



82763 - Waswas (Whispers) Causing Uncertainty About Worship

the question

I am a woman who suffers unimaginably intense waswas (whispers from the shaytan) when fasting. When I am fasting in Ramadan, the waswas comes to me all the time, saying that my fasting is wrong. For example, the waswas comes to me before and after Fajr, and sometimes before Maghrib, for the silliest reasons. So I fast that day but I intend to repeat it. When Ramadan is over, I say to myself that I will only make up the days that I need to make up, because I fasted the other days, but the waswas comes again and I say that I will repeat them and I have to repeat them because I intended to repeat them. But now I do not know whether I should repeat them or should I ask Allah to accept them? In addition, after the white discharge (at the end of the period) I got a yellowish discharge in Rajab, Sha'ban and Ramadan, then after that I did not get any yellowish or brownish discharge again after the white discharge. This had a great effect in helping me with the waswas, so I lost many days after Ramadaan because of the waswas. Sometimes I think that I did not form the intention to fast, and sometimes I think that I formed two intentions, and sometimes I think that something entered my stomach, until the next Ramadan comes and I have not made up the missed fasts, and I am in a state that no one knows but Allah. I hope that you can advise me.

Detailed answer

Praise be to Allah.

Firstly:

We ask Allah to heal you and grant you relief from this waswas, because waswas is a kind of sickness by means of which the shaytan causes anxiety and depression to the believer. We advise you to be patient and to turn to Allah and ask Him for healing and recovery, for He is All-Hearing, Ever Close and Ever Responsive, may He be glorified and exalted.



You should note that the best remedy for waswas is to ignore it and not pay any attention to it.

Please see the answers to questions no. [62839](#) and [25778](#).

Secondly:

Your fasting is valid, and you do not have to repeat any of the fasts, even if you intended to repeat them, because it is, as you know, waswas, and there is no reality in it. Please see the answer to question no. [39684](#).

Thirdly:

The emission of a yellowish or brownish discharge after the white discharge is not hayd (menses), because Umm ‘Atiyyah (may Allah be pleased with her) said: “We used not to count the brownish or yellowish discharge after the end of menses as anything.” Narrated by al-Bukhari and Muslim .

And Allaah knows best.