

A Guide to Girls Life Problems

Low Self-Esteem

Bohat sari larkiyan apni hi nazron mein khud ko bohat neecha samajhti hain. Ye zyada tar toxic upbringing se aata hai bachpan se bola jata hai **zyada mat bolo** ya **aisa mat karo** bina koi wajah bataye. Ye adhoori sakht baatein waqt ke saath jama hoti rehti hain aur bache ka confidence chupke chupke damage karti hain. Larkiyon ko ye bhi bola jata hai ke **perfect** bano warna koi pasand nahi karega as tarah ke jumle bohat gehra nuqsan pohonchate hain.

Agar **healthy upbringing** hoti to larki ko bola jata tumhari baat important hai, galti karna aur us se sekhna theek hai bas apni value kabhi mat bholna. Agar bachpan se ye bataya jata to wo apne har decision mein confident hoti apni boundaries clear hotin aur uski energy naturally high hoti kyunki wo apni energy protect karna jaanti hoti doosron ke jumlay dil tak nahi pohonchne deti.

Daily practice: Roz subah ek affirmation **I can achieve my goals.** repeat karo. lekin yaad rakho affirmation sab se pehli cheez nahi hai Allah se connection sab se pehle hai. Allah se hidayat aur taufeeq mngo apne problems khol ke Uske saamne rakh do aur Uske saath milke solutions dhoondo.

Emotional Suppression

Hume aksar bataya jata hai **strong bano, mat ro** or is chakkar mein hum apne jazbaat andar hi dabate rehte hain. Lekin sochne wali baat ye hai jab rona sahi jagah se aaye sahi soch ke saath na ke mayoosi se to wo khud ek healing ban jata hai. Feelings dikhana kamzori nahi balke ye samajhdari ki nishani hai ke insaan apne aap ko jaanta hai.

Main ye try kar rahi hon ke roz likhon aj kya feel hua. Kabhi awaaz mein bhi bol ke record kar leti hoon apni feelings. Kisi apne se share kar leti hoon. Aur jab koi problems ati hai to do gehri saansein leti hoon or phir wo jazbaat Allah ke saamne rakh deta hoon kehta hoon **Ya Allah ye samajh nahi aa raha tu hi meri madad kar.**

Spiritual Disconnection

hamara zyada tar dhyan duniya ki taraf logon ki approval ki taraf chala jata hai aur Allah se rishta dheere dheere kamzor hota jata hai. Kaash bachpan se hi ye baat dil mein bitha di jati **Allah hamesha tumhara paas hai hamesha sun raha hai kisi ko Us se upar mat rakhna.** Ye baat agar chhoti umar mein baith jaye to insaan ka khud pe trust bhi natural bann jata hai aur wo dusron ki baaton se itna hilita nahi.

Isliye main roz koshish karta hon kuch minute khamoshi se Allah se baat karon. Ek aayat pe thoda ghor karoon .Apni zindagi mein Allah ke **signs** notice karo **kaunse log mile kaunse ideas mile kaunsi opportunities mile.**

Boundaries

Larkiyon ko sikhaya jata hai ke **achi larkiyan sab ki madad karti hain** as wajah se wo apni limits todti rehti hain. Agar healthy upbringing hoti to larki ko bataya jata ke apni energy ka khayal rakhna bhi zaroori hai or har cheez ke liye **Yes** bolna zaroori nahi apni limits set karna uska haq hai.

Daily practice: Mujhe sochne do wala phrase use karna seekho foran haan bolne ke bajaye. Apni **non-negotiable** list likho wo cheezein jo tum kabhi kisi ki khushi ke liye negotiate nahi karogi. **Din ke end pe likho ke aj tumne apne liye kahan stand liya.**

Lack of Voice

Larkiyon ko bataya jata hai ke chup rehna izzat hai isliye wo apni baat andar hi rakh leti hain kehti nahi. Lekin haqeeqat mein **tumhari baat bhi utni hi zaroori hai jitni kisi aur ki.** Jab ye pata ho to insaan apni baat sahi tareeke se saaf saaf keh pata hai.

Isliye roz ek baat kehne ki koshish karo chahe chhoti hi ho bs bolo chup ni rehna. Agar sab ke samne mushkil lagta hai to **kam se kam kisi apne ke saamne toh bolo apni safe space mein poori tarah dil khol ke bolo.**

REMINDER: Ye healing ek din mein nahi hoti **ek safar hai**. Har chota sa qadam Allah ki taraf ek qadam hai. Maqsad perfect banna kabhi nahi tha maqsad apne andar ke noor ko pehchana hai or usay bujhne nahi dena.

Or han logon pe rehm karna unki madad karna unhe achi baatein pohonchana as se Allah ki rehmat khud apni taraf khinch aati hai. Jo bhi seekha hai agar wo doosron tak pohonch jaye to wo sirf unke liye nahi apne liye bhi barkat ban jata hai.