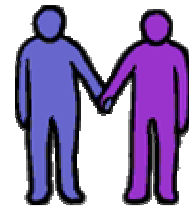
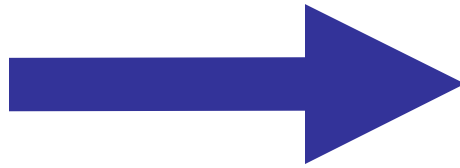
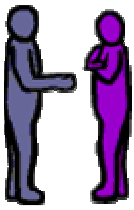


BEHAVIOR IMPROVEMENT EXERCISE



Respond to each statement/question in complete sentences.
(orally or written)

Start with "Bismillahir Rahmanir Raheem"

1. What did you do?
2. Who did it hurt/affect or who could it have affected/hurt? Why?
3. Why was it wrong or not beneficial? (Read and copy related hadith/ayah).
4. What could you have done differently or do next time the situation arises?
5. What could you do to rectify (correct) the situation? (e.g. Make Tawbah, apologize, say a duaa, etc) Is there a specific Islamic solution to this specific problem or issue?