



MY 'SAYING NO TO BACKBITING' ACCOMPLISHMENTS

Acknowledge

- I acknowledge that the backbiting I participated in was wrong because it is a major sin, and it must be stopped.

Reflect

- I wouldn't like to backbite about anyone just like I wouldn't like anyone to backbite about me.

Apologize

- I have apologized to the one I backbit about.
- I have repented to Allah, and asked for his forgiveness.

Change

- I have stopped making fun of people behind their backs.
- I try my best to include the remembrance of Allah in conversations.
- I have learnt the Expiation of Assembly.
- I leave the discussion when people are backbiting.

Educate

- I have raised awareness about backbiting to the best of my capabilities.
- I try my best to discourage backbiting whenever I witness it.

Make Dua

- I have prayed and will continue to pray that my loved ones and I stop backbiting.
- I believe in the power of Dua.

