



Self-Diagnosis Questionnaire

If you have four or more from one or all categories then there is a problem and you should seek Ruqyah.

1.

Do you see your face pale or dark?

Do you feel hopeless, careless, lazy?

Do you say I have had enough I wish I die?

Have you thought of suicide?

Do you find it hard to sleep at night?

Do you feel sleepy during the day?

Do you sweat from your forehead, back, hands and feet especially at night?

Do you have pain in your shoulders and lower back?

Do you go to toilet a lot to urinate?

2.

When you look in the mirror do you think you are ugly?

When you brush your hair do you lose a lot?

Does your body smell even if you had a shower?

Does your breath smell?

Does your belly get bloated?

Do you have spots on your body?

Do you have scratch marks that you don't know how you got them?

Do you have bruises that you don't know how you got them?

Are you suspicious?

3.

Do you have bad dreams snakes, scorpions, see yourself falling, graveyards, blood, water?

Do you have anxiety and depression?

Do you scare for no reason?

Are you lazy of doing your prayer?

Do you feel distant from your family?

Do you have panic attacks?

Do you have doubts about the religion Allah?

