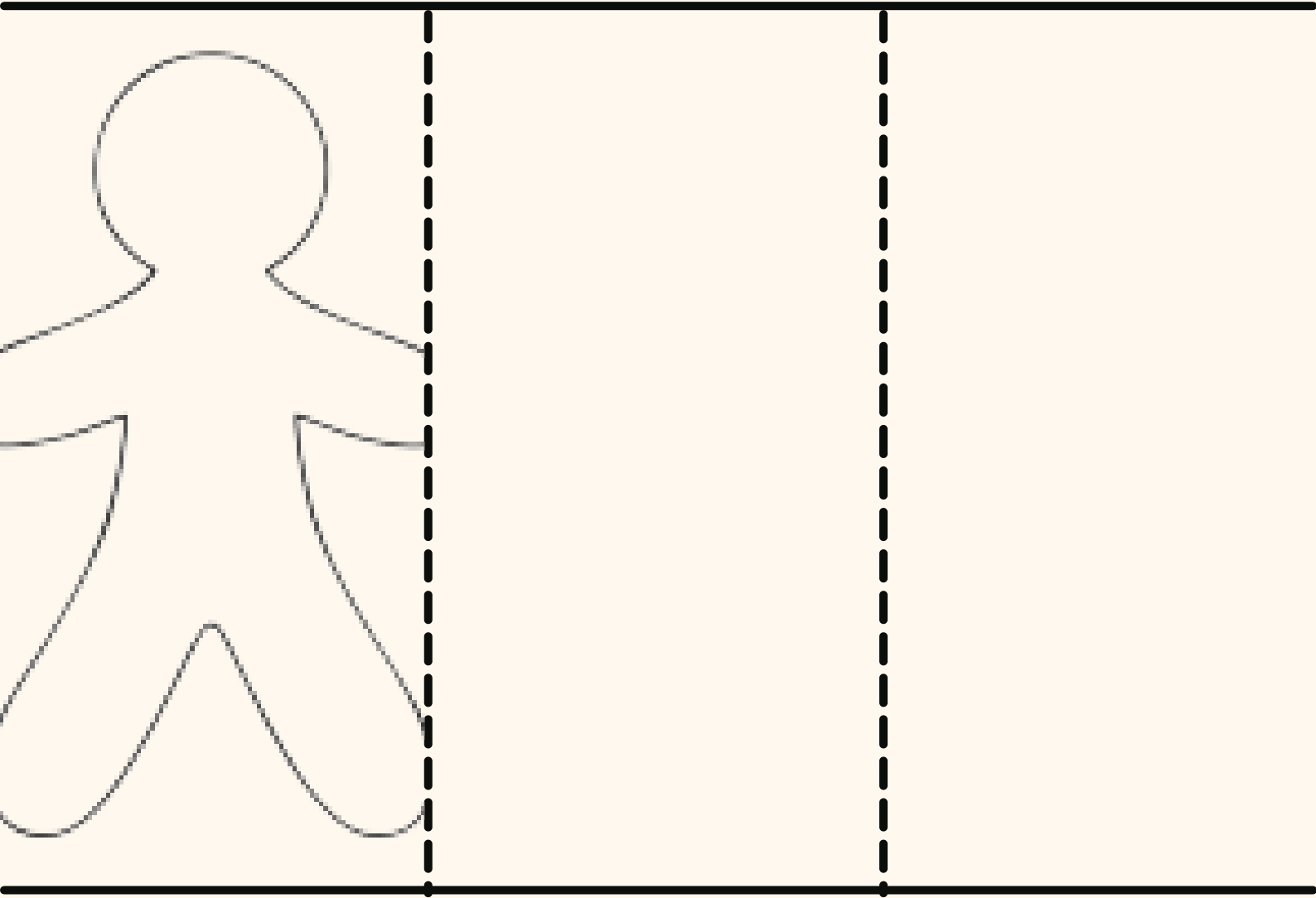
1. Keep realistic expectations that work for both of you (not just you or the other person).
2. Be flexible in different approaches and perspectives.
3. Being open and share when the time is right.
4. Asking the right questions in conversations – emotional intelligence.

BONDS

Cut out a paper human chain from the template in page 24. Identify each of them as a person you are close to in life, and paste your human chain below.

- Who are the individuals that you identified on your paper human chain?
- Notice that the human figures are 'holding hands', what are some things in life that are connecting you to the other person and forming a bond?
- How about some of the things in life that could break that bond? Can you identify them?

① Cut this line across the paper →



② Cut this line across the paper too ↗

③ Fold along the dotted lines.

④ Cut out the human outline shape after folding.

⑤ Identify each human with someone close to you.

the value's challenge

Notice what might annoy you today, and practice patience to the person or situation you are facing.

START TODAY

What made you notice that this person/situation is annoying you?

How did your view towards the person/situation changed after practicing patience?



RENEWAL

Definition

To begin once again something that was interrupted or not completed. To restart afresh.

In Islam

Renewal can also mean revival as they are often used concurrently in the Arabic language. Hence to understand the two terms can also mean to revive something that is gone, and also to renew an intention or action and restart.

Importance of Renewals

- Intentions sets the directions of our actions.
- At times, our actions and decisions may lead us away from the intention we first set.
- Allah SWT is Merciful and provides us with ample opportunities in life.
- Upon realizing that our actions are no longer aligned with the intention, we can always renew our intentions.

Renewing Intentions

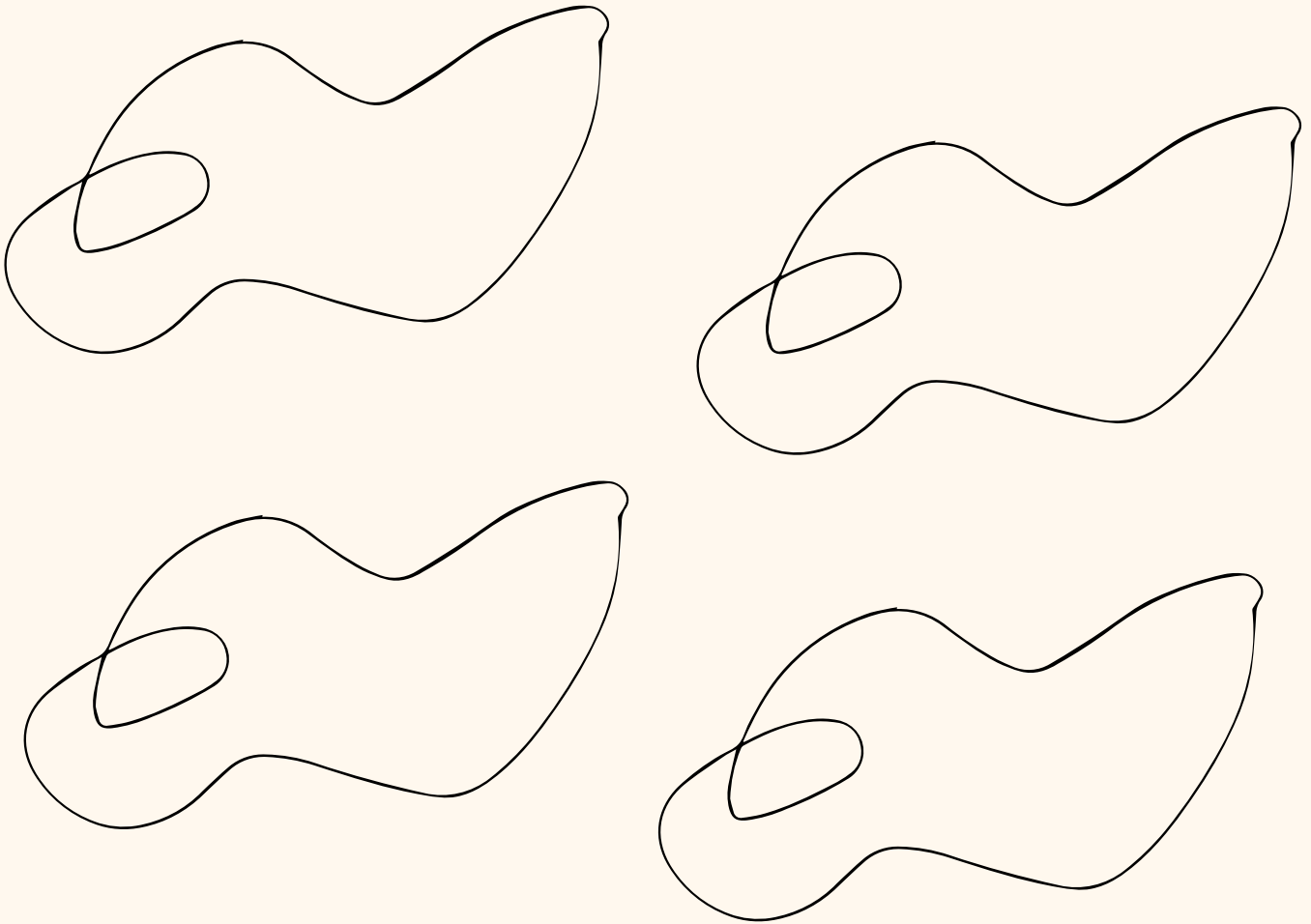
There will be times that we find ourselves gone astray from the right path to your task or dreams. How would you be able to know? Asking yourself these questions might help:

1. Why am I doing this exactly?
2. Is this something that Allah SWT will be pleased with?
3. Is this action done based on pure intentions for the sake of Allah?
4. How can I retrace back my steps and renew this intention?

RENEWAL

With the same shape template, create new images each time and renew how you see them.

Try to flip the pages around to see different angles and possible images in the shape.



- What helped you to find new images within the same shape?
- How could you possibly bring this activity into real life experiences where multiple perspectives and opinions can come into play?
- With the many possibilities and perspectives, how can you listen to other's different views differently?

the value's challenge

In any kind of situations you are experiencing today, attempt to give it multiple perspectives to the narrative, e.g: "maybe he is late because....."

START TODAY

What changed in you the moment you decided to provide a different perspective to the experience?

What are some common situations in your daily life instances that you can provide multiple perspectives and views?



GRATITUDE- CONTENTED NESS

Definition

Involves being thankful and appreciative and is associated with positive emotions with several mental and physical health benefits (Field, 2021).

In Islam

Allah SWT clearly reminds us consistently on His unlimited blessings upon us with little to no 'payment'. He promises us with more with every gratitude: "If you are grateful, I would certainly give you more; and if you are ungrateful, My punishment is truly severe" (Surah Ibrahim:7).

Benefits of Gratitude

Gratitude is one of the values that positive psychology has done extensive research on, and found a list of positive benefits when we are consistently grateful:

- Being generally more optimistic and positive.
- Reliving good and positive experiences.
- Strong interpersonal relationships with others.
- Improvement towards health.
- Better in dealing with adversity.

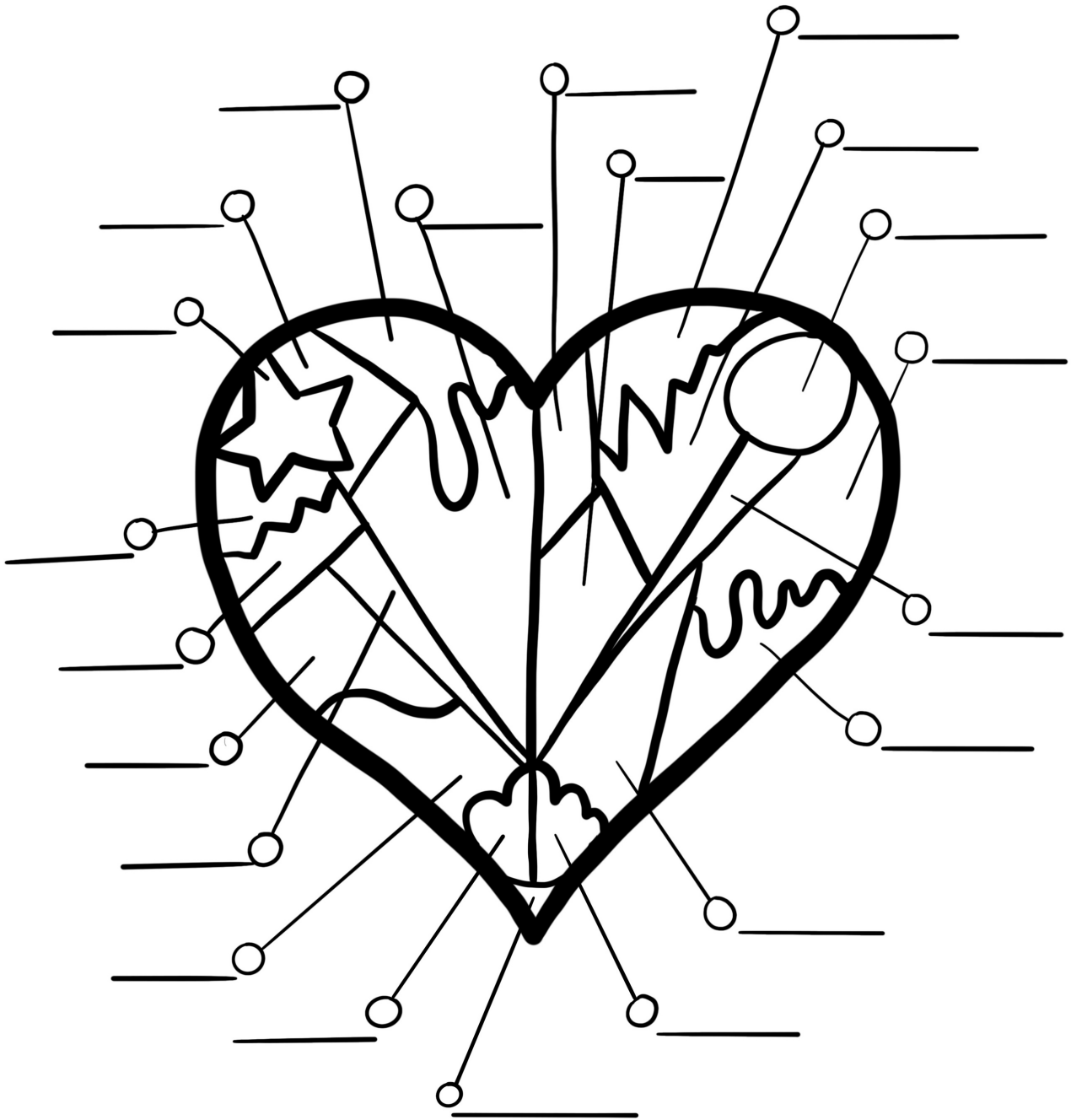
Practicing Gratitude

Being grateful can be a tough task to emulate on a daily basis when we have bad and unpleasant experiences at times. However, it is still possible to build our gratitude strength and see the good in situations and people with these easy-to-practice tips:

1. Start a gratitude journal.
2. List 3 things you are grateful for daily.
3. Practice gratitude even for the littlest things.
4. Be grateful for things you have now (e.g: breathing, tasting food, being able to eat as you want).

GRATITUDE - CONTENTEDNESS

Color each 21 spaces with a color that feels like a specific person, place, or item that you are grateful for, 21 spaces might seem a lot, but open your heart to everything small and big!



the value's challenge

Take today as a "Thank You Day".

Say, show, and express your gratitude to
as many people you can from your Gratefull
Heart activity in the previous page.

START TODAY

Who was the first person/item/situation you decided to express your gratitude to? Why so?

Which was the hardest for you to express your gratitude to?
What motivated you to finally express it out?



FORGIVENESS

Definition

Forgiveness is defined as a deliberate and conscious decision to release feelings of resentment or vengeance caused by intentional/accidental hurt, regardless if they deserve it or not (Greater Good Magazine, 2022).

In Islam

One of Allah's SWT name is Al-Ghaffur, the Most Forgiving. Human beings do not forgive and forget like Allah does to our past sins and mistakes, but we can still try our best to forgive others and ourselves too.

Why it Can Be Hard to Forgive

There has been times where we do not want to forgive someone, or times that we want to forgive but yet the pain they caused hurts us too much to consider forgiving them. Have you ever wondered why forgiving can be hard?

- Our body remembers the pain and relives it when similar situation(s) happens.
- We want the other person who hurt us feel the same way before we can forgive.
- We feel that we can do better, hence becomes too hard on ourselves when we do not do as self-expected.

Forgiving Others

There will be times we make mistakes just as much as others do. But we might not be so forgiving to ourselves so much as how we are too others. especially when we identify with the actions we did.

1. Take time to reflect on what you did or did not do.
2. practice self-compassion and positive self-talk (how you speak to yourself matters).
3. Allow yourself to accept that you can make mistakes and learn from it.

FORGIVENESS

If the word 'Forgiveness' is an object within your reach, what would it be? Paste, or draw/trace an outline of the object in the space provided.

- What is it about this object that looks like 'Forgiveness' to you?
- What are some words that are associated with 'Forgiveness'?
- How can this selected object guides you to express your forgiveness to others and the Self?

the value's challenge

Is there a person that you have yet to forgive, or seek forgiveness from? Will you pluck up the courage to do it today? Do consider yourself as a person to forgive as well.

START TODAY

Did you manage to complete today's hard task? How was the experience for you?

Allah SWT forgives and forgets. As human beings, we are not meant to forget, what can comfort you if you are reminded of the wrongdoings of others or yourself?



Definition

Sincerity is defined by being true to one's feelings, thoughts, actions, and desires without the expectation of having something in return. It is a huge component of altruism; being selfless for others.

In Islam

Sincerity in Arabic is Al-Ikhlās. Whilst there is a Surah called Surah Al-Ikhlās, this term is used to describe actions being done for the sake of Allah's pleasure and acceptance, and not human recognition or gain.

Importance of Sincerity

It can be slightly hard to believe that there are pure individuals who do things for the sake of helping others and not for hidden agendas and benefits. Imagine a world where sincerity is the core value for every single behavior, how nice would it be!

- Opens the doors of honesty and truthfulness, knowing that people are doing things with pure intention(s).
- As there are no hidden agendas, interpersonal relationships will get so much better!

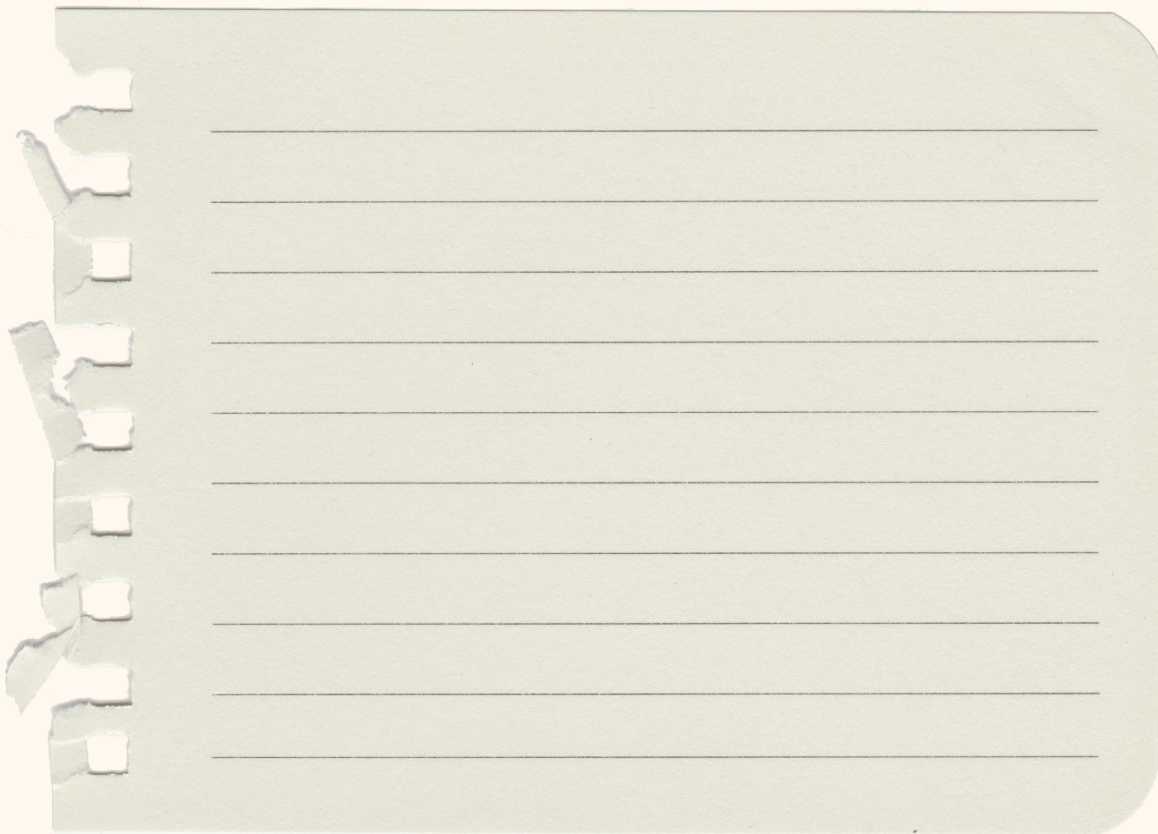
How to be Sincere

Sincerity is a value that Allah SWT looks out for in His believers, to start being as sincere as we can, here are some tips we can follow:

1. Setting the right intention from beginning.
2. Renewing your intention when needed.
3. Speak more truth (remember that speaking the truth does not mean being too direct, insulting, or condescending).
4. Being the same person you are whether alone or with others; a genuine person.

SINCERITY

Write a heartfelt or encouraging note or letter below. Fill it with motivational and comforting words that you would like to personally hear.



- When was the last time you received a note like this?
- What is it about receiving physical notes/letters that gives you a certain type of feeling?
- Consider writing notes to yourself from time to time and let your past Self be your own cheerleader for the present and future Selves.

the value's challenge

With your completed notes in the previous page, pass it to someone anonymously. It can be a family member, colleague, or even strangers!

START TODAY

How would you personally feel if you receive such positive notes anonymously?

What were some encouraging, motivating, or comforting "reminders" that Allah SWT has provided you with throughout the month? It can be an instance with a person, or a situation you were in.

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10 values.

10 art as therapy prompts.

10 mini challenges with reflective questions

This Ramadhan, begin your journey of self-betterment through insightful art prompts and opportunities or self-awareness in this booklet. This booklet provides opportunities to integrate psychoeducational knowledge with art as therapy for you to work on during the month of Ramadhan where rewards and deeds are graciously multiplied by Him.

This is your safe space, creative journal & reflective oasis to growth and healing.

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