NO DOUBT: 10 Effective Strategies On How To Deal With Your & Other People's Doubts	
Author	Fahad Tasleem - BA in Economics (Michigan State University), MSc in Business (University of Southern California), Graduate Studies in Middle Eastern Studies with a focus on Islamic Theology (University of Texas at Austin)
Islam vs Feminism	"My body, my choice" is echoed in many Feminist rallies - Completely antagonistic to the Islamic paradigm, which states that God owns us إنّا لِلّه وَإنّا إِليِه رَاجِعُون
Islam is not a religion	By conceptualizing Islam as a religion, a person will become prone to being affected by doubts To properly conceptualize Islam, one must move from understanding it as a religion to understanding it as a worldview Worldview is a better approximation of the meaning of the word 'dīn', as compared to 'religion'
Components of a worldview	Ontology - "Do I exist?" or "Does God exist?" Theology - "Who is God?" Epistemology - "How do you know that?" Anthropology - "Does man have a soul or is man just a composition of material elements?" Teleology - "What is the meaning of life?" Morality/Ethics - "Is it wrong to marry a 9-year-old girl?" Law / Politics - "What is just?" Aesthetics - "What is beautiful?"
Categories of rationality	Rational, irrational, and supra-rational Every worldview has first principles that are unprovable, yet must exist and be accepted
Fiṭrah Two views about fiṭrah	Original normative disposition of the human being - Fiṭra contains primary, inborn knowledge of: God's existence, that He deserves to be worshiped, and some basic morals - Fiṭrah does not contain knowledge, rather it directs one towards the truth i.e. a 'potency' disposed towards the recognition of God, primed to worship Him

The heart	The qalb is always in a state of motion - Being impacted on one hand, by the calling of the rūh and the fiṭrah towards the Divine, and on the other hand, being called by the base desires towards the world يا مقلّب القلوب ثبّت قلبي على دينك
Corrupters of the heart	Shahawāt - desires so that they lead to negative consequences upon the heart Shubuhāt - doubts that affect your īmān Shahawāt could lead to shubuhāt - To settle the cognitive dissonance, they may start presenting rational reasons why their sinful desire isn't wrong
Sources of doubt	Moral and social concerns (society saying X is moral while Islam considers X immoral or vice versa), philosophical and scientific concerns (debate over Evolution through natural selection), and personal trauma (being abused)
Avoid doubts	Avoid doubts - stay away from people who constantly bring up doubts about Islam - Hadith: "Whoever hears news of the False Messiah, let him flee from him. By God, a man will go to him considering himself a believer, but will instead follow him because of doubts he will present" مَنْ سَمِعَ بِالدَّجَّالِ فَلْيَنْأَ عَنْهُ فَوَاللهِ إِنَّ الرَّجُلَ لَيَأْتِيهِ وَهُوَ يَحْسِبُ أَنَّهُ مُؤْمِنٌ فَيَتَّبِعُهُ مِمَّا يَبْعَثُ بِهِ مِنَ الشُّبُهَاتِ - Ibn Taymiyyah: "If you allow your heart to drink every doubt you encounter, it will end up affirming them"
Shubuhāt versus valid questions	There is a difference between whisperings (waswās), valid questions, and shubuhāt Waswās - thoughts that you do not agree with, do not believe, and have a psychological aversion towards - The very recognition of the intrusive thoughts being problematic is a sign of faith إِنَّا نَجِدُ فِي أَنفُسِنَا مَا يَتَعَاظَمُ أَحَدُنَا أَن يَتَكَلَّمَ بِهِ، قَالَ وَقَد وَجَدْتُمُوهُ؟ قَالُوا نَعَمْ، قَالَ ذَاكَ صَرِيحُ الإِيمَانِ If one is unsure about the fundamentals of the Islamic faith, this would be categorized as a destructive doubt Valid questions are sincere questions trying to understand a concept, while not doubting the fundamentals of Islam - Seeking clarification is encouraged in Islam فَاسْأَلُوا أَهْلَ الذِّكْرِ إِن كُنتُمْ لَا تَعْلَمُونَ
Good company	Informational conformity - occurs when a person lacks knowledge and looks to the dominant group for guidance

	- A marginally practicing Muslim surrounded by secular humanists or postmodernists at their university Normative conformity - desire to belong that is manifest when a person wants to fit in with the dominant group "And keep yourself patient [by being] with those who call upon their Lord in the morning and the evening, seeking His countenance. And let not your eyes pass beyond them, desiring adornments of the worldly life" وَاصْبِرْ نَفْسَكَ مَعَ الَّذِينَ يَدْعُونَ رَبَّهُم بِالْغَدَاةِ وَالْعَشِيِّ يُرِيدُونَ وَجْهَهُ
Seeking knowledge Example	"We hurl the truth against falsehood, and it destroys it, and it quickly vanishes" بَل نَقْذِفُ بِالحَقِّ عَلَى البَاطِلِ فَيَدمَغُهُ فَإِذَا هُوَ زَاهِقٌ Ibn al-Qayyim: "Regarding the fitna of shubuhāt…this fitna is sometimes a result of incorrect understanding, misinformation" Do males always inherit more than females? - There exist only 4 scenarios in which a female inherits less than a male compared to the 16 scenarios where a female inherits more than a male - The male has greater financial obligations than the female, and this is reflected in how shares are allocated in Islamic inheritance law

Fallacies in arguments	Formal fallacies - conclusion does not logically follow from the premises
	- Premise 1: All cows are omnivores
	   - Premise 2: All rabbits are omnivores
	     - Conclusion: Therefore, all cows are rabbits
	
	Informal fallacies - involve irrelevant information or assumptions related to the premises that are weak, unjustified or false
	- "I have a PhD and have published many papers, so believe me when I tell you that God doesn't exist"

"If the universe needs a creator, then who created God?"	There is a false assumption that the universe and God are the same
	- The universe began, God did not begin
	   - Things that begin to exist require a cause, a creator
	     - God never began to exist and therefore does not require a cause
	
	The question is as illogical as asking about a married bachelor
	
	There must be an uncreated creator by logical necessity otherwise there would be an infinite regress of causes

How trauma leads to	A woman who has been sexually abused by a man may develop a

cognitive distortion	cognitive distortion that all men are evil and adopt extreme feminism - Thus when she looks at Islamic Law, she views it from the paradigm of oppressive patriarchy and deems it unfair
Sin's impact	When a person sins, an impediment is placed upon the heart such that truth may not be recognized by the heart إِنَّ الْعَبْدَ إِذَا أَخْطَأَ خَطِيئَةً نُكِتَتْ فِي قَلْبِهِ نُكْتَةٌ سَوْدَاءُ...وَهُوَ الرَّانُ الَّذِي ذَكَرَ اللَّهُ كَلَّا بَلْ رَانَ عَلَى قُلُوبِهِمْ مَاَ كَانُوا يَكْسِبُونَ Ibn al-Qayyim: "And when this rust accumulates on the heart, then it no longer recognises things as they really are. Thus, it views falsehood as if it is the truth, and truth as if it is falsehood" فإذا تراكم عليه الصدأ واسود وركبه الران فسد تصوره وإدراكه، فلا يقبل حقًا ولا ينكر باطلًا
Du'a	"O Allah, show me the truth as truth and guide me to follow it. Show me the falsehood as falsehood and guide me to avoid it" اللهم أَرِنا الحق حقاً وارزقنا اتباعه، وأَرِنا الباطل باطلاً وارزقنا اجتنابه

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