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No.1 Fixer: How to solve mental Wassasa or Whispers or Self-Conflict

We need to find only Truth, and what thought is creating the self-conflict or mental conflict since if any conflict between two or more than two options it's makes us anxious and worry and we become stressful so we can't decide anything. In such case do these steps below.

1. Change your position: Say Audubillahimishaitannirajim, If you sit then stand up or if you lie down than stand up or vice a versa, best changing alternative position is to lie down for a while and try to calm your heart then think, it's the best position if your situation permits you.
2. In doubt say "Amantubillahi wa ruhulihi"- I believe in Allah & His Rasool SAW(PBUH)
3. Look at the current time and priority in your Career first, ignore the other options or task or urgency
4. Ask yourself a question that, is it Logical, Political, Practical, Scientific or Medical? Which has real urgency and benefits for my Life? Is it going create a conflict with others which boomerang to my life?
5. Remove any thoughts which is more negative prone and you had a bad experience in past and avoid anything hypothesis, philosophy, frictions, fantasy, superstitious, Jinn, Jadu Tona, Nazr, Astrology, palm ready, fortune telling, lottery, Peer baba, tawiz etc. which has no scientific value and unrealistic, people speak based on just assumptions and lies
6. Take a note book or open a note apps on your mobile and write down all the options and after shortlist which is more important now? And which can be delayed and schedule in later? Use Priority Matrix here below

PRIORITY MATRIX TOOLS

1 Short list the Task /Options with Urgency i.e. ask yourself which is the most Urgent now?

2 Look for your current time and needs, ask yourself if you don't do it today is it going to impact tomorrow and this month ?

4 Remove any identical thoughts or Task or options, focus on what is easy & comfortable which never impact your current life i.e. Job,business,residence,relationship, Studies etc.

3 What is your Career AIM/Goals /milestone? ask is this task is part of it, if not remove it from your Options or Tasklist