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Low “CONFIDENCE” The mother of all Problems

To analyse a situation and the root cause of all crisis and calamities lies with the single word “**CONFIDENCE**” to see its very normal and most repetitive words when it’s very crucial in order to acquire the success and often enemies plays the ticks to knock out from the boxing ring without much efforts. It’s the most played tricks by Shayateen that they attack on destroying the “**CONFIDENCE**” and when person feels with very low confidence they lost the fight and that the time the enemies beats us and we lost the battle at door of win. The is the symptoms and reason could be different to affect it and the trigger is the sudden blockage of “**Income**” and this is could be spread like a cancer to our mind and creates negative energies to our belief system and make us forget our daily obligation towards Allah and important responsibilities to towards caring our own mental and physical health and we tend to ignore the important events and priority on time so which also creates havoc struggle in our life and overall it makes us mental and we end up visiting with Psychiatrist and lost the close one we love.

There could be different trigger of the problem that reduce our “**CONFIDENCE**” and at the end of day we are human being but we must fight it with Patience and Salah Allah said it Surah Baqarah 2 Ayat 45 “Wasta enu Bi Sabri wa Salah” so it most important to have patience immediate and don’t act in hurry remember act in hurry is the act of Shaytateen it’s his very popular weapon to push us so that we act in hurry and often ended up with trouble and make situation complex than we though and the act of such actions decrease our “**CONFIDENCE**” slowly slowly and we drifted to the place where we don’t deserve and lost our plot and mental strength. So there are different triggers like fight between families, lost a jobs, divorce, sorrow, break up(astagfirulla Islam doesn’t permit this unless you are legally attached),death of dear one so by defaults if its from Allah it will happen and we have always a chance to correct our mistakes and submit our will to Allah and make repetitive resentence by saying Astagfirullahil Azim so once we receive the mercy of Allah all things will be sorted out Allah said in Quran in Surah Baqarah 2 Ayat 156 “Innalillahi wa inna ilaihi rajiun” when you have any Musibat like danger or problem said it in Sha Allah you will receive mercy from lord.

Now the important part of writing this chapter is to focus on the immediate the level of “**CONFIDENCE**” behind any problem and must know the triggers so that you can immediate fix and bring closer to your attention and make a plan continuously i.e. called Perseverance i.e Rabit and make Sabr i.e. Patience to fight it and make it ease and get support from Allah. Read my chapter specially written on “Virtue of Patience and Perseverance”

Now various triggers could be that works behind lowering the “**CONFIDENCE**” that is the “**CONFIDENCE LEAKER**” we need to analyse it and make a control plan and we must ask our self via self-questionnaire in order to control the “**CONFIDENCE LEVEL**” the tools called “**CONFIDENCE METER**”



CONFIDENCE LEAKER

We need to focus on fundamental issues that triggers and give birth to many issues altogether and any problem arise you must focus on the fundamental issues that discussed below as per priority index as self-questionnaire form. Thumb rules for this assessment are to please don't ignore the small issues because IGNORANCE causes the all-round damage to our success.

- 🗨️ Am i getting monthly cash flow (no matter how much money we earn) or monthly income whether business or Job? – **Blockage of Monthly Cash Flow**
- 🗨️ Am I having smooth Relationship issues with wife and in laws:- **Relationship Turmoil and Divorce Situation**
- 🗨️ Am I in Good Health? Is my health issues are often repeating and visiting Doctors and Hospital or our family members are suffering till? -**Chronic Health Issues**
- 🗨️ Is there were sudden accident or panic attack in past? -**Sudden Event and Accident in Past**
- 🗨️ Am I frequently changing my residence due to work or personal reason? -**Frequent Migration**
- 🗨️ Are my children are in good health and do they doing well in studies and career (this is by default every parents are worrying for their kids by if continuously they are the reason for your worries then you must not ignore this? -**Worry for Children's wellbeing**
- 🗨️ Am I having long term or short terms legal disputes and I am spending all my savings for court case? **Court Case**
- 🗨️ Am I facing havoc competition and struggle in my work area due monopoly or barrier or deception by competitors? **Worry from Competitors**
- 🗨️ Do I had any huge investment loses in past and due to cheat by someone I trust? **Loss of Saving Capital of Investment**
- 🗨️ Did I had silly mistakes which cause havoc struggle to someone life knowingly or unknowingly to their life or am I took a decision that backfire and It cause constant repentance? **Repentance of Past Mistakes**
- 🗨️ Am I staying alone and suppressing my feelings and never share with my Mom or with my wife? **Loneliness**
- 🗨️ Am I cut off relations with my own families like Parents, brother & sisters and relatives and being separated only having connection with my in laws? **Separation from Own Family**
- 🗨️ Am I getting enough sleep? Because it tend weaken our mind and though process? **Quality Sleep**
- 🗨️ Am I addicted to porn? Because its provoke Zina i.e. illegal sexual relationship and never ending sexual appetites? It will weaken our mind and though process and reduce Baraqah of income from Allah? **Addiction of Porn**
- 🗨️ Am I a frequent smoker & drinking alcohol? Because it alcohol is the mother of all sins and we act insane and our mind rules by criminal ideology and plan from Shaiyateen? **Addiction of Smoking & Drinking**
- 🗨️ Am I frequently missing my Fazr Salah and other Fard Prayer? Because continuous missing Fazr Salah it will cut the Rizk or Sustenance from Allah and it cause all kind of problem in our life? **Ignoring & Missing Daily Obligatory Prayer**
- 🗨️ Am I continuously in a group of Gossip and ill thinking about others? Because it creates lots of negative energy and offend Allah' blessing to reach you and the negative energy become



capture your mind and make you backward and looser? **Gossiping and ill thinking about others**

- Q Am I involving in Shirk and Bidah knowingly & unknowingly running towards fortune telling, visiting Ameer, Maulana, Peer wearing Tawiz, following their illegal method, visiting graveyard and having wish of job or child? Associating shirk and bidah with Allah is the most dangerous sins with no forgiveness so the person becomes a slave of Ibleesh and runs their life as they want but it creates the disaster to one's life because Allah gives immediate punishment?

Involvement with Shirk & Bidah i.e. Kufr

- Q Am I praying my Salah and reading Quran just show up to others that how much we are big Sheikh? This creates pride in our heart and it's the main quality of Ibleesh and overconfidence also very dangerous and it destroys one's soul and makes the person blind so that he or she never sees the truth? **Pride, Jealousy and Over Confidence**

- Q Am I become a blind follower to western lifestyle and ideology? Without having proper knowledge of any western countries for their socio-economic impact on DEEN it's the most dangerous because it's the trap for us to become victims of social moron and become a copy-cat of their schools of thoughts and theories most of their theories and social ideology has diverse impact on child and youth to out of track of Islam and once they went they never come back most of western people suffering mental disease, killing the students with guns etc.?

Copy Cat of Western Philosophy

- Q Am I consuming or participating or supporting Interest? Because confusing interest is the main point of mental diseases read my special chapter on "Poverty"? **Consuming Interest**

- Q Am I regularly giving Sadaqah & Zakah i.e. Donation to needy people? Because stopping donation could create financial recessions among your relatives and neighbours and your wealth will never prosper and it will cause always tension and worrying to your income and savings? **Not giving Sadaqah & Zakah**

- Q Am I caring and look after my parents? Because this is the main point of cutting the Rizk i.e. Baraqah from Allah and our dua never accepted and always struggle in our life? **Careless about Parents**

- Q Am I earning halal or Haram? Earning haram is associating with Shyateen and that promotes anti-Islam mentality and Rizk of Allah may be given a punishment but suddenly it will be snatched so the person lives his or her whole life with misery. **Haram Source of Earning**

Let's focus on Check list so that it will become easier for us to evaluate ourselves to know where our problems are triggering so that we can control in order to stay always confident and prosper in our life must remember money never brings mental happiness.



Checklist: CONFIDENCE LEAKER

Sr. No.	Triggers	Yes/No	Controls
1	Blockage of Monthly Cash Flow		
2	Relationship Turmoil and Divorce Situation		
3	Chronic Health Issues		
4	Sudden Event and Accident in Past		
5	Frequent Migration		
6	Worry for Children’s wellbeing		
7	Court Case		
8	Worry from Competitors		
9	Loss of Saving Capital of Investment		
10	Repentance of Past Mistakes		
11	Loneliness		
12	Separation from Own Family		
13	Quality Sleep		
14	Addiction of Porn		
15	Addiction of Smoking & Drinking		
16	Ignoring & Missing Daily Obligatory Prayer		
17	Gossiping and ill thinking about others		
18	Involvement with Shirk & bidah i.e. Kufr		
19	Pride , Jealousy and Over Confidence		
20	Copy Cat of Western Philosophy		
21	Consuming Interest		
22	Not giving Sadaqah & Zakah		
23	Careless about Parents		
24	Haram Source of Earning * this is main point		