

We have to learn to be our own best friends, because we fall too easily into the trap of being our own worst enemies.

Outline

1. Introduction:

2. Break down the statement into simple form

- i) Learn to be one's own best friends
- ii) One falls too easily into the trap of being one's own worst enemies

3. How learn to be one's own best friends?

3a) Learn to be one's own best friends by knowing one's own personality entirely.

- i) Likes / dislikes, self worth, self confidence / esteem / satisfaction

3b) Learn to be one's own best friends by strengthening connection

i) Relation between Allah and
last prophet Hazrat Muhammad
(PBUH)

3b) Learn to be one's own best friends
with patience and justice.

- i) Hazrat Muhammad PBUH
- ii) Nelson Mandela

3d) Learn to be one's own best friend
by playing role in society through
charity and helping poor.

- i) Abdul Sattar Edhi

3e) Learn to be one's own best friend
by spreading the message of God
at national and international level

- i) Dr. Zakir Naik is an
Indian Islamic preacher and
scholar

4- How one falls into the trap of
being one's own worst enemies

4a) By not knowing one's own self,
one can easily fall into trap.

- i) Personality disorders such as
lack of confidence / inferiority
complexes and self worth

4b) By not building strong relation with God, one can fall into trap of being one's own enemy.

i) One of the world's reports at least 50pc people committed suicide

4c) By not focusing on one's social life, one can fall into the trap of being one's own enemies

i) lack of social skills such as communication, confidence etc

4d) By not doing some work of charity, one can fall into the trap of being one's own enemies

4e) By not adopting lessons from the life of prophet Hazrat Muhammad (PBUH).

5. Challenges in the path of learning to be one's own best friends

5a) Parenting is a major factor in the path of learning to be one's own best friend.

5b) Social injustice and Gender inequality are the challenges

- i) more gender inequality in Balochistan than other provin

5c) lack of attitude and other behavioral issues

- i) Mood swings, mental health

6. Conclusion: