

light
THE
path
2021

INTRO

The Beginning



Feel
YOU TOTALLY
GET THIS



true
TO MYSELF

DATE

VII/2020

PLACE

Home

POWERFUL, BEAUTIFUL, BRILLIANT AND BRAVE

Bismillah.

The weather is a bit gloomy today since morning & I'm feeling blue as well. During Zohor prayer, I suddenly felt sad & burst into tears. I was still able to manage & not cry too loudly. Hubby was leading the prayer as usual & didn't notice until after we finished, when I kissed his hand. Then I talked to him about how I felt. He comforted me & I felt much better. I've been worried about a few things lately - the baby, project paper, confinement, & the pandemic.

courage

ABOVE FEAR

ANCHOR SETTING NEW SAILS



Girl
YOU TOTALLY
GOT THIS

WHEN
4/11/2020
WHERE
The Arc, C.J
FEELING
Positive

Alhamdulillah for:

- Having finished reciting surah al-Baqarah. Took me more than a month, but it's still an achievement yayy!
- A healthy pregnancy so far. Bloodwork & baby scans turned out well. May Allah take care of us both <3



*be messy
and complicated
and afraid
& show up
anyways.*

-GLENNON DOYLE
MELTON

GOING FORWARD





HOPE

***COPING:**

- *Daily Quran reading*
- *Writing my feelings in Journey app*
- *Use MoodMission for mood dips*
- *Shopping for baby's stuff online*
- *Booked an appointment with counsellor*
- *Hiring transcribers for project paper.*



JANUARY

Where We Are





light
the
Path



If you are beautiful

If you are strong

If you are happy



JANUARY

2021

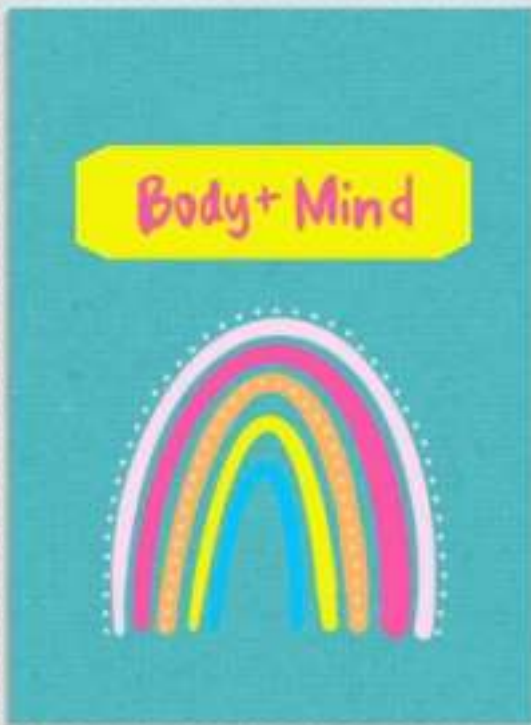


I am
Wage
than what
hurt me.



The menu at Hospi-
tal Putrajaya wards
is always delicious.
One lady said it's
like hotel food.





3/12/2020: Admitted to the maternity ward at Hospital Putajaya because I was concerned that my baby isn't as active as usual.

5/12/2020: I was discharged, but my water broke just as I finished packing.

6/12/2020: Safely delivered my baby through emergency c-section at 8am.

First time expressing breast milk to give to my baby girl in NICU.

Strength

Where We Are.

Where I am at today? Today, I am in my third trimester of pregnancy, just waiting for the time to deliver my first child. This journey has brought me here, from a single lady to a wife, and now, a soon-to-be mother. I am proud of myself for making it to the final year of BPSY (which has been a 4-year + journey). This is a big deal for me because mental illness has been affecting my ability to finish what I have started. To be this close to the finish line is such a surreal experience; something that I've never imagined myself doing. When I was considering to embark on this journey, I doubted that I could finish it. But I took the chance anyway, and alhamdulillah, I am so thankful that I did.

This year, I want to take a more serious approach to healing. I want to do the deep, inner work. I plan to do this by learning to clear my mind from negative assumptions towards others and my own self, and taking deep breaths to bring myself to the now. When I am aware of the now, I will be able to think much clearly and make better decisions, instead of feeling pressured and clouded inside my mind.

What kind of mother do I want to be? A happy, healthy mother who practices self-care and is able to give tender love and care to her baby daughter. A mother who does not pressure herself to perform, but just tries her best to learn and grow as a mother. A good enough mother who gives what is due to herself and to her baby daughter. A healthy mother who is not burdened to perform, but just being herself and calmly learns along the way

And last but not least, I am ready to unlearn the behavioural and thinking patterns which I had adopted as a trauma response. I want to equip myself with the right knowledge, tools, and support system to do this work.

I pray that may Allah ease this journey for me and help me to achieve my goals. Allahu musta'an. Amin Ya Rabb.

My sources of light.

External sources:

- Islamic lectures
- Majlis ilmu
- Positive circle; people who are constructive instead of critical
- Psychological knowledge
- Keeping in touch with mental health advocates
- Volunteering and giving to charity
- Scrapbooking hobby
- Eating a balanced diet with lots of fruits and vegetables
- Moral support from hubby and family.

Internal sources:

- Having a deep interest for useful knowledge
- Honesty and truth-seeking tendency, which I use to discuss about my issues with trusted individuals
- Passion in giving and sharing my experiences and knowledge with others
- Passion in advocacy work
- Faith in Allah
- The drive to give my best in whatever I do.

Journalled 21/11/2020 @ 10.50am

F E B R U A R Y

Five Senses





*trust
the
process*



taking it

one day,

one hour,

ONE BREATH

at a time



breathe deeply

currently:

seeing: Aisyah sleeping on the bed, doing tummy time, and doing activities with Nenek.

smelling: The luscious smell at the top of Aisyah's head, closer to the middle front... oh, that baby smell. Musky & comforting.

hearing: The geese quacking loudly... I thought there must be a lot of geese at hubby's family house. Turned out there were only two!

tasting: Umi's cooking. She made me confinement meals everyday. Fish, veggies and fruits. For snacks, I eat some plain cookies dipped in Milo.

feeling: Aisyah's soft, baby skin and hair. She was born with thick, soft hair and it grew quite fast.

*slow
down*



all five
senses



currently
feeling



currently
hearing



currently
smelling



currently
seeing



currently
tasting

MARCH

People, Places & Things



Seeking Joy

17
FEB
2021



Focus on
the Good

TODAY

Aisyah is 73 days old today, which means she has been living in the outside world for 2 months and 2 weeks. Life has been hectic since her birth. I am trying my best to keep up with the demands - new baby, project paper, and everyday chores.



PEOPLE

THAT BRING ME JOY

My family

PLACES

THAT BRING ME JOY

Masjid Raja Haji fi Sabilillah

THINGS

THAT BRING ME JOY

Facial masks (me time)



SURROUNDED BY *Love*



BRIGHTSIDE



Staying inside the house during confinement had been tough, so going out (while staying inside the car) is so refreshing. 1/2/2021

#GOINGOUT



It feels good to be back home. Now it's just the three of us - Aisyah, Mummy and Daddy.

Aisyah is adjusting to sleeping in the baby cot. Sometimes she sleeps soundly, sometimes she struggles a bit. Hoping that soon she'll find the baby cot a comfy sleeping space. 18/2/2021

#SLEEP



APRIL

Honor Your Emotions

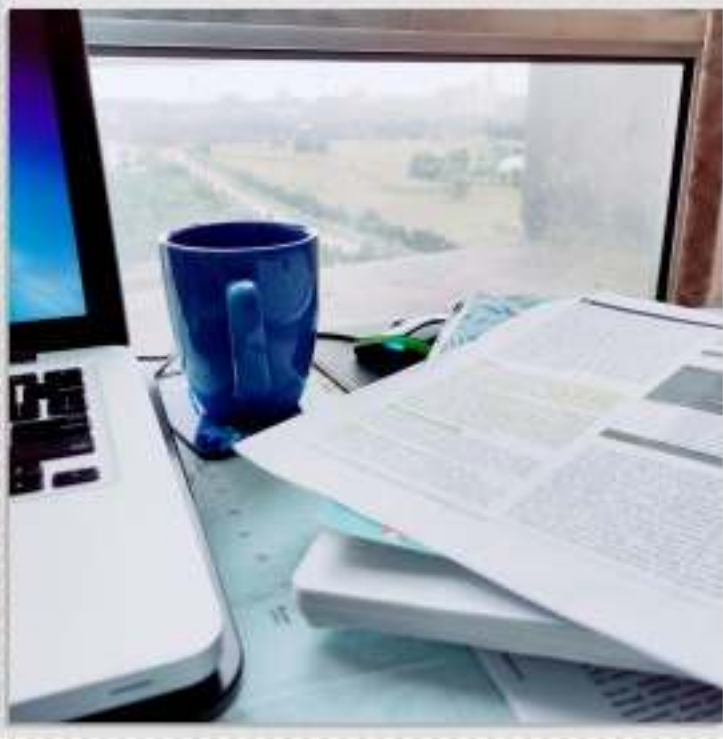




carry on, warrior.

Walk through the open door

SPEAK YOUR TRUTH





I ACCEPT THIS
CHALLENGE AND
AM READY TO
OPEN THE DOOR
TO BIGGER
THINGS.

- I feel relieved after meeting with Dr. Ju coz I'm on track with my project paper.

- I feel hopeful after seeing our new house with the wiring man & discussing about the repairs. We're progressing in preparing the house as our next 'home'.

- I feel concerned about whether or not I could spend more time writing my paper because Aisyah's sleeping schedule is not predictable at the moment.



yes.

M A Y

Things I Need to Hear





*my healing
journey*

find

the

light





THINGS I NEED TO
hear



*val
ida
led*



YOU ARE **LOVED** THE
WAY YOU ARE

THOUGHTS

Your whole self is accepted. Your vulnerabilities are valid, and so are your strengths. You don't have to be perfect. You just be you. When you make mistakes, you learn. When you achieve victory, be grateful, humble, and thank those who have supported you.

You deserve compassion and care. You are not a nuisance if you need help. You can struggle and have bad days. You're a normal human being, no need to be a superwoman or better than others.

You can be you.



REMINDER:
Stop gaslighting yourself
@holisticallygrace

- 1 You're not being too sensitive. More than likely, you don't feel seen, heard, or validated.
- 2 You're not being too needy. More than likely, you have needs that aren't currently being met.
- 3 You're not overreacting. More than likely, this is a wound, a trigger or something that is deeply hurtful.
- 4 You're not asking too much. More than likely, you are seeking love, consideration + respect, reasonable expectations in a relationship.



"You are loved the way you are."

I don't know how, but somewhere in the past, I had learned that I will only be loved if I become a certain way - if I fulfill other people's expectations of me, if I go along with what they asked me to do, and if I don't make mistakes. I've been told that I was headstrong for having my own opinions. I was also told not to have a different view than my mother because that would be 'derhaka'.

Growing up, I felt afraid of showing my vulnerable side to others. I've kept it hidden and put on a brave, tough face.

When things get difficult, I'd deny that I am struggling. I'd tell myself that this is not difficult at all. I can do this. I can exert myself to fulfill this. It is not too much; it's just that I am inadequate and not good enough. It's the denial that hurt me today. Because I've never been on my own side and I've never stood up for myself. I always simply let people walk over me.

I think that was how my "victim identity" was born - through neglecting my own needs for the sake of gaining love from others.

Today, I want to move towards change. I want to learn to be more assertive of my needs. I want to learn to communicate my needs and wants. I want to reveal my thoughts and true self.

My true self isn't all evil or bad. It comprises of good, bad, and wise. I must use wisdom to balance both sides. Not to use too much of either one, but to find a middle ground.

So, back to the title...

"You are loved the way you are."

Your whole self is accepted. Your vulnerabilities are valid, and so are your strengths. You don't have to be perfect. You just be you. When you make mistakes, you learn. When you achieve victory, be grateful, humble, and thank those who have supported you.

You deserve compassion and care. You are not a nuisance if you need help. You can struggle and have bad days. You're a normal human being, no need to be a superwoman or better than others.

You can be you, So just be you.

Journalled 1/4/2021 @2:19pm

J U N E

One Beautiful Thing





I AM
SAFE
HERE



I AM
COMMITTED TO
healing



ONE

beautiful

THING



NOTED

"We're always going to see things about ourselves that we wish were different. We're always going to have experiences in our lives that we wish were different..

What happened to us, the pain or trauma, is not beautiful. But what we've done about it, our honesty and commitment to healing, and the person that we are today, as a result of our commitment to healing - that is amazing."

- Theresa Moxley





LOVED

GROWTH

BREAK THROUGH



"We're always going to see things about ourselves that we wish were different. We're always going to have experiences in our lives that we wish were different... What happened to us, the pain or trauma, is not beautiful. But what we've done about it, our honesty and commitment to healing, and the person that we are today as a result of our commitment to healing - that is amazing."

- Theresa Moxley.

One beautiful thing about me is that despite feeling hurt, I'm still committed to re-examine my unhealed wounds. I'm giving myself the chance to heal, even though the process makes me feel uncomfortable. Unpacking the pain revealed to me the parts in myself that were hidden before, the parts that got buried as a trauma response. However, identifying my feelings about the pain felt alien because I had been disconnected from my own feelings for a long time. Realizing that I hadn't been able to be authentic with myself made me feel ashamed because I felt like a fake, an impostor.

Being committed to re-examine my unhealed wounds means that I am independent, courageous and resilient. I am taking the steering wheel to navigate through this unfamiliar path. I seek help and do not keep the pain to myself, unchecked. I am noticing the unhealthy patterns that I had adopted in responding to pain. In this process, I feel exposed, uncomfortable, and ashamed. And that's okay. I'm exactly where I need to be, and this is part of healing. And I have faith in myself that I can handle this, with God's Help and Will.

Things I want to work on:

1. My tendency to get lost in my mind's negative chatters and self-criticism.
2. My tendency to feel victimised, helpless and trapped in situation, which is rooted from not knowing how to communicate my needs and wants.

How I feel...

Life has its way of taking its own course, even when we're not quite yet ready to move on. We might feel like a zombie, feeling still inside, yet physically we're moving forward. Unprocessed trauma can do that to us. When we've gone through experiences that we wish we hadn't, when things have gone the way that we wish they hadn't. When we've responded to this in the ways that we wish we hadn't.

Take a deep breath. Pause. Look at the person you were back then. The girl who was struggling. You were trying hard to survive the trauma. Trying so hard to understand the decisions you've made back then, when you were at the peak of feeling disconnected with who you are, when your sense of self was floating in the air. You felt fragmented. Feeling disconnected with your authentic self. Having your voices silenced, your feelings dismissed, your opinions unheard, and your experiences denied. That is confusing, and you feel invalidated.

Today, I want to unlearn these patterns.

I owe it to myself to heal and walk on this unfamiliar path. Unlearning feels so uncomfortable, so alien, because we're doing something that is different than what we have always done. We're responding in new ways. We've grown much more aware of how our past patterns of thinking and behaving have impacted ourselves - our mental wellbeing, our emotions, spiritual self, and even health.

My past is where it belongs, which is in the past. It's part of who I am, it's part of my learning process. I may not like some of it, and that's okay. They do not define me because they only represent a small portion of my life. I still have today and the future - blank pages that are yet to be written. I still want to hold on to the hope that things will get better. And they are. And I am healing. This, is my healing journey.

Journalled 8/4/2021 @ 5:10am