



Question:

Assalaamu 'alaikum

Respected 'Ulama

I have recently developed an addiction to watching videos on YouTube. I know it's wrong and most of the videos contain music as well as pictures of men which is zina of the eyes.

I know that if I continue watching, it is going to slowly strip away my modesty and further weaken my already weak imaan.

I feel very guilty after watching the videos and it disturbs me greatly. I have made istighfaar and tried to stop it, but due to my weakened state, I keep going back.

Please give me some advice as to what I could do to stop for good.

Jazakallah

Answer:

Bismihi Ta'ala

Wa 'alaikumus salaam wa rahmatullahi wa barakaatuh

Respected Sister in Islam

A person who is unwell requires treatment. Depending on the nature and extent of the illness, at times some basic home remedies may suffice, or perhaps some stronger medication and even an injection may be necessary, while at other times, hospitalization may be inevitable. Even in the hospital, some may need to be admitted into the ICU.

In your case, you are admitting to an addiction. An addiction cannot be treated with pain killers or even injections. It is a serious malady which requires the patient to be admitted into the isolation ward. Hence you must isolate yourself from the phone (or other devices) if you seriously wish to overcome this addiction. In simple terms – GET RID OF THE SMART PHONE.

There will be a hundred and one 'reasons' why you 'cannot' do so. These are generally excuses from nafs and Shaitaan. Once you take the step – which initially will be very difficult and bitter – you will very quickly get used to it and will actually enjoy the peace and betterment. If you cannot manage not having a smart phone for ever, then at least for a few months, leave it in safe keeping with some relative in another town.

Apart from this, it is very important that you make a timetable of aa'maal and diligently keep up with it. The aa'maal should include time for tilawat (at least ¼ para daily), istighfaar, durood shareef and the third kalimah 100 times each, and to read authentic books of pious personalities. Insha-Allah you will overcome this addiction and be saved from its severe harms.

May Allah Ta'ala make it easy for you and make you 'addicted' to his remembrance.□

Answered by:

Uswatul Muslimah Panel of 'Ulama