

What to do when you feel ...

آپ کو کیا کرنا چاہئے اگر آپ ہوں - -

1. Grateful
2. Angry
3. Anticipation
4. Anxious
5. Aroused
6. Confident
7. Confused
8. Content
9. Curious
10. Defeated
11. Depressed
12. Desire
13. Desperate
14. Determined
15. Disbelief
16. Doubtful
17. Envious
18. Guilty
19. Happy
20. Hatred
21. Humiliated

22. [Hurt](#)
23. [Impatient](#)
24. [Indecisive](#)
25. [Insecure](#)
26. [Irritated](#)
27. [Jealous](#)
28. [Lazy](#)
29. [Lonely](#)
30. [Love](#)
31. [Nervous](#)
32. [Nostalgic](#)
33. [Offended](#)
34. [Overwhelmed](#)
35. [Peaceful](#)
36. [Rage](#)
37. [Regretful](#)
38. [Sad](#)
39. [Satisfied](#)
40. [Uncertain](#)
41. [Uneasy](#)
42. [Weak](#)

Top

Grateful

"How to Thank"

اللهم إن شكري نعمة، تستحق الشكر، فعلمني كيف أشكر ، الحمد لله كما
ينبغي لجلال وجهك وعظيم سلطانك

Oh Allah thanking you is a blessing, you deserve all thankfulness. All praise is due to Allah
the way He should his magnificence deserves to be praised.

Transliteration:

Allahumma, inna shukruka ni3mah. TastaHiq ash-Shukr, fa 3allimanee kayfa ashkuruk.
AlHamdulillah kamaa yambaGee li jalaal wajah wa aZHeemi sulTaanik.

Angry

"Extinguish"

اللَّهُمَّ أَذْهِبْ غَيْظَ قَلْبِي

Oh Allah, remove anger from my heart.

Transliteration:

Allahumma azhib Gaydha Qalbee.

Anticipation

"Ease Destiny"

اللهم إن كان هذا الأمر خيرا لي فأقدره لي ويسره لي ثم بارك لي فيه

Oh Allah, if my intended action is best for me, make it destined and easy for me, and grant
me Your Blessings in it.

Transliteration:

Allahumma in kaana haaza alAmr khayran lee fa iQdirhu lee wa yassirhu lee summa baarik
lee feehi.

Top

Anxious

"Windex for Negativity"

اللهم اغسلني من السلبية

Oh Allah wash away my negativity.

Transliteration:

Allahumma iGsilnee min assalbiyah

"Productivity Energy Drink"

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ
الدَّيْنِ وَغَلْبَةِ الرَّجَالِ

O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being over powered by men.

Transliteration:

Allahumma innee a3uzubika min alham wa alhuzn wa al3ajz wa alkusl wa albukhl wa aljubn wa galbah aldayn wa Galbah alrijaal.

"State of Mind"

اللهم فارج الهم، كاشف الغم، مذهب الحزن، اكشف اللهم عني همّي وغمّي ،
وأذهب عني حزني

Oh Allah, Reliever of anxiety, Remover of distress, Dispeller of grief! Remove my anxiety, distress, and dispel from me my sadness.

Transliteration:

Allahumma Faarij alhamm, kaashif alGamm, muzhib alhuzn, ikshif Allahumma 3anee hamme wa Gamme, wa azhib 3anee huznee

[Top](#)

Aroused

"Lower My Gaze"

اللهم غض بصري و حصن فرجى و طهر قلبى

Oh Allah! Lower my gaze ,protect my private parts ,and purify my heart!

Transliteration:

Allahumma GuD baSaree wa Hassin farjee wa Tahhir Qalbee

"Fire Alarm"

اللهم اطفى نار الشهوات من قلبى ، واصرف عنه كل شئ لا يرضيك عنى

Oh Allah! Extinguish the fire of desires in my heart and redirect my heart to all that which pleases you.

Transliteration:

Allahumma iTfa' naara ash-shahawaati min qalbee, wa aSrid 3anhu kulla shay' la yardeek

"Shield Me"

اللهم جنبني الهوى، و جنبني النظر الحرام، و جنبني المعاصي، و جنبني
الفتن يا رب العالمين

Oh Allah shield me from harmful desires! Shield me from looking at the prohibited! Shield me from my rebellions! And shield me from trials oh Lord of the Universes!

Transliteration:

Allahumma Jannibnee alhawaa, wa Jannibnee AlNaDr alHaraam

[Top](#)

Confident

"No half victories"

يا رَبِّ إِذَا أُعْطِيتَني مَالاً فَلَا تَأْخُذْ سَعَادَتي، وَإِذَا أُعْطِيتَني قوَّةً فَلَا تَأْخُذْ عَقْلِي،
وَإِذَا أُعْطِيتَني نَجَاحاً فَلَا تَأْخُذْ تَوَاضَعِي وَإِذَا أُعْطِيتَني تَوَاضِعاً فَلَا تَأْخُذْ
اعْتِزَازِي بِكِرَامَتي،

Oh Lord! When you give me wealth, do not take away my happiness. When you give me strength, do not take away my intelligence. When you give me victory, do not take away my humility. When you give me humility, do not take away my dignity.

Transliteration:

Ya Rabb, iza a3Taytanee maalan falaa ta'khuz sa3aadatae, wa iza a3Taytanee quwwah falaa ta'khuz 3qalee, wa iza a3Taytanee najaaHan falaa ta'khuz tawaaDa3ee, wa iza a3Taytanee tawaaDi3aan falaa ta'khuzu i3tizaazee bi kiraamatee.

"Make me real"

يا رَبِّ عَلِّمْنِي أَنْ أَحَبَّ النَّاسَ كَمَا أَحَبَّ نَفْسِي، وَعَلِّمْنِي أَنْ أَحَاسِبَ نَفْسِي كَمَا
أَحَاسِبُ النَّاسَ، وَعَلِّمْنِي أَنْ التَّسَامُحَ هُوَ أَكْبَرُ مَرَاتِبِ القُوَّةِ وَأَنَّ حُبَّ الانتقامِ
هُوَ أَوَّلُ مَظَاهِرِ الضَّعْفِ

Oh Lord, teach me to love others as I love myself. And teach me to be as hard on myself as I am on others. And teach me to tolerate those who have higher authority than me. And teach me that the love of revenge is the primary sign of weakness.

Transliteration:

Yaa Rabb, 3allimanee an uHibb anNaas kamaa uHibb nafsee. Wa 3allimanee an uHaasib nafsee kamaa uHaasib anNaas. Wa 3allimanee an altasaamuH huwa huwa akbar mraatib alquwwah. Wa an Hubb alIntiqaaam huwa awwal muZHaahir alDu3f.

[Top](#)

Confused

"Help me feel"

اللهم اجعل في قلبي نوراً، وفي لساني نوراً، واجعل في سمعي نوراً، واجعل في بصري نوراً، واجعل من خلفي نوراً، ومن أمامي نوراً، واجعل من فوقني نوراً، ومن تحتي نوراً، اللهم أعطني نوراً

Oh Allah! Place in my heart, Light. Place in my tongue, Light. Place in my hearing, Light. Place in my sight, Light. Place behind me, Light. Place before me, Light. Place above me, Light. Place under me, Light. Oh Allah grant me Light!

Transliteration:

Allahumma Ij3al fee qalbee noora, wa fee lisaanee noora, wa ij3al fee sam3ee noora, wa ij3al fee baSaree noora, wa ij3al min khalfee noora, wa min amaamee noora, wa ij3al min fawqee nooraa, wa mmin tahtee noora, Allahumma a3Tinee noora.

Content

"Keep me happy"

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ، وَجَمِيعِ سَخَطِكَ

O Allah! I seek refuge in You from the decline of Your blessings, the passing of safety, the sudden onset of Your punishment and from all that displeases you.

Transliteration:

Allahumma inni a'udhu bika min zawali ni'matika, wa tahawwuli 'afiyatika, wa fuja'ati niqmatika, wa jami'i sakhatika

[Top](#)

Curious

"I can't trust myself"

اللهم إني أعوذ بك من شر سمعي، ومن شر بصري، ومن شر لساني، ومن
شر قلبي، ومن شر مني

Oh Allah, I seek protection in you from the evil of my hearing, from the evil of my sight,
from the evil of my tongue, from the evil of my heart, and from the evil of myself.

Transliteration:

Allahumma innee a3uzubika min sharri sam3ee, wa min sharri baSaree, wa min sharri
lisaanee, wa min sharri qalbee, wa min sharri minnee.

Defeated

"I messed up"

اللهم إني ظلمت نفسي ظلماً كثيراً، ولا يغفر الذنوب إلا أنت فاغفر لي مغفرة
من عندك، وارحمني إنك أنت الغفور الرحيم

O Allah, I have been very unjust to myself and no one grants pardon against sin but You,
therefore forgive me with Your forgiveness and have mercy on me. Surely, You are the
forgiver, the Merciful.

Transliteration:

Allahumma Innee Dhalamtu nafsee Dhulman Kaseeran, Wa la yagfiru alZunuba illaa
anta, fa igfirlee magfiratan min 3ndik, Wa Arhimnee, Innaka ant algafuur arraheem.

[Top](#)

Depressed

"To Light"

اللهم اخرجني من الظلمات إلى النور

Oh Allah take me out of darkness and into the light.

Transliteration:

Allahumma Akhrijnee min aldulumaat ilaa alnur

"Productivity Energy Drink"

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ
الدَّيْنِ وَغَلْبَةِ الرَّجَالِ

O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being over powered by men.

Transliteration:

Allahumma innee a3uzubika min alham wa alhuzn wa al3ajz wa alkusl wa albukhl wa aljubn wa galbah aldayn wa Galbah alrijaal.

Desire

"Fire Alarm"

اللهم اطفئ نار الشهوات من قلبي ، واصرف عنه كل شئ لا يرضيك عنى

Oh Allah! Extinguish the fire of desires in my heart and redirect my heart to all that which pleases you.

Transliteration:

Allahumma iTfa' naara ash-shahawaati min qalbee, wa aSrid 3anhu kulla shay' la yardeek

[Top](#)

Desperate

"You are the Lord of the weak"

اللهم إليك أشكو ضعف قوتي وقلة حيلتي وهواني على الناس يا أرحم
الراحمين أنت ربُّ المستضعفين وانت ربِّي

To You, my Lord, I complain of my weakness, lack of support and the humiliation I am made to receive. Most Compassionate and Merciful! You are the Lord of the weak, and you are my Lord.

Transliteration:

Allahuma ilayka ashku da'fa quwwati wa qillata heelatee wa hawanee Zala an-naas ya arhamur rahimeen annta Rabbul mustad'afeen wa anta rabbi

Determined

"The Courage to Step Forward"

اللهم امنحني القوة لأقاوم نفسي، والشجاعة لأواجه ضعفي، واليقين لأتقبل
قدري، والرضا ليرتاح عقلي، والفهم ليطمئن قلبي

Oh Allah! Grant me the strength to oppose myself, the courage to face my weakness, the conviction to accept my faith, the satisfaction of to relax my mind, and the understanding to reassure my heart.

Transliteration:

Allahumma imnaHnee alQuwwah li aQwaami nafsee, wa ash-Shujaa3ah li uwaajih da3fee, wa alYaqeeni li ataQabbal qadree, wa ar-riDaa li yartaah 3aQalee, wa alfahm li yaTmainna Qalbee

[Top](#)

Disbelief

"Fill my heart"

اللهم املأ قلبي بحبك

Oh Allah fill my heart with your love.

Transliteration:

Allahumma imla' qalbee bihubbik.

Doubtful

"Ease Destiny"

اللهم إن كان هذا الأمر خيراً لي فأقدره لي ويسره لي ثم بارك لي فيه

Oh Allah, if my intended action is best for me, make it destined and easy for me, and grant me Your Blessings in it.

Transliteration:

Allahumma in kaana haaza alAmr khayran lee fa iQdirhu lee wa yassirhu lee summa baarik lee feehi.

[Top](#)

Envious

"No Hard Feelings"

اللهم طهر قلبي من كل سوء ، اللهم طهر قلبي من كل ما يبغضك، اللهم
طهر قلبي من كل غلٍ وحقْدٍ وحسدٍ وكبر

Oh Allah, clean away all forms of evil from my heart. Oh Allah, clean my heart and remove everything that displeases you. Oh Allah, clean my heart of all every form of bitterness, hard feelings, and jealousy.

Transliteration:

Allahumma Tahhir Qalbee min kulli suu, Allahumma Tahhir Qalbee min kulli maa yubaGGiDuk. Allahumma Tahhir Qalbee min kulli Gillin wa HiQdin wa Hasadin wa kibr.

Guilty

"Clean Slate"

يارب أمسح على صدري برحمتك

Oh Lord, wipe my chest clean with your mercy.

Transliteration:

Ya Rabb, ImsaH Sadree biraHmatik

[Top](#)

Happy

"Keep me happy"

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ،
وَجَمِيعِ سَخَطِكَ

O Allah! I seek refuge in You from the decline of Your blessings, the passing of safety, the sudden onset of Your punishment and from all that displeases you.

Transliteration:

Allahumma inni a'udhu bika min zawali ni'matika, wa tahawwuli 'afiyatika, wa fuja'ati niqmatika, wa jami'i sakhatika

Hatred

"Hate-Extermination"

اللهم لا تجعل في قلبي كراهية لأحد

Oh Allah, don't let the hate of anyone reside in my heart.

Transliteration:

Allahumma laa taj3al fee qalbee karaahiyyah li aHad.

[Top](#)

Humiliated

"You are the Lord of the weak"

اللهم إليك أشكو ضعف قوتي وقلة حيلتي وهواني على الناس يا أرحم
الراحمين أنت ربُّ المستضعفين وانت ربِّي

To You, my Lord, I complain of my weakness, lack of support and the humiliation I am made to receive. Most Compassionate and Merciful! You are the Lord of the weak, and you are my Lord.

Transliteration:

Allahuma ilayka ashku da'fa quwwati wa qillata heelatee wa hawanee 3ala an-naas ya arhamur rahimeen annta Rabbul mustad'afeen wa anta rabbi

Hurt

"Mend Me"

يا جبار اجبرني

Oh Mender, Mend me.

Transliteration:

Ya Jabbaar, Ijbirnee.

"Weak heart"

اللهم لا تعلق قلبي الضعيف بما ليس بي

Oh Allah, don't let my weak heart get attached with what's not mine.

Transliteration:

Allahumma Laa tu3alliq Qalbee adDa3eef bima laya bee

[Top](#)

Impatient

"Teach Me How To Win This"

يا صبور صبرني على ما بلوتني وامتحنتني

Oh The Most Patient, enable me to be patient upon whatever you afflict and test me with.

Transliteration:

Ya Saboor Sabbirnee 3alaa maa balautanee wa imtaHantanee.

"The Courage to Step Forward"

اللهم امنحني القوة لأقاوم نفسي، والشجاعة لأواجه ضعفي، واليقين لأتقبل
قدري، والرضا ليرتاح عقلي، والفهم ليطمئن قلبي

Oh Allah! Grant me the strength to oppose myself, the courage to face my weakness, the conviction to accept my faith, the satisfaction of to relax my mind, and the understanding to reassure my heart.

Transliteration:

Allahumma imnaHnee alQuwwah li aQwaami nafsee, wa ash-Shujaa3ah li uwaajih da3fee, wa alYaqeeni li ataQabbal qadree, wa ar-riDaa li yartaah 3aQalee, wa alfahm li yaTmainna Qalbee

Indecisive

"Ease Destiny"

اللهم إن كان هذا الأمر خيرا لي فأقدره لي ويسره لي ثم بارك لي فيه

Oh Allah, if my intended action is best for me, make it destined and easy for me, and grant me Your Blessings in it.

Transliteration:

Allahumma in kaana haaza alAmr khayran lee fa iQdirhu lee wa yassirhu lee summa baarik lee feehi.

[Top](#)

Insecure

"The potential within"

اللهم اجعلني أرى المواهب و نقاط قوت الذين وضعته في نفسي

Oh Allah, make me see the talents and strengths you have put inside of me.

Transliteration:

Allahumma ij3alnee araa almawaahib wa nuQaaT quwwat allazeena wada3tahu fee nafsee

Irritated

"No Hard Feelings"

اللهم طهر قلبي من كل سوء ، اللهم طهر قلبي من كل ما يبغضك، اللهم

طهر قلبي من كل غلٍ وحقْدٍ وحسد وكبر

Oh Allah, clean away all forms of evil from my heart. Oh Allah, clean my heart and remove everything that displeases you. Oh Allah, clean my heart of all every form of bitterness, hard feelings, and jealousy.

Transliteration:

Allahumma Tahir Qalbee min kulli suu, Allahumma Tahir Qalbee min kulli maa yubaGGiDuk. Allahumma Tahir Qalbee min kulli Gillin wa HiQdin wa Hasadin wa kibr.

[Top](#)

Jealous

"No Hard Feelings"

اللهم طهر قلبي من كل سوء ، اللهم طهر قلبي من كل ما يبغضك، اللهم
طهر قلبي من كل غلٍ وحقْدٍ وحسدٍ وكبر

Oh Allah, clean away all forms of evil from my heart. Oh Allah, clean my heart and remove everything that displeases you. Oh Allah, clean my heart of all every form of bitterness, hard feelings, and jealousy.

Transliteration:

Allahumma Tahir Qalbee min kulli suu, Allahumma Tahir Qalbee min kulli maa yubaGGiDuk. Allahumma Tahir Qalbee min kulli Gillin wa HiQdin wa Hasadin wa kibr.

Lazy

"Productivity Energy Drink"

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ
الدَّيْنِ وَغَلْبَةِ الرَّجَالِ

O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being over powered by men.

Transliteration:

Allahumma innee a3uzubika min alham wa alhuzn wa al3ajz wa alkusl wa albukhl wa aljubn wa galbah aldayn wa Galbah alrijaal.

[Top](#)

Lonely

"Don't leave me"

اللَّهُمَّ رَحْمَتَكَ أَرْجُو، فَلَا تَكُنِّي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ، وَأَصْلِحْ لِي شَأْنِي
كُلَّهُ، لَا إِلَهَ إِلَّا أَنْتَ

O Allah, it is Your mercy that I hope for, so do not leave me in charge of my affairs even for a blink of an eye, and rectify for me all of my affairs. None has the right to be worshiped except You.

Transliteration:

Allahumma Rahmataka Arjuu. Fala takilnee ilaa nafsee Tarfata 'Ayn. Wa AsliH lee Sha'nee kullahu, laa ilaah illa ant.

Love

"Matchmaking (For Him)"

اللهم اجعلني من الطيبين وارزقني الطيبات

Oh Allah make me from amongst the pure men and grant me from the pure women.

Transliteration:

Allahuma Ij3alnee min alTayibeen wa Urzuqnee min alTayyibaat

"Matchmaking (For Her)"

اللهم اجعلني من الطيبات وارزقني الطيبين

Oh Allah make me from amongst the pure women and grant me from the pure men.

Transliteration:

Allahumma Ij3alnee min alTayyibaat wa Urzuqnee min alTayyibeen

[Top](#)

Nervous

"Untie The Knot"

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي يَفْقَهُوا قَوْلِي

Oh lord, expand my chest, ease my affair, and untie the knot in my tongue and perfect my expression.

Transliteration:

Rabbi IshraHlee Sadree, wa yassirlee amree, waHlul Uqdatan min lisaanee, yafqahuu qawlee.

Nostalgic

"Weak Heart"

اللهم لا تعلق قلبي الضعيف بما ليس لي

Oh Allah, don't let my weak heart get attached with what's not mine.

Transliteration:

Allahumma La Tu3alliq Qalbee AIDa3eed bimaa laysa bee

[Top](#)

Offended

"The Words Run Wild In Here"

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ مَنْ هَمٌّ يَحْزُنُنِي وَمِنْ فِكْرٍ يُفْلِقُنِي وَعِلْمًا يُتْعِبُنِي
وَشَخَصًا يَحْمِلُ حُبْنًا لِي

Oh Allah! I seek your shelter from worries that sadden me, thoughts that make me restless, information that bothers me, and people that intend bad for me.

Transliteration:

Allahumma innee a'uzubika min ham ayhzununee, wa min fikr yuqliqunee, wa 3ilm yut3ibunee, wa shakhS yahmilu khubsan-lee

Overwhelmed

"You are the Lord of the weak"

اللَّهُمَّ إِلَيْكَ أَشْكُو ضَعْفَ قَوْتِي وَقِلَّةَ حِيلَتِي وَهَوَانِي عَلَى النَّاسِ يَا أَرْحَمَ
الرَّاحِمِينَ أَنْتَ رَبُّ الْمُسْتَضْعَفِينَ وَأَنْتَ رَبِّي

To You, my Lord, I complain of my weakness, lack of support and the humiliation I am made to receive. Most Compassionate and Merciful! You are the Lord of the weak, and you are my Lord.

Transliteration:

Allahuma ilayka ashku da'fa quwwati wa qillata heelatee wa hawanee 3ala an-naas ya arhamur rahimeen anta Rabbul mustad'afeen wa anta rabbi

[Top](#)

Peaceful

"Keep me happy"

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ،
وَجَمِيعِ سَخَطِكَ

O Allah! I seek refuge in You from the decline of Your blessings, the passing of safety, the sudden onset of Your punishment and from all that displeases you.

Transliteration:

Allahumma inni a'udhu bika min zawali ni'matika, wa tahawwuli 'afiyatika, wa fuja'ati niqmatika, wa jami'i sakhatika

Rage

"Extinguish"

اللَّهُمَّ أَذْهِبْ غَيْظَ قَلْبِي

Oh Allah, remove anger from my heart.

Transliteration:

Allahumma azhib Gaydha Qalbee.

[Top](#)

Regretful

"I messed up"

اللهمّ إِنِّي ظلمت نفسي ظلماً كثيراً، ولا يغفر الذنوب إلا أنت فاغفر لي
مغفرة من عندك، وارحمني إِنَّكَ أنت الغفور الرحيم

O Allah, I have been very unjust to myself and no one grants pardon against sin but You, therefore forgive me with Your forgiveness and have mercy on me. Surely, You are the forgiver, the Merciful.

Transliteration:

Allahumma Innee Dhalamtu nafsee Dhulman Kaseeran, Wa la yagfiru alZunuba illaa anta, fa igfirlee magfiratan min 3ndik, Wa Arhimnee, Innaka ant algafuur arraheem.

Sad

"Productivity Energy Drink"

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ الهمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ
الدَّيْنِ وَغَلْبَةِ الرَّجَالِ

O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being over powered by men.

Transliteration:

Allahumma innee a3uzubika min alham wa alhuzn wa al3ajz wa alkusl wa albukhl wa aljubn wa galbah aldayn wa Galbah alrijaal.

[Top](#)

"State of Mind"

اللهم فارج الهم، كاشف الغم، مذهب الحزن، اكشف اللهم عني همّي وغمّي
، وأذهب عني حزني

Oh Allah, Reliever of anxiety, Remover of distress, Dispeller of grief! Remove my anxiety, distress, and dispel from me my sadness.

Transliteration:

Allahumma Faarij alhamm, kaashif alGamm, muzhib alhuzn, ikshif Allahumma 3annee hamme wa Gamme, wa azhib 3annee huznee

Satisfied

"Keep me happy"

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ،
وَجَمِيعِ سَخَطِكَ

O Allah! I seek refuge in You from the decline of Your blessings, the passing of safety, the sudden onset of Your punishment and from all that displeases you.

Transliteration:

Allahumma inni a'udhu bika min zawali ni'matika, wa tahawwuli 'afiyatika, wa fuja'ati niqmatika, wa jami'i sakhatika

[Top](#)

Uncertain

"Windex for Negativity"

اللهم اغسلني من السلبية

Oh Allah wash away my negativity.

Transliteration:

Allahumma iGsilnee min assalbiyah

Uneasy

"Satisfaction Rain"

اللهم أنزل عليّ سكينه من عندك تشرح بها صدري و تحفظُ بها قلبي

Oh Allah, descend upon me satisfaction that comes from you and open my chest and protect my heart with it.

Transliteration:

Allahumma Anzil 3alay sakeenah min 3ndik tashraH bihaa Sadree wa tahfDH bihaa qalbee

[Top](#)

Weak

"Productivity Energy Drink"

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ
الدَّيْنِ وَغَلْبَةِ الرَّجَالِ

O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being over powered by men.

Transliteration:

Allahumma innee a3uzubika min alham wa alhuzn wa al3ajz wa alkusl wa albukhl
wa aljubn wa galbah aldayn wa Galbah alrijaal.
