



# UNDERSTANDING CONTROL

**Instructor:**  
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Mind Full, or Mindful?

# INTRODUCTION

- **Learn how to Meditate and Increase Mindfulness**
- **Deepen one's relationship with Allah**
- **Prevent Mental Burnout**
- **Manage different emotions**

**4 weeks:**

- manage uncertainty & the need for control**
- cope with anxiety**
- manage anger**
- build self-confidence**

# OBJECTIVES

- Understand the benefits of meditation.
- Learn how to meditate.
- Explore concerns in regard to managing the need for control and dealing with uncertainty
- Practice meditation together
- Question and Answer



# MEDITATION MYTHS

- Religious Practice
- Thinking about Nothing
- Doing Nothing
- Solving Problems

# BENEFITS

- Mindfulness practices such as relaxation or meditation help to reduce stress, boost memory, enhance focus and concentration, decrease emotional reactivity, and improve personal relationships.
- Mindfulness practices also promote empathy and compassion

# ISLAMIC MEDITATION

- Taffakur—thinking intentionally & constructively
- Taddabur-Reflecting
- Dhikr/Tasbeeh
- Salat
- Dua
- Quran Recitation
- Seclusion

# MINDFULNESS IN ISLAM

**In the Islamic context, mindfulness is the virtue of *muraqabah*, a word which is derived from the root meaning “to watch, observe, regard attentively.”**





WHAT'S YOUR REASON FOR  
MEDITATING?



WHAT IS THE MOST VALUABLE  
THING YOU POSSESS?

# WHY CONTROL?



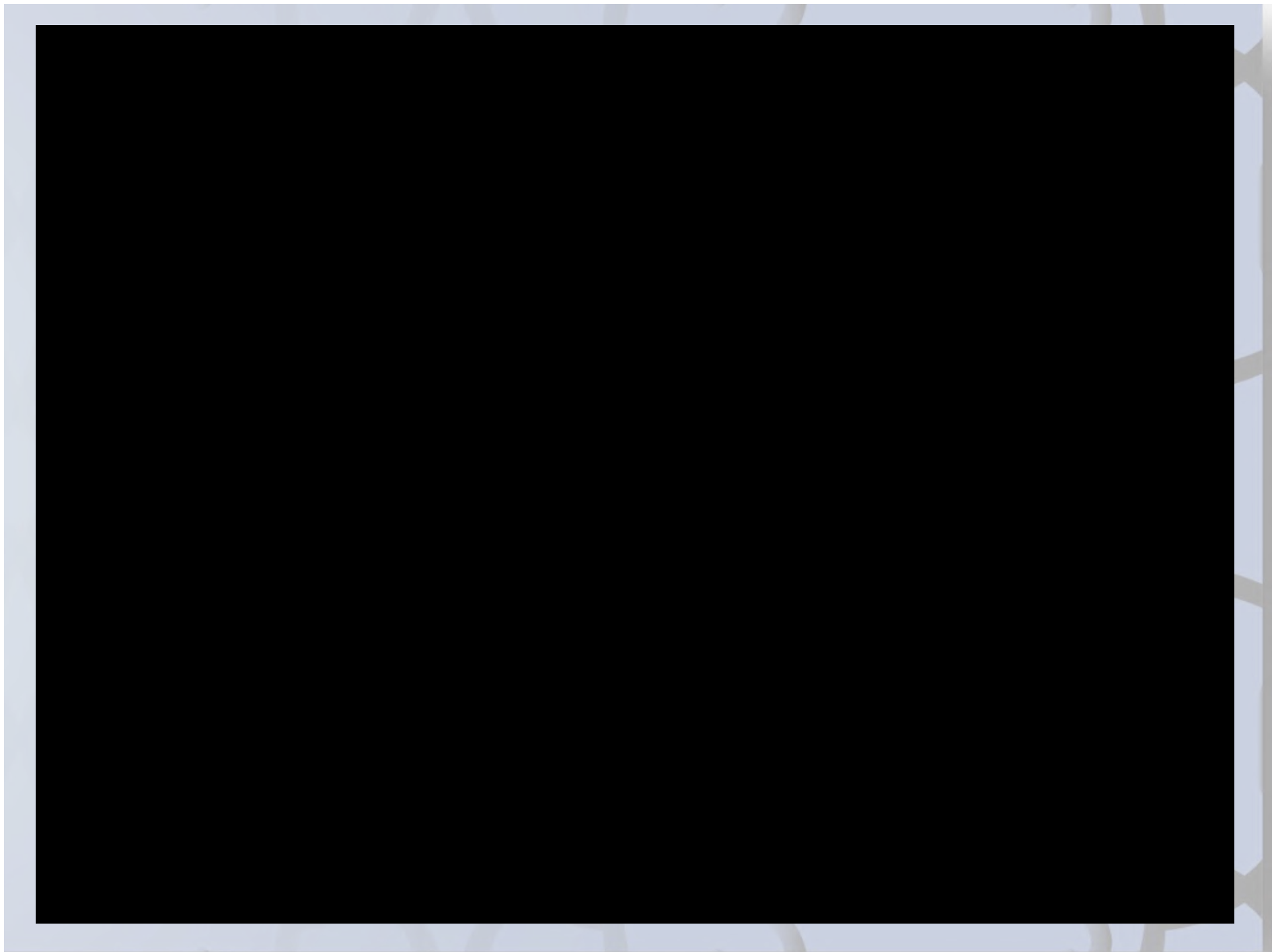
# DISCLAIMER

- Deep Breathing Exercises not recommended for people with respiratory issues/asthma
- If this is the case for you, ground yourself through senses rather than breath and breathe normal.
- Do not use while driving/operating machinery



# PREPARING FOR GUIDED MEDITATION

- Sit comfortably
- Turn off notifications on phone/remove distractions
- Close your eyes
- Allow yourself to relax and focus on words





WHAT DID YOU NOTICE?

# CONTROL ISSUES

- Chronic Complaining
- Perfectionism
- Obsessive-Compulsive Behaviors
- People-Pleasing
- Suicidal Ideation
- Anxiety/Depression



# COMPLAINING

- Repeated complaining rewires your brain to make future complaining more likely.
- Over time, you find it's easier to be negative than to be positive, regardless of what's happening around you.
- Complaining becomes your default behavior, which changes how people perceive you.
- Over time, complaining becomes a habit. If you're surrounded by complainers, then you're more likely become one.

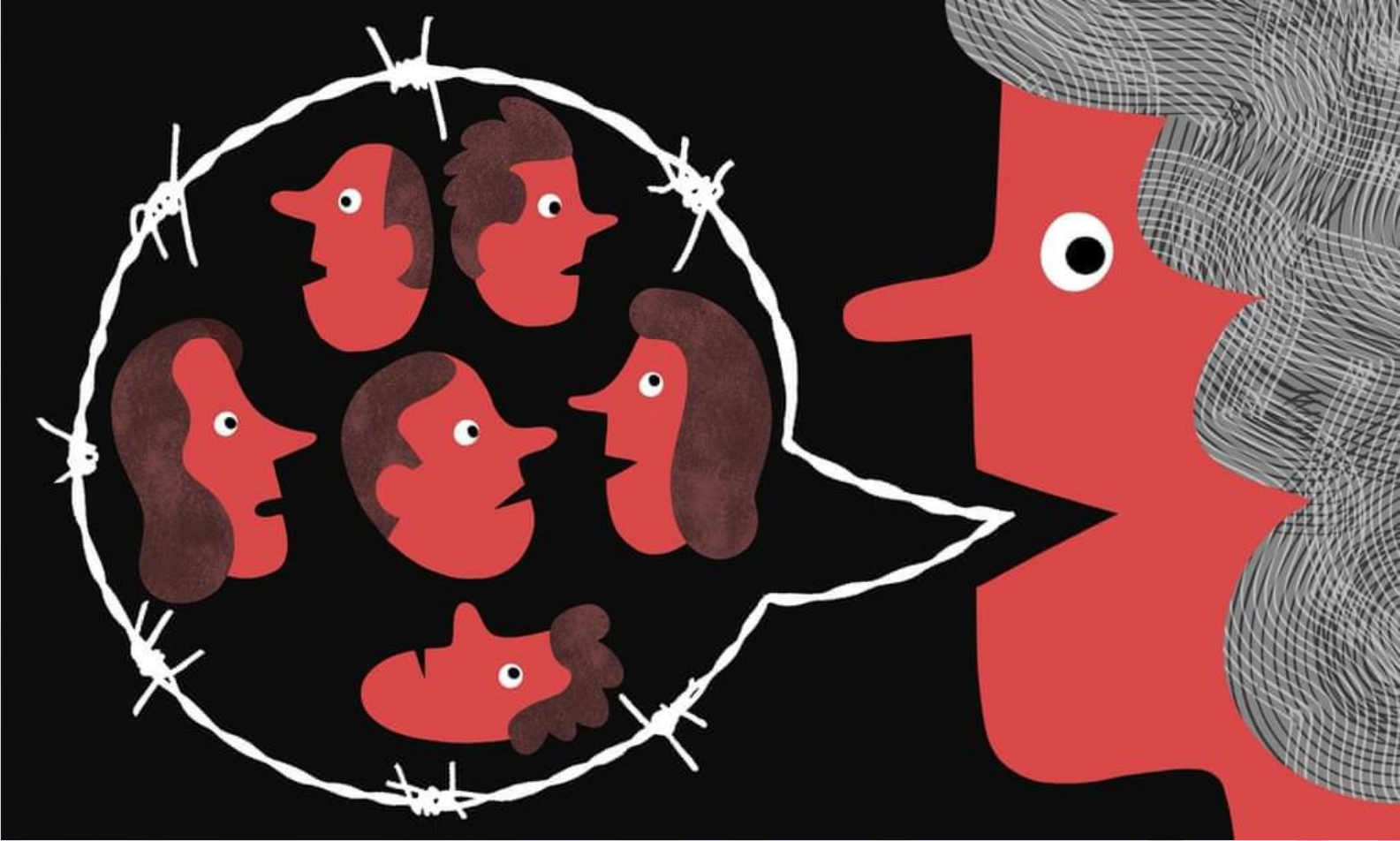


Illustration: Lo Cole/The Guardian

## What is Acceptance?



IT'S RAINING

I don't like rain.  
I wish it wasn't raining.  
My day would be better if it wasn't raining.  
My day is ruined.  
Every day is like this.  
Why does it always rain when all I want is for it  
to be sunny?



IT'S RAINING

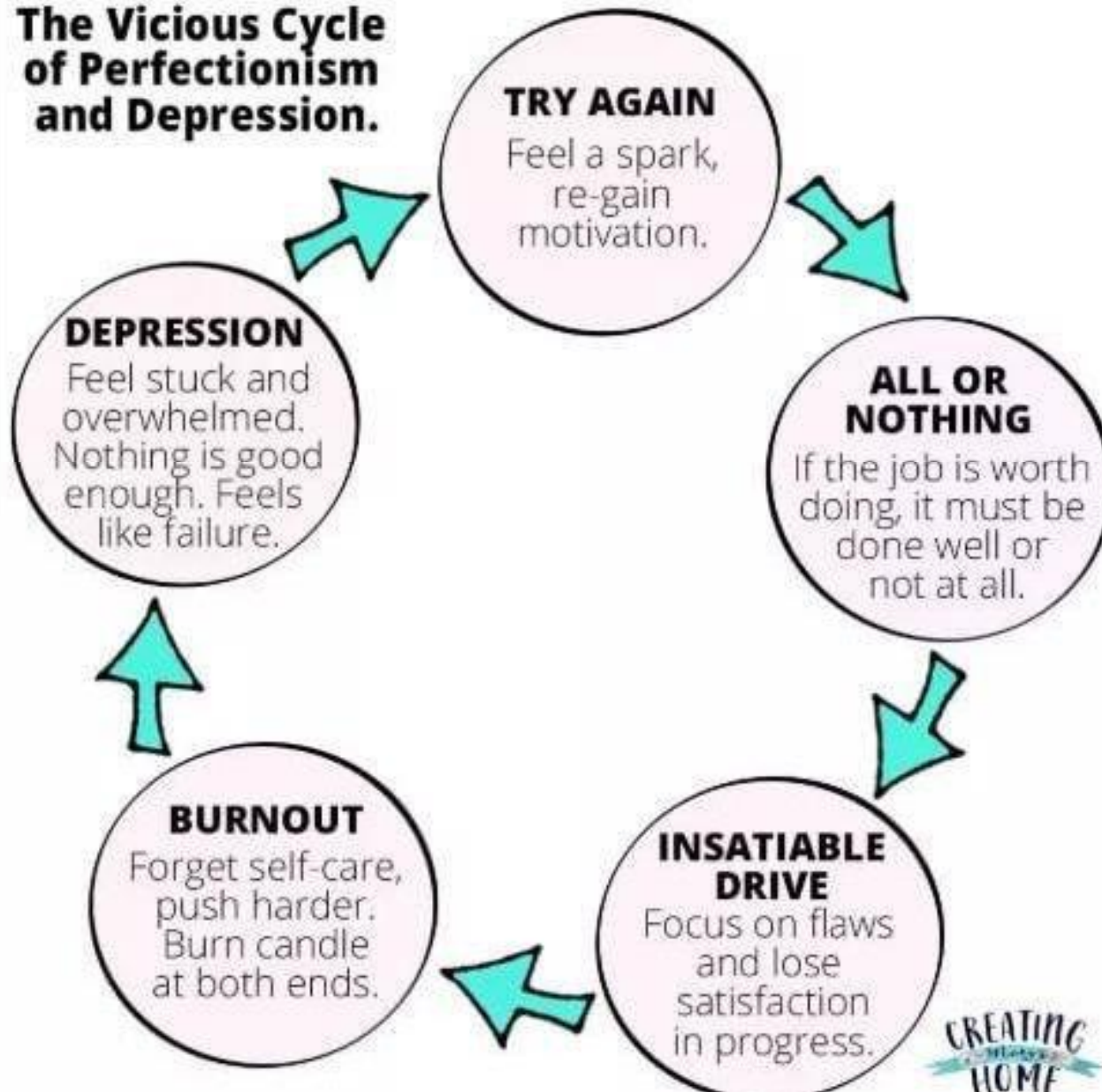
Yup.

# WHY IS PERFECTIONISM A PROBLEM?

- Perfectionism is not self-improvement, but rather trying to earn approval from others.
- Perfectionism is correlated with depression, anxiety, addiction, or missed opportunities.
- The fear of making mistakes, not meeting others expectations, being criticized keeps us from healthy competition and striving.



## The Vicious Cycle of Perfectionism and Depression.



“If we want freedom from perfectionism, we have to make the long journey from”, “What will people think?” to “I am enough.”

That journey begins with shame resilience, self-compassion, and owning our stories. To claim the truths about who we are, where we come from, what we believe and the very imperfect nature of our lives, we have to be willing to give ourselves a break and appreciate the beauty of our cracks or imperfections.

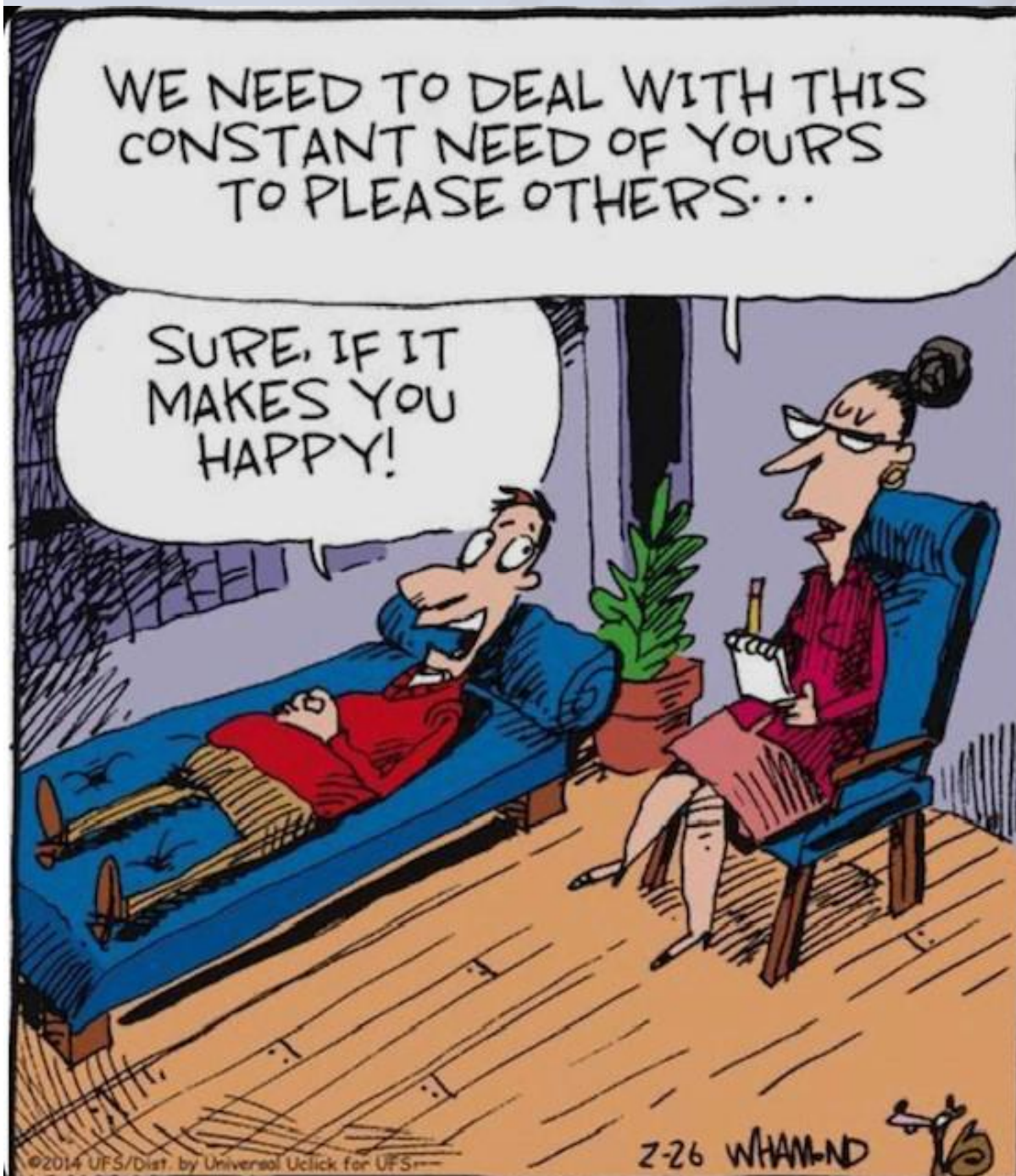
To be kinder and gentler with ourselves and each other. To talk to ourselves the same way we would talk to someone we care about.”

Daring Greatly, Brene Brown



WE NEED TO DEAL WITH THIS  
CONSTANT NEED OF YOURS  
TO PLEASE OTHERS...

SURE, IF IT  
MAKES YOU  
HAPPY!



# THE MANY FACES of a PEOPLE-PLEASER

TheCooperReview.com





# SIGNS OF PEOPLE PLEASING

1. Acting like friends at the **expense of being authentic**
2. **Apologizing** even when doing **nothing wrong**.
3. Confusing healthy **boundaries** with being **self-fish**.
4. Spend a lot of time and energy trying to **avoid conflict**
5. Experiences **distress** when people are upset or angry with them
6. Expresses feeling **overwhelmed by everything** they need to do.
7. **Fails to stand** up for what's right.

# SIGNS OF PEOPLE PLEASING

8. Feels **responsible** for other people's feelings.
9. Goes along with the group and **resists expressing** their values
10. Misinterprets **people pleasing as being kind.**
11. **Needs praise** from their friends in order to feel good about who they are.
12. **Refrains from acknowledging** or communicating hurt feelings or anger.
13. **Refuses to say no** even when it's in their best interest.
14. **Wants** desperately to be **accepted** and liked by their peers.

# ~~I am a people pleaser~~

In childhood my parents were inconsistent & had high expectations

**I was only shown attention when I achieved something**

**I was taught that I needed to "do something for others"  
in order to be loved and validated**

**I was praised only when i was compliant and did what  
I was told**

**I had to keep my parent in a good mood and to avoid  
being a burden**

*As a result I became less interested in exploring who I was and more interested  
in learning about what others want me to be*

**@thebehaviourtherapist**

**@thebehaviourtherapist**



# OVERCOMING PEOPLE- PLEASING

1. Stop. Think about the times you have said yes when you really wanted to say no.
2. Take your time. If someone asks you for a favor, take time to think about it and check your schedule.
3. Be Fair. Am I being fair to myself and others in my life if I say yes?



- Start Small. Limit your availability to help, set a time limit, or ask for assistance on small things.
- Forget the fear. If others get mad because you say no occasionally, they are not the people you should surround yourself with anyway.
- Ask for help. Recognizing when it's too much to handle or if you need help is a sign of someone who is confident and assertive.

# COURSE MATERIALS

- Accountability Trackers
- Daily Habit Record
- Quranic Positive Affirmations
- Guided Meditations Recorded for Practice During Week

# ASSIGNMENT

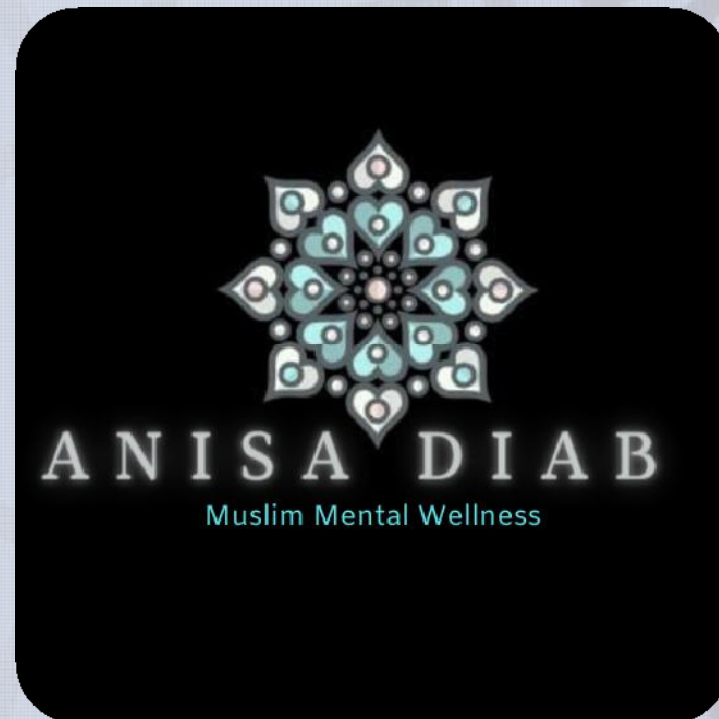
- Listen to guided imagery recording at least once per day.
- Keep a Meditation Journal (recommended)
- Download meditation app on phone

# MEDITATION APPS

- Insight Timer
- Guided Mind
- Sabr App
- Headspace
- Moshi
- Youtube: Search guided meditations



# QUESTIONS?



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