EXPLORE YOUR PERSPECTIVE

Appendices

Master Thesis By
Efkan Cetin

EXPLORE YOUR PERSPECTIVE

Designing for an Alternative Perspective on Religious Faith

Master Thesis

Efkan Cetin
5268435

Integrated Product Design
Industrial Design Engineering
Delft University of Technology

Supervisory Team

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Delft University of Technology
Industrial Design Engineering
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Section: Applied Ergonomics & Design

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August 2022

CONTENTS

Appendix A: Project Brief 7

Appendix B: Call for Participants - Primary Research 17

Appendix C: Informed Consent Form & Primary Research Plan 21

Appendix D: Material for the Primary Research & Results 27

Appendix E: Themes & Clusters with Statement Cards 67

Appendix F: List of Triggers for Individual Ideation 91

Appendix G: Co-creation Session Outcomes 95

Appendix H: Benchmark Details - Religious Apps 111

Appendix I: Benchmark Details - Social Media Apps 149

Appendix J: Tasks for Usability Testing 183

Appendix K: Informed Consent Form for Evaluation Interviews 187

Appendix L: Cost Estimation 191

APPENDIX A

Project Brief

DESIGN FOR our future

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IDE Master Graduation

Project team, Procedural checks and personal Project brief

This document contains the agreements made between student and supervisory team about the student's IDE Master Graduation Project. This document can also include the involvement of an external organisation, however, it does not cover any legal employment relationship that the student and the client (might) agree upon. Next to that, this document facilitates the required procedural checks. In this document:

- The student defines the team, what he/she is going to do/deliver and how that will come about.
- SSC E&SA (Shared Service Center, Education & Student Affairs) reports on the student's registration and study progress.
- IDE's Board of Examiners confirms if the student is allowed to start the Graduation Project.

USE ADOBE ACROBAT READER TO OPEN, EDIT AND SAVE THIS DOCUMENT
Download again and reopen in case you tried other software, such as Preview (Mac) or a webbrowser.

STUDENT DATA & MASTER PROGRAMME

Save this form according the format "IDE Master Graduation Project Brief_familyname_firstname_studentnumber_dd-mm-yyyy".
Complete all blue parts of the form and include the approved Project Brief in your Graduation Report as Appendix 1 !

family name: Çetin
initials: E. given name: Efkan
student number: 5268435
street & no.:
zipcode & city:
country:
phone:
email:

Your master programme (only select the options that apply to you):
IDE master(s): IPD / DfI / SPD
2nd non-IDE master:
individual programme: - - (give date of approval)
honours programme: Honours Programme Master
specialisation / annotation: Medisign / Tech. in Sustainable Design / Entrepeneurship

SUPERVISORY TEAM **

Fill in the required data for the supervisory team members. Please check the instructions on the right !

** chair: Dr. ir. Sonneveld, M.H. dept. / section: HCD / AED
** mentor: Dr. ir. Boeijen, A.G.C. van dept. / section: HCD / DA
2nd mentor:
organisation:
city: country:
comments (optional)

Chair should request the IDE Board of Examiners for approval of a non-IDE mentor, including a motivation letter and c.v..

Second mentor only applies in case the assignment is hosted by an external organisation.

Ensure a heterogeneous team. In case you wish to include two team members from the same section, please explain why.

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Procedural Checks - IDE Master Graduation

APPROVAL PROJECT BRIEF

To be filled in by the chair of the supervisory team.

chair Dr. ir. Sonneveld, M.H. date - - signature

CHECK STUDY PROGRESS

To be filled in by the SSC E&SA (Shared Service Center, Education & Student Affairs), after approval of the project brief by the Chair.
The study progress will be checked for a 2nd time just before the green light meeting.

Master electives no. of EC accumulated in total: ____ EC
Of which, taking the conditional requirements into account, can be part of the exam programme ____ EC
List of electives obtained before the third semester without approval of the BoE

YES all 1st year master courses passed
NO missing 1st year master courses are:

name date - - signature

FORMAL APPROVAL GRADUATION PROJECT

To be filled in by the Board of Examiners of IDE TU Delft. Please check the supervisory team and study the parts of the brief marked **.
Next, please assess, (dis)approve and sign this Project Brief, by using the criteria below.

- Does the project fit within the (MSc)-programme of the student (taking into account, if described, the activities done next to the obligatory MSc specific courses)?
- Is the level of the project challenging enough for a MSc IDE graduating student?
- Is the project expected to be doable within 100 working days/20 weeks ?
- Does the composition of the supervisory team comply with the regulations and fit the assignment ?

Content: APPROVED / NOT APPROVED
Procedure: APPROVED / NOT APPROVED
comments

name date - - signature

Initials & Name E. Çetin Student number 5268435
Title of Project Supporting People in Their Religious Disaffiliation Experiences

Personal Project Brief - IDE Master Graduation

TU Delft

Supporting People in Their Religious Disaffiliation Experiences — project title

Please state the title of your graduation project (above) and the start date and end date (below). Keep the title compact and simple. Do not use abbreviations. The remainder of this document allows you to define and clarify your graduation project.

start date 14 - 03 - 2022 — 26 - 08 - 2022 end date

INTRODUCTION **

Please describe, the context of your project, and address the main stakeholders (interests) within this context in a concise yet complete manner. Who are involved, what do they value and how do they currently operate within the given context? What are the main opportunities and limitations you are currently aware of (cultural- and social norms, resources (time, money,...), technology, ...).

In the 60s and 70s, The Netherlands started to recruit and receive Muslim 'guest workers' from Turkey and Morocco. Since then, the number of people with Islamic backgrounds has increased in the Netherlands. Though religious belonging is considered strong among Dutch Muslims (Chafai, 2020), there are generational differences regarding religiosity, adherence to own ethnic group, and liberal Dutch culture. While families and Muslim communities have significant influence over their children's religious identity, the larger Dutch context creates another force that contributes identity construction of Muslim youth. Some of the Muslim youth live in two worlds, one is the conservative inside; the Islamic doctrine provided by families and communities, and the other is the liberal outside, the Dutch society.

The attachment to religious identity is not unchanging among the youth born and raised within these Islamic environments; religious doctrine and traditions can be questioned critically by Muslim youth. But questioning own beliefs towards religion can be the start of a painful journey full of guilt and fear. The first reaction to freshly emerged doubt is to find answers to resolve the conflict. Looking up different explanations of the controversial issue on the net or consulting imam (sect leader) are some of the ways to deal with doubt. The possibility of losing faith can be terrifying since religion provides a comprehensive way of living and support for stressful life events and existential matters (purpose in life, the promise of the afterlife, etc.).

When doubt/s cannot be solved, it may lead to religious disaffiliation over time. While some people may deal with doubts, pain, and inner struggles for years, some may conclude relatively quicker and say, 'I do not believe anymore'. By acknowledging their disbelief, people find themselves facing various challenges and dilemmas. It can be a lonely process when people have difficulties communicating their disaffiliation with their families, friends, and relatives. The chance of being rejected and alienated is high since apostasy is the greatest sin that any Muslim can ever commit. People in religious social circles may think that one is looking down on the Islamic doctrine by leaving the faith. Besides, families can suffer from losing their status and respect within the community. These are some of the factors that hold people from coming out. Some people dare to share their disbelief and lose family ties and all connections. When people cannot share that they are no longer Muslims, they need to perform a 'proper' religious body and participate in religious rituals to belong. This behavior comes with emotional struggles where people feel insincere. Moreover, there is a delicate balance to maintain between wanting to be yourself and not hurting your family. Therefore, this makes the construction of a new identity harder.

"When I quit Islam when at age twenty-one, I was a virgin. The idea of losing my virginity before marriage nearly gave me a panic attack. I had completely internalized the idea that an unmarried woman who'd had sex was worthless." (Waterlander, 2018)

Moving out of Islamic traditions and faith does not mean that people can change their lifestyles easily. When people attempt to experiment with things that are not allowed according to Islam, there can be a constant feeling of guilt and shame holding people back from adopting a secular lifestyle. The process of adopting a new way of living can take time until faith leavers feel comfortable with themselves finding out their new spiritual and moral foundations.

Chafai, H. (2020). Contextualizing the Socialization of Muslim Minorities within Parental Upbringing Values in the Netherlands, Journal of Muslims in Europe, 10(1), 3-21. doi: https://doi.org/10.1163/22117954-BJA10014

Waterlander, A. (2018). Ex-Muslim: 'I have to pretend to be something I'm not at the UU when other Moroccans are near'. Dub.uu . https://www.dub.uu.nl/en/depth/ex-muslim-%E2%80%98i-have-pretend-be-something-i%E2%80%99m-not-uu-when-other-moroccans-are-near%E2%80%99

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Personal Project Brief - IDE Master Graduation

TU Delft

introduction (continued): space for images

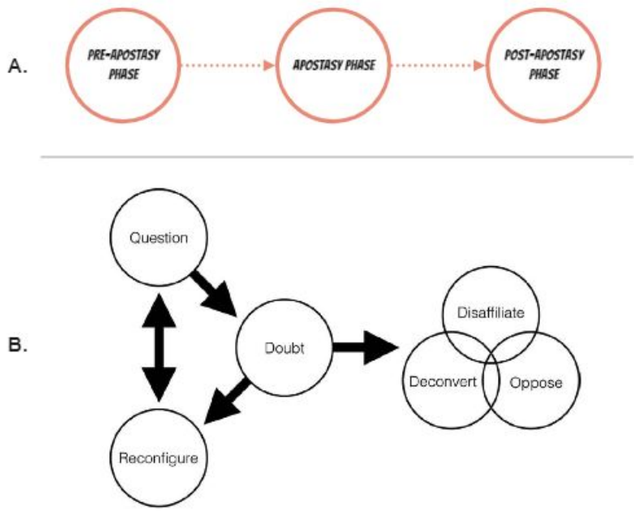

image / figure 1: A: Fundamental stages of apostasy (Cotte, 2015), B: The Model of Transition Experiences(Fisher, 2016)

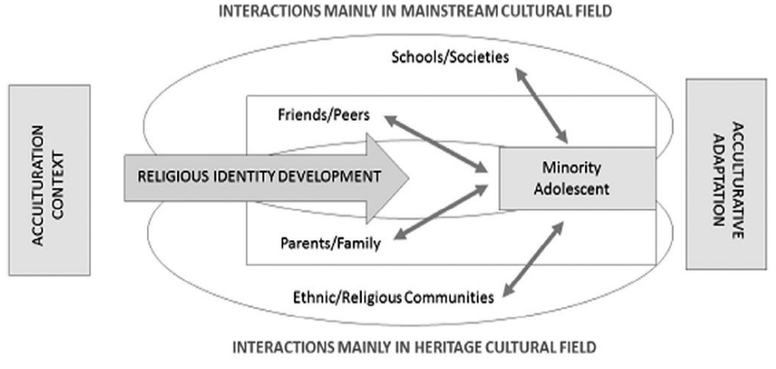

image / figure 2: A contextual developmental model of religious identity in minority adolescents (Karen et al.,2018).

Personal Project Brief - IDE Master Graduation

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PROBLEM DEFINITION **

Limit and define the scope and solution space of your project to one that is manageable within one Master Graduation Project of 30 EC (= 20 full time weeks or 100 working days) and clearly indicate what issue(s) should be addressed in this project.

The objective of the project is to introduce a design intervention into religious transition in the Netherlands among Muslim minorities. The initial design goal of the project is to support people who are experiencing religious disaffiliation in the Dutch context. The target group is the people born and raised in Islamic environments within Muslim ethnic minorities in the Netherlands, no longer subscribe to Islam, and haven't converted to another religion.

As previously described, the process of leaving faith among Muslim minorities is a complex and multidimensional phenomenon. It contains intra and interpersonal complications with social and emotional struggles. Because of its multifaceted nature, it is difficult to predict and manage the transition process. Thus, the project aims at making a positive impact on the religious disaffiliation experiences by exploring ways to support individuals in the Dutch context.

Main design question: How to support people who are experiencing religious disaffiliation among Muslim ethnic minorities in the Netherlands?

ASSIGNMENT **

State in 2 or 3 sentences what you are going to research, design, create and / or generate, that will solve (part of) the issue(s) pointed out in "problem definition". Then illustrate this assignment by indicating what kind of solution you expect and / or aim to deliver, for instance: a product, a product-service combination, a strategy illustrated through product or product-service combination ideas, ... In case of a Specialisation and/or Annotation, make sure the assignment reflects this/these.

My research goal is to have a comprehensive understanding of the religious disaffiliation process/experiences among Muslim ethnic minorities in the Netherlands to pinpoint crucial struggles and opportunities. The goal of the design intervention is to improve the well-being of faith leavers, by supporting them in the complex transition process. In the design phase, I will be intensively working with prototypes to ensure that the final proposal brings the desired impact.

My design intervention can be:
- a physical tool to support people in their transition process by connecting them through storytelling to help them learn from each other's experiences
- a guiding and supportive agent (product-service combination) to make the transition journey more predictable and manageable to improve target users' well-being

Main research question: How do people experience the journey of religious disaffiliation?
Islam in the Netherlands: What is the history of Islam in the contemporary Dutch context?
What are the current statistics regarding religiosity among Muslim minorities?
Religious Identity: What are the factors/forces influencing Muslim youth religious identity?
Apostasy: What does 'leaving faith' mean in Islam? What do divine scripts say about apostasy?
What are the current interpretations of Islamic doctrine regarding apostasy?
Leaving Faith: How does the religious disaffiliation process start?
What are the steps in the transition towards religious disaffiliation?
What are the struggles and enablers for people leaving their faith in Allah along the way?
How did faith leavers' habits, routines, and everyday life experiences change?
How do faith leavers seek help regarding their struggles in the transition process?
What are the services available to support faith leavers in the Netherlands?How do they help?

Personal Project Brief - IDE Master Graduation

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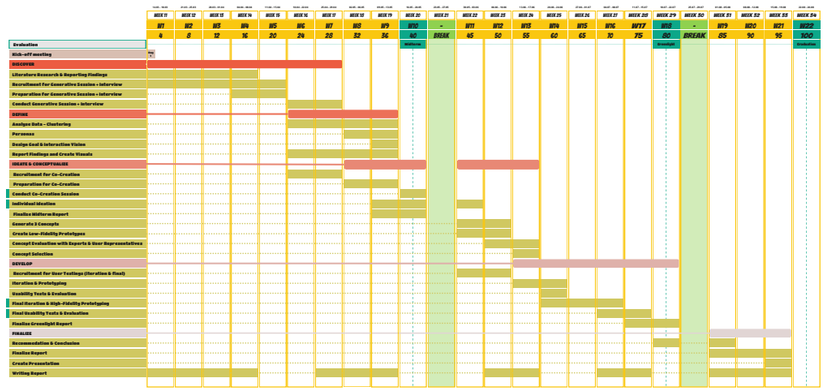
PLANNING AND APPROACH **

Include a Gantt Chart (replace the example below - more examples can be found in Manual 2) that shows the different phases of your project, deliverables you have in mind, meetings, and how you plan to spend your time. Please note that all activities should fit within the given net time of 30 EC = 20 full time weeks or 100 working days, and your planning should include a kick-off meeting, mid-term meeting, green light meeting and graduation ceremony. Illustrate your Gantt Chart by, for instance, explaining your approach, and please indicate periods of part-time activities and/or periods of not spending time on your graduation project, if any, for instance because of holidays or parallel activities.

start date 14 - 3 - 2022 26 - 8 - 2022 end date



The project will take 22 weeks/100 days. I will work four days a week due to my student assistantship for the first ten weeks. After the Midterm presentation, I will turn my schedule into full-time. I plan to be done with the co-creation session and start the individual ideation phase in the week of the Midterm presentation. Besides, I will hand in my draft thesis draft for feedback. By the Green Light meeting, I plan to complete the usability tests and evaluation of the final design and expect to finish 80% of the thesis report. I plan to have two breaks, the first one is the week after the midterm presentation, and the other is after the Green Light presentation.
I will be doing literature research on the questions mentioned in the 'Assignment' section. Results of the literature research will determine the details of user research activities. Since the topic is personal and sensitive, I will conduct the generative session and interviews one-on-one. There will be online and in-person options for the sessions, and participants can choose what suits best for them. After analyzing all the data gathered from the secondary and primary research, I will create personas. Then by taking the most interesting user profile into account, a design goal and an interaction vision will be generated. After that, I will be conducting a co-creation session. An individual ideation and concept generation will follow. Low-fidelity prototypes will be tested for each concept. After the concept selection, there will be two iteration rounds with prototypes where I will be discovering feasibility, viability, and desirability of the final product. Moreover, I will investigate how new technologies can contribute to the desired impact of the final design. Lastly, during the assignment preparation phase, I found the freethinker course organized the Humanistisch Verbond for the people who left their faith. I have been in touch with the course coordinator to learn about the course content and their experiences with faith leavers. I also contacted Maria Vliek, a researcher at Radboud University. She did extensive research on the experiences of people who left Islam in the UK and the Netherlands. Maria Vliek is willing to take part in the project to bring an expert perspective.

Appendix A

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Personal Project Brief - IDE Master Graduation

MOTIVATION AND PERSONAL AMBITIONS

Explain why you set up this project, what competences you want to prove and learn. For example: acquired competences from your MSc programme, the elective semester, extra-curricular activities (etc.) and point out the competences you have yet developed. Optionally, describe which personal learning ambitions you explicitly want to address in this project, on top of the learning objectives of the Graduation Project, such as: in depth knowledge a on specific subject, broadening your competences or experimenting with a specific tool and/or methodology, ... Stick to no more than five ambitions.

Why this project:

[redacted]

I have many friends having a similar fate, similar difficulties. Since I am in the Netherlands, I wondered; how people born and raised In Islamic environments in the Dutch context go through the religious transition. While recognizing differences in the context, I assume many similarities in the experiences of religious disaffiliation. I want to find a way to support people to deal with difficulties in this painful journey to improve their well-being.

Before I started the IPD master's program, I had worked as an industrial designer for a few years back in Turkey. I was designing home appliances products for mass production. I enjoyed a lot doing my job, but I wanted to use my creativity to bring meaningful solutions not for the sake of profit but with the vision of sincerely improving people's lives. At IDE, I learned how much design could do, how much it could dare! Therefore, I want to dare greatly and design a solution for the complex religious disaffiliation process by utilizing my experience at IDE and my personal motivation.

My learning goals:
I want to use the context mapping method to better understand people's needs and desires during the transition of religious disaffiliation. I am very excited to utilize this method for the first time. I already have theoretical knowledge, and now it is time to practice the context mapping method! Besides, with the experience I gained from the Creative Facilitation course, I would like to conduct a co-creation session in the ideation phase with some of my peers, an expert on the topic, and two people who experience the transition process. By that I aim to gain more experience in creative facilitation. During the ideation phase, I may use the behavior change strategies from the Health Psychology course that I took in my 3rd semester. Lastly, In the Vision in Product Design elective, I practiced how to work with statements, analogies, and interaction qualities. Therefore, I would like to generate an interaction vision and its qualities alongside a design goal to create a solid foundation for the design phase.

FINAL COMMENTS

In case your project brief needs final comments, please add any information you think is relevant.

APPENDIX B

Call for Participants - Primary Research

Hello!

My name is Efkan Cetin, a second-year Integrated Product Design master's student at Delft University of Technology. Recently, I have started working on my thesis project to design a solution to improve faith leavers' well-being by supporting them in the complex and ongoing transition process.

The project focuses on experiences of people who're born and raised in Islamic environments within Muslim ethnic minorities in the Netherlands, no longer subscribe to Islam, and haven't converted to another religion.

To gain more insights into the process of 'moving out of religion' and as well as to identify struggles and aspirations in the transition experiences, I am looking for participants (preferably 5 or 6 people who recognize themselves in the description above) for one on one interviews. The interviews will take place between April 18 and 29. Each interview presumably will take about an hour and can be conducted online or in-person at a moment of your choosing. There will be significant attention to anonymity!

If you are interested in participating in interviews or learning more about the design project, I would love to hear from you! You can reach me via E.Cetin@student.tudelft.nl or via WhatsApp: +90 545 855 1992.

Note: In the later stages of the design process, there will be other activities that I would love to have your participation! I will conduct user testing for concept selection and later for the final design solution. Before testing, there will be an online co-creation session where designers and non-designers come together and generate ideas (you don't need to have any drawing skills!). If you are (also) interested in any of these activities or would like to have more information, please let me know!

Thank you in advance!

Best,
Efkan

TU Delft

CALL for PARTICIPANTS

designing a solution to improve faith leavers' well-being

What:	**Interview with people <u>moving out of Islam</u> for Msc thesis project in Integrated Product Design, at Delft University of Technology**
Why:	**To gain insights about the challenges and support experienced during the religious transition process**
Who:	**Born and raised in Islamic environments within Muslim ethnic minorities in the Netherlands, no longer subscribe to Islam, remain non-religious**
When:	**Between April 25 and May 6**
Where:	**Online (via zoom) or in-person**

*****personal information collected about you that can identify you, such as your name, will not be shared by the researcher***

If you are interested or would like to know more, don't hesitate to send me a message!

Email:	*E.Cetin@student.tudelft.nl*
Whatsapp:	*+90 545 855 1992*
Tel:	*+31 6 13114043*

Best,
Efkan Cetin

APPENDIX C

Informed Consent form & Primary Research Plan

Dear participant,

You are being invited to participate in a research study. This study is part of my master's thesis in the Integrated Product Design program at the Delft University of Technology. The project is supervised by Marieke Sonneveld and Annemiek van Boeijen. The purpose of the study is to gain insights into challenges and support during the religious transition process. The interview will last about an hour and a half, including a break. I will be asking you to share your experiences regarding challenges you face and how you overcome these during the transition process. There will be some templates that I will be asking you to complete during the interview and you will receive questions about your inputs on the templates. I would like to ask you to read this form carefully and ask me any questions you might have.

Taking part in the study	**Yes**	**No**
DD/MM/YYYY		
I have read and understood the study information dated I have been able to ask questions about the study and my questions have been answered to my satisfaction.	☐	☐
I consent voluntarily to be a participant in this study and understand that I can refuse to answer questions and I can withdraw from the study at any time, without having to give a reason.	☐	☐
I understand that taking part in the study involves a video and/or voice-recorded interview. I agree that the interview will be transcribed and that the recording will be destroyed afterwards.	☐	☐
Use of information in the study		
I understand that information I provide will be used for the outcome of the thesis, as well as potential future scientific publications.	☐	☐
I understand that personal information collected about me that can identify me, such as my name, will not be shared by the researcher.	☐	☐

Name **Signature** **Date**

Contact details for further information

Efkan Cetin

Tel: +31 6 13114043
E-mail: E.Cetin@student.tudelft.nl

INTERVIEW GOALS

The information I would like to obtain:

1. Challenges people face
2. Ways to deal with difficulties
3. Available support channels
4. Feelings when receiving support
5. Characteristics of the support needed
6. Positive and negative influences in terms of support from both religion (belief, community, etc.) & secularity (understanding, community, etc.)

INTERVIEW SCRIPT (DRAFT 2.0)

Introduction (2-3 min)

- Welcome & thank participant
- Briefly introduce yourself (researcher)
- Introduce the aim of the conversation
- Consent form (ask if they have any question about it)

ICE BREAKER (2-3 min)

- How long have you been living here/there? Etc.
- How do you like here/there? Etc.

UP-BRINGING (10 min)

Q: Could you please tell me about your up-brining in respect to religion?

- *Family situation*
- *Community's role*

SUPPORT (contains generative activities)

- *Receiving*
- *Providing*
- *Meaning*
- *Emotions*

Generative Activity 1: Path of transition – Challenges & Support **(45-60 min)**

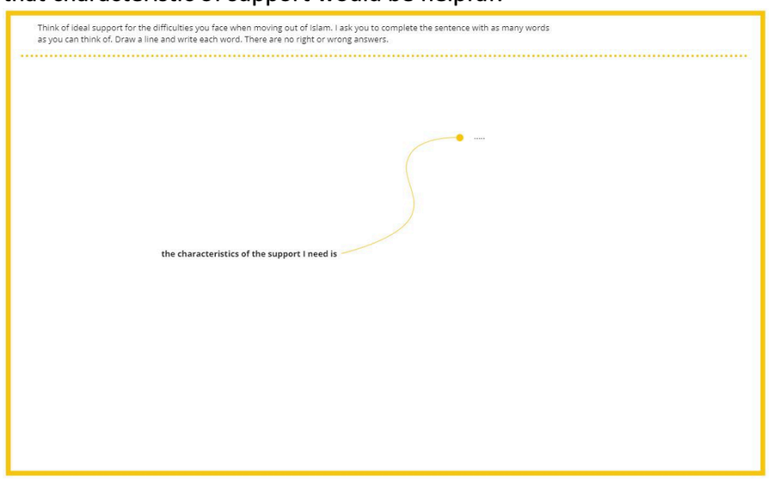
- Think of your religious transition path, departing from 'you as how you were brought up' to your 'current self'. I ask you to draw the path and indicate (write, draw) challenging moments. They can be related to people, events, places etc. There are no right or wrong answers.

Q: What happened? When & where? What was the support? What did it mean to you? How did you feel?
Is there a moment that you provided support to others? How did it feel? Meaning?

Generative Activity 2: Sentence completion – Characteristics of support **(10 min)**

- Think of the characteristics of support you need for the difficulties you face when moving out of Islam. I ask you to complete the sentence with as many words as you can think of. There are no right or wrong answers.

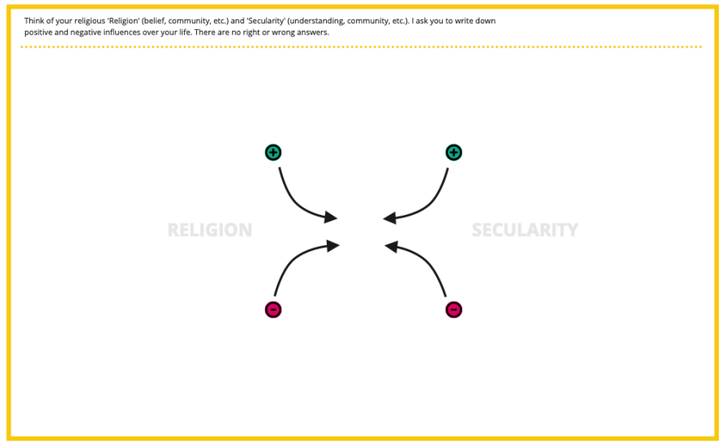
Q: Can you walk me through and explain each word? And tell me for what, when & where that characteristic of support would be helpful?



Generative Activity 3: Influences & Well-being **(15 min)**

- Think of 'Religion' (belief, community, etc.) and 'Secularity' (understanding, community, etc.). I ask you to write down positive and negative influences in terms of support. There are no right or wrong answers.

Q: What are the positive influences? What makes them positive. How did you feel?
What are the negative influences? What makes them negative. How did/do you deal with negative influences? How did you feel?



ADAPTATION to CHANGE
Q: How do you experience the change happening in your life?

- *New habits, routines, relationships*
- *Values, morality*
- *Sustain – Habits, relationships*
- *Balance in between*
- *Source of support*

CLOSING (5 min)
Concluding the interview

- *Are there anything we didn't talk regarding support?*
- *Do you want to share something more?*
- *How do you feel after this talk?*
- *If there is something that you want to share or know more about the project you can always reach out to me*
- *Would you be willing to participate in idea generation workshop or user-tests in the later stages in this project? (Provide more information)*

APPENDIX D

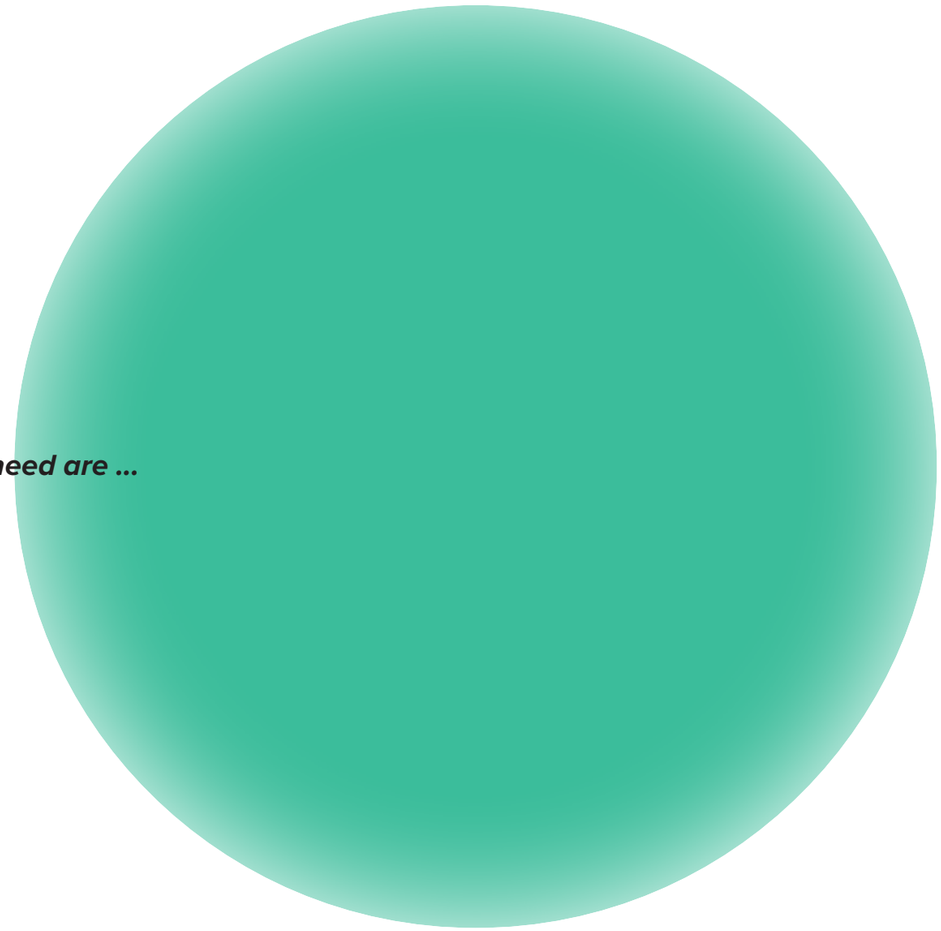
Material for the Primary Reserch & Results

Appendix D

Think of your religious transition path, departing from ‘you as how you were brought up’ to your ‘current self’. I ask you to draw the path and indicate (write, draw) challenging moments. They can be related to people, events, places etc. There are no right or wrong answers.

Appendix D

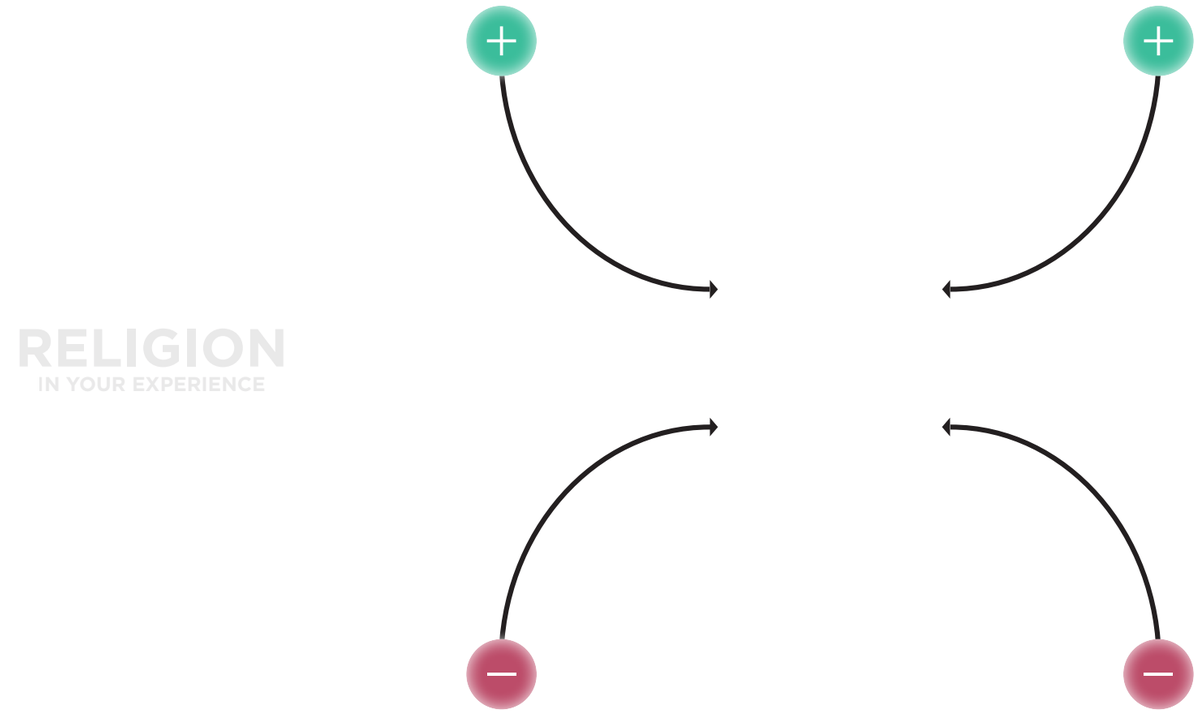
Think of the characteristics of support you need for the difficulties you face when moving out of religion. I ask you to complete the sentence with as many words as you can think of. There are no right or wrong answers.



the characteristics of the support I need are ...

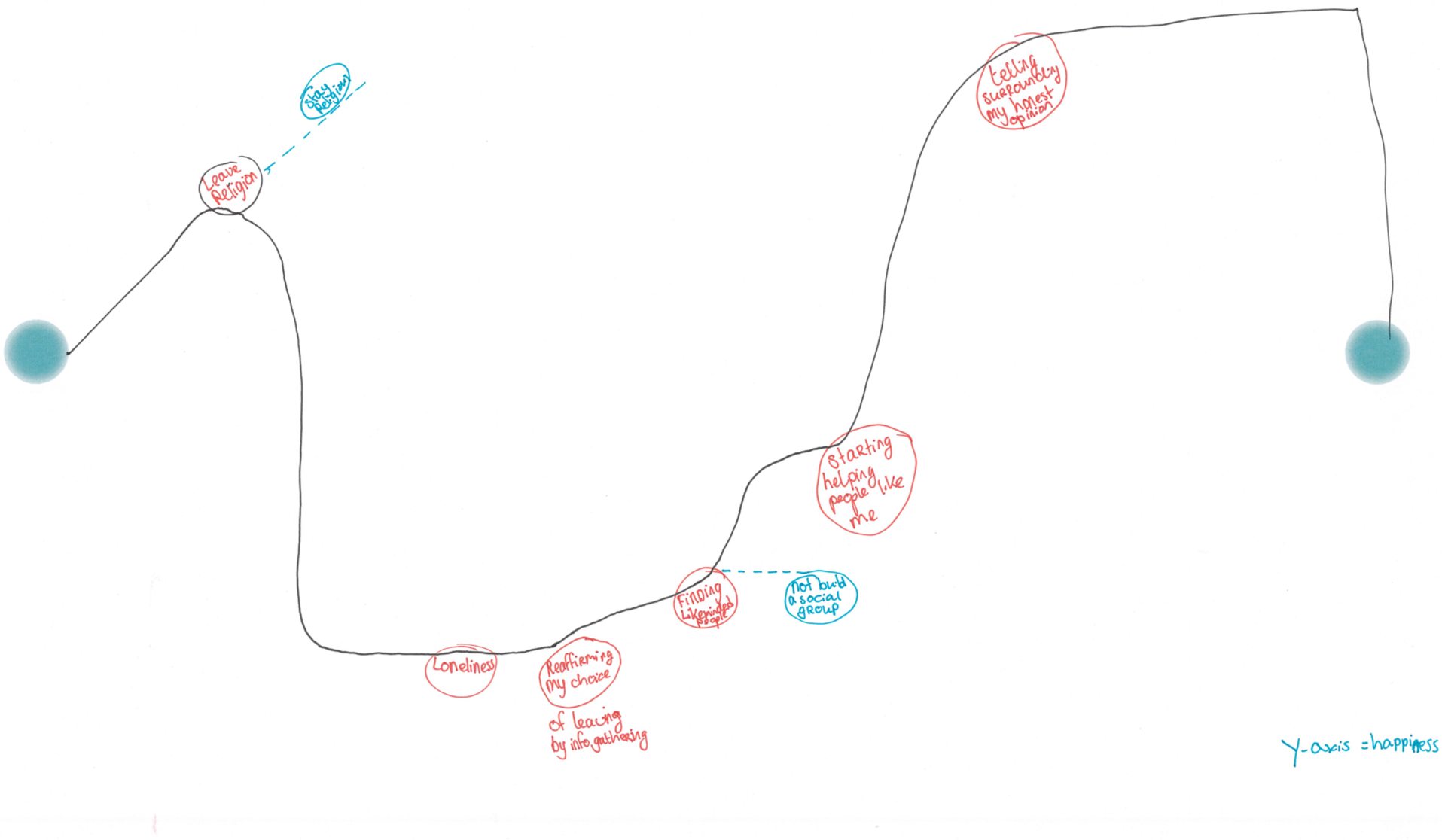
Appendix D

In your experience, think of ‘Religion’ (beliefs, practices, community, etc.) and ‘Liberal & Secular Realm’ (values, relationships, etc.). I ask you to write down positive and negative influences in terms of support during your religious transition process. There are no right or wrong answers.



Appendix D

Think of your religious transition path, departing from 'you as how you were brought up' to your 'current self'. I ask you to draw the path and indicate (write, draw) challenging moments. They can be related to people, events, places etc. There are no right or wrong answers.



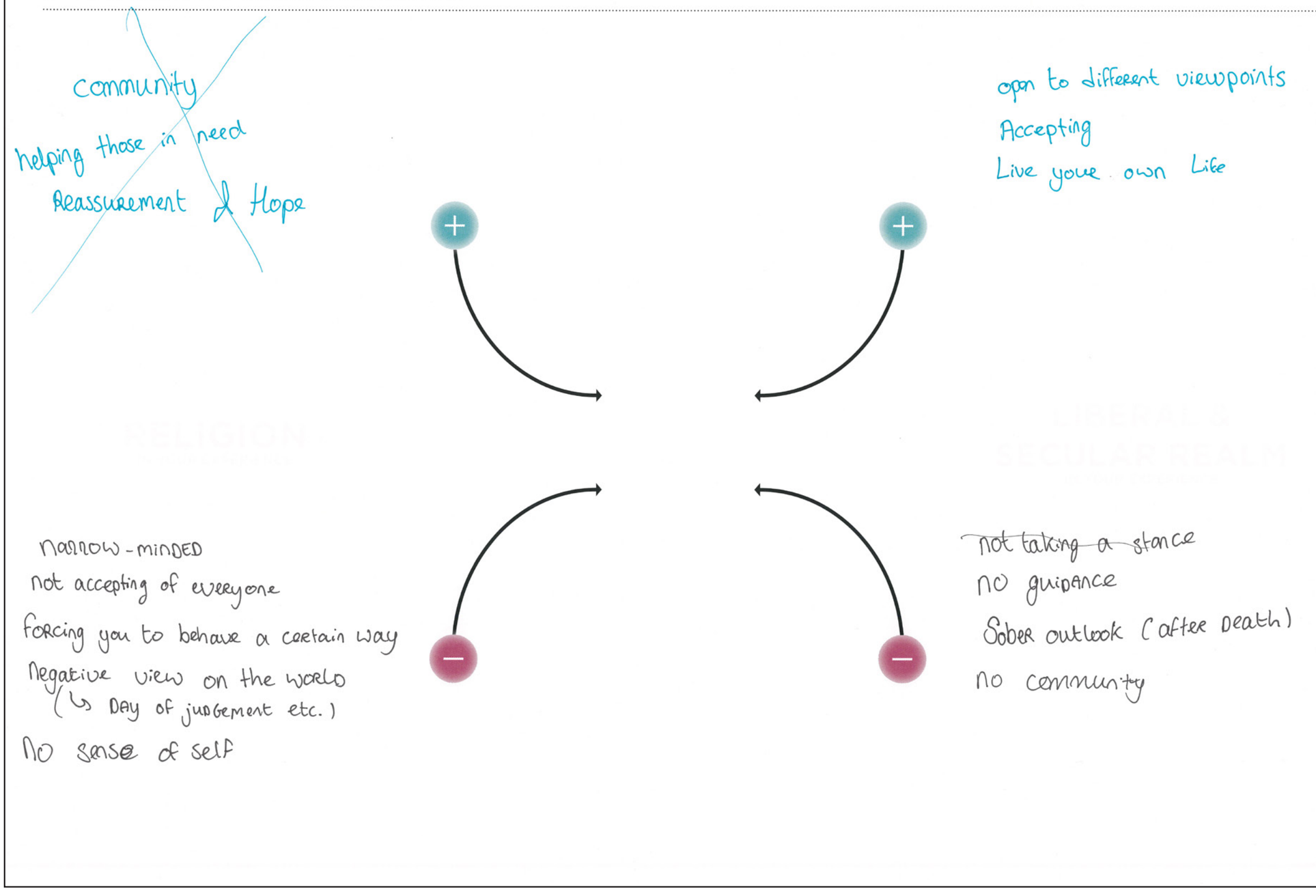
Appendix D

Think of the characteristics of support you need for the difficulties you face when moving out of religion. I ask you to complete the sentence with as many words as you can think of. There are no right or wrong answers.

the characteristics of the support I need are ...

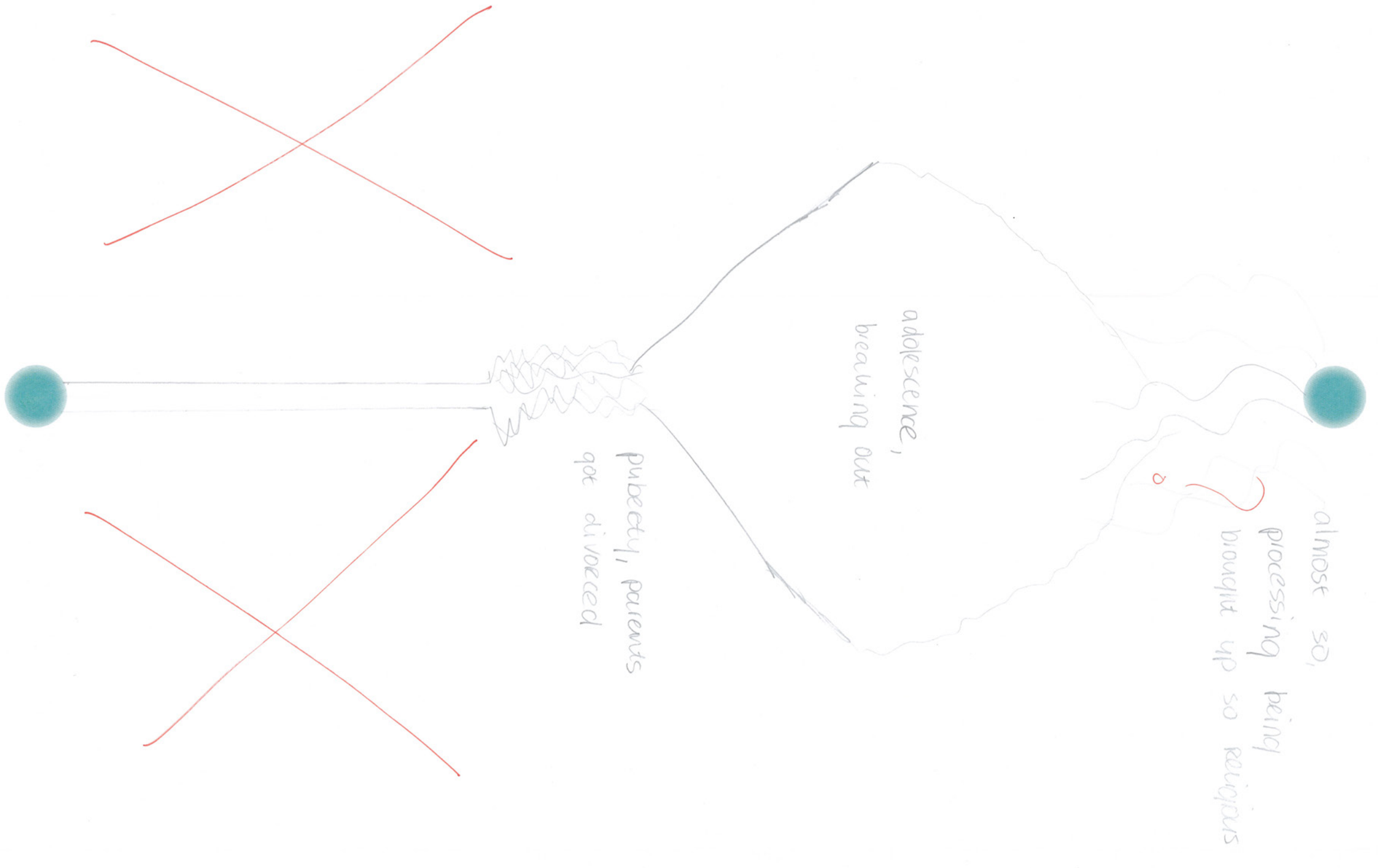
Appendix D

In your experience, think of 'Religion' (beliefs, practices, community, etc.) and 'Liberal & Secular Realm' (values, relationships, etc.). I ask you to write down positive and negative influences in terms of support during your religious transition process. There are no right or wrong answers.



Appendix D

Think of your religious transition path, departing from 'you as how you were brought up' to your 'current self'. I ask you to draw the path and indicate (write, draw) challenging moments. They can be related to people, events, places etc. There are no right or wrong answers.



Appendix D

Think of the characteristics of support you need for the difficulties you face when moving out of religion. I ask you to complete the sentence with as many words as you can think of. There are no right or wrong answers.

the characteristics of the support I need are ...

Appendix D

In your experience, think of 'Religion' (beliefs, practices, community, etc.) and 'Liberal & Secular Realm' (values, relationships, etc.). I ask you to write down positive and negative influences in terms of support during your religious transition process. There are no right or wrong answers.

RELIGION

- safety & guidance
- church, a religious life as something to fall back on /upon
- my family

LIBERAL & SECULAR REALM

- freedom and fun
- determine [redacted] what my life will look like
- support and understanding, patience

RELIGION

- all the rules to live by
- lack of empathy
- oppressiveness
- NO ROOM for personal interpretation

LIBERAL & SECULAR REALM

- fear of going to hell for doing things I always learned were bad & sinful

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the characteristics of the support I need are ... honesty
openness
tolerance
understanding
discussion
appreciation
being critical of yourself (as a religion)
neutral
independent.
- other people that have the same experience
- not trying to get you back into the religion

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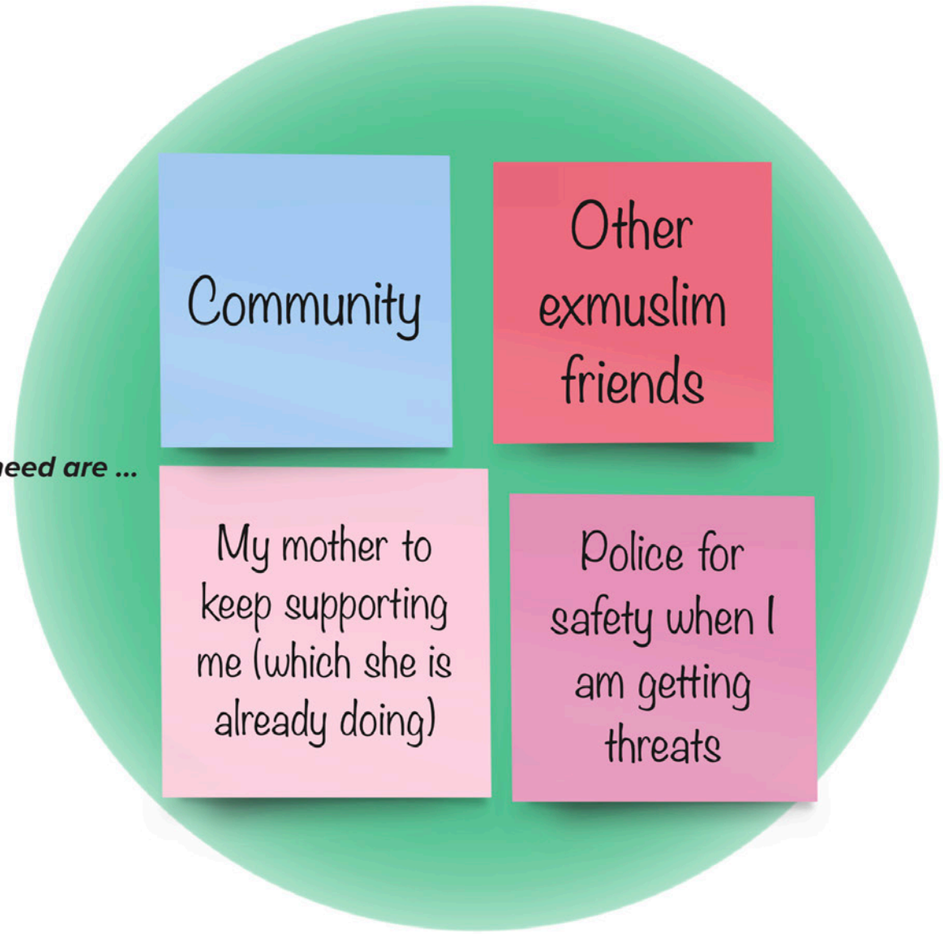

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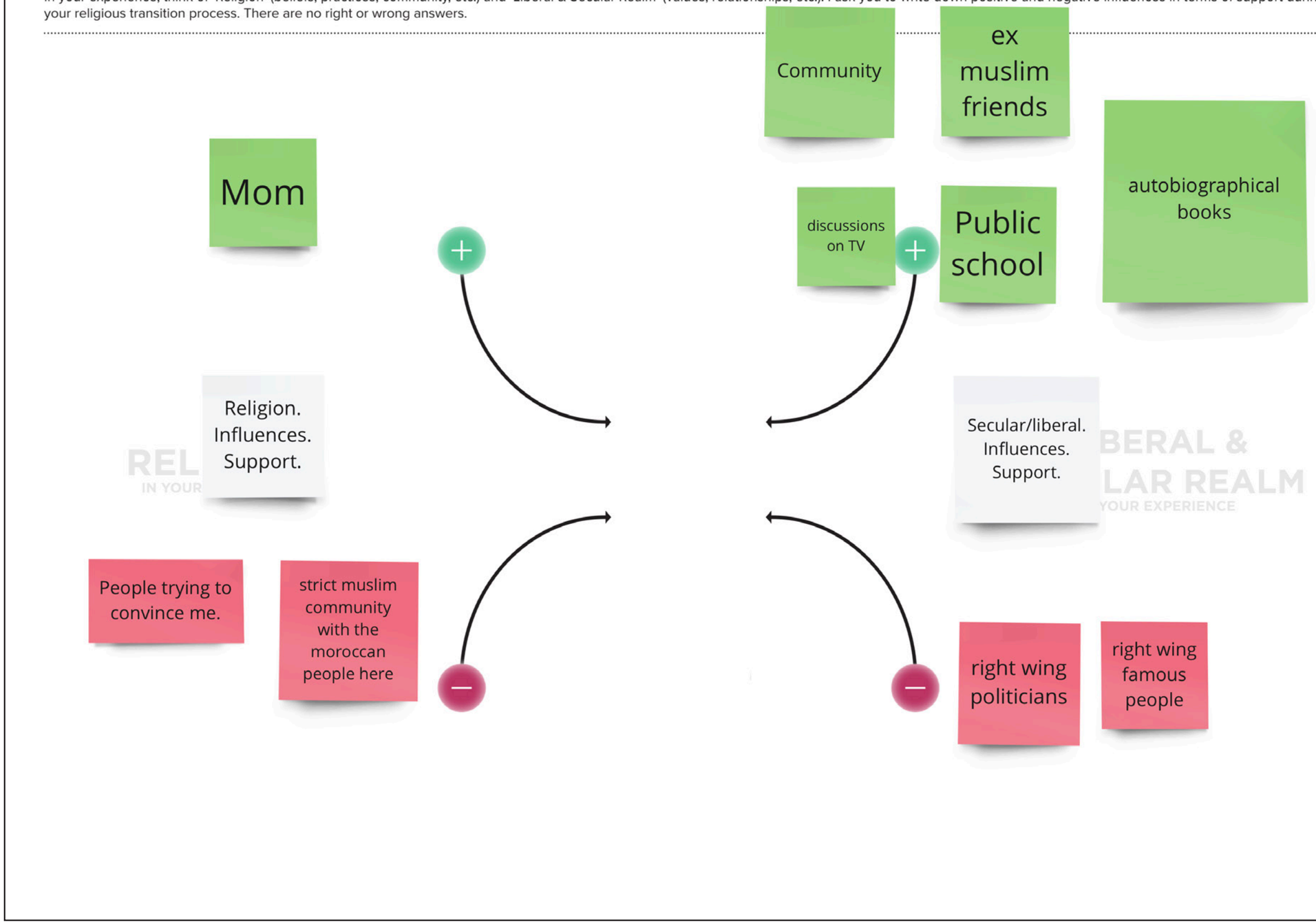

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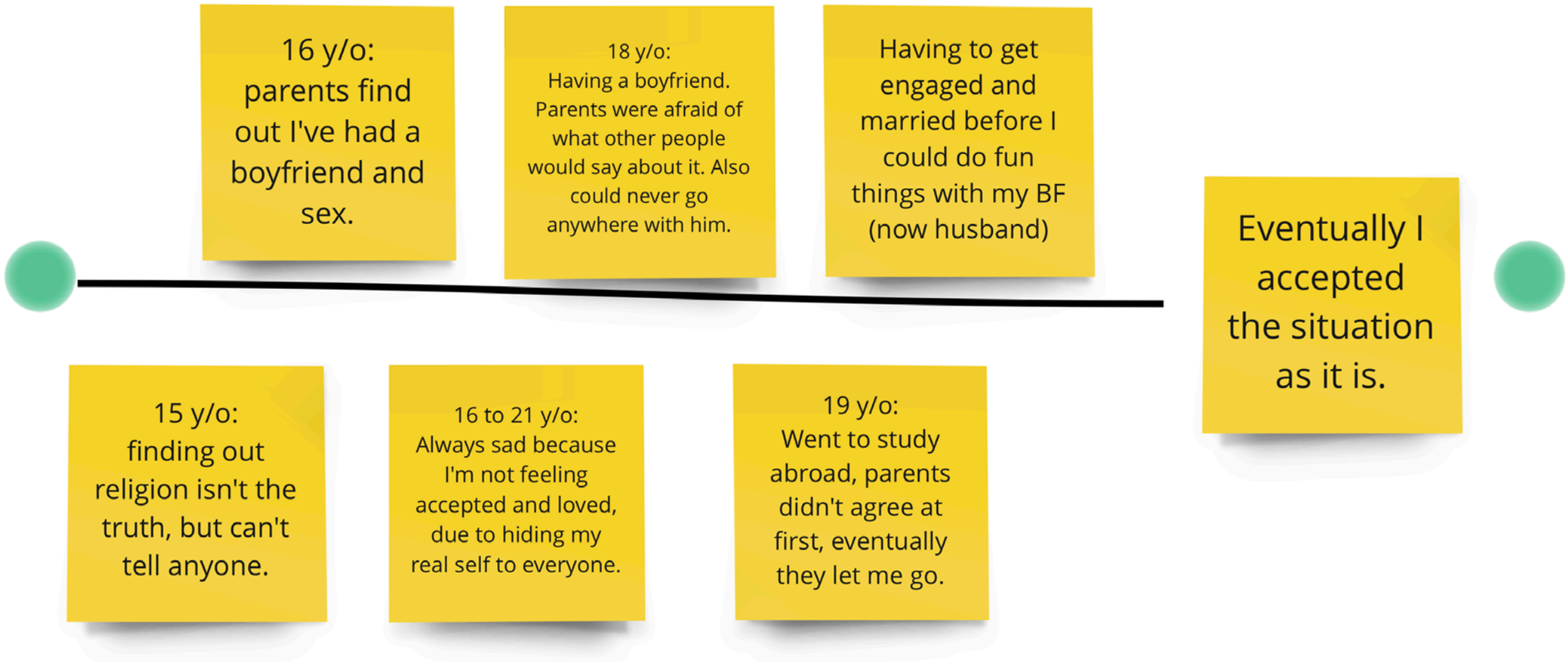

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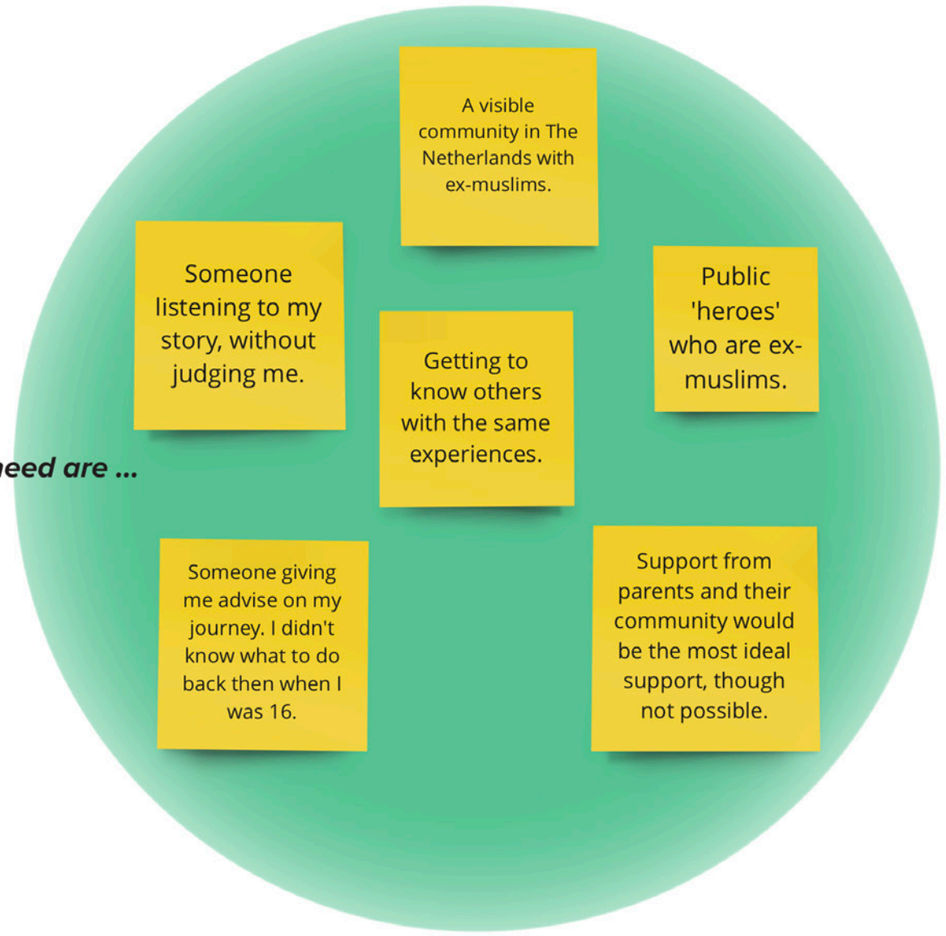

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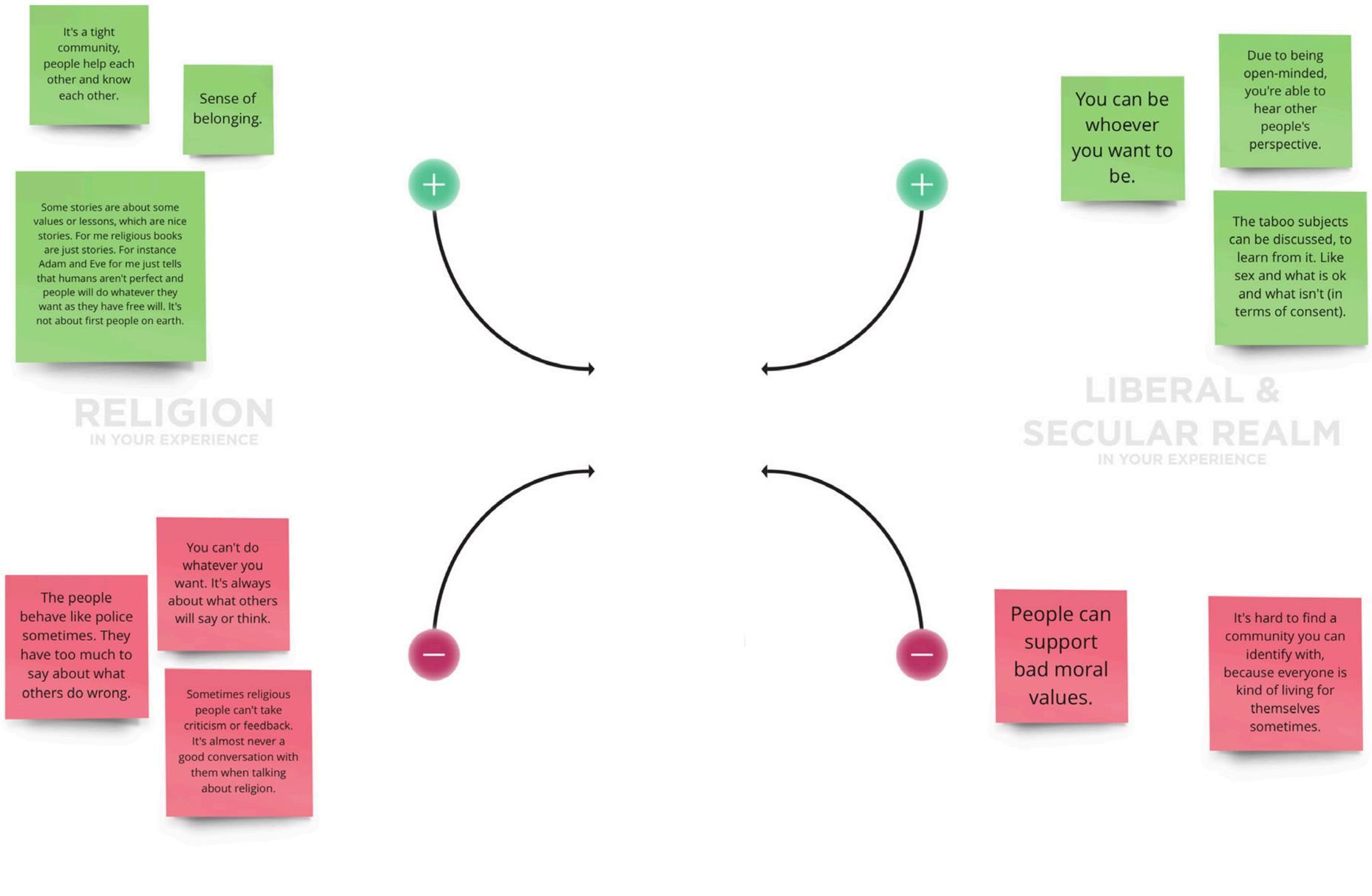

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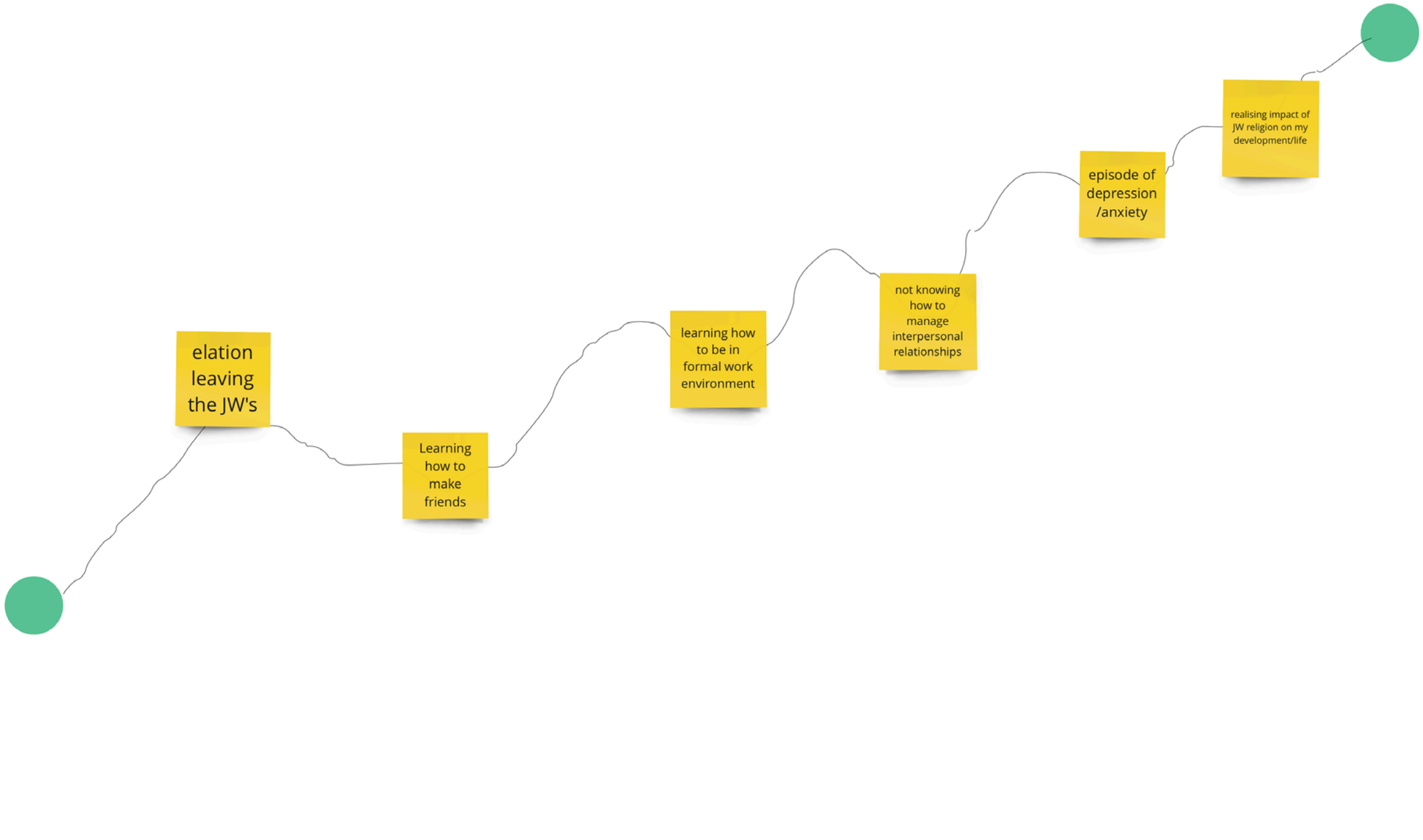

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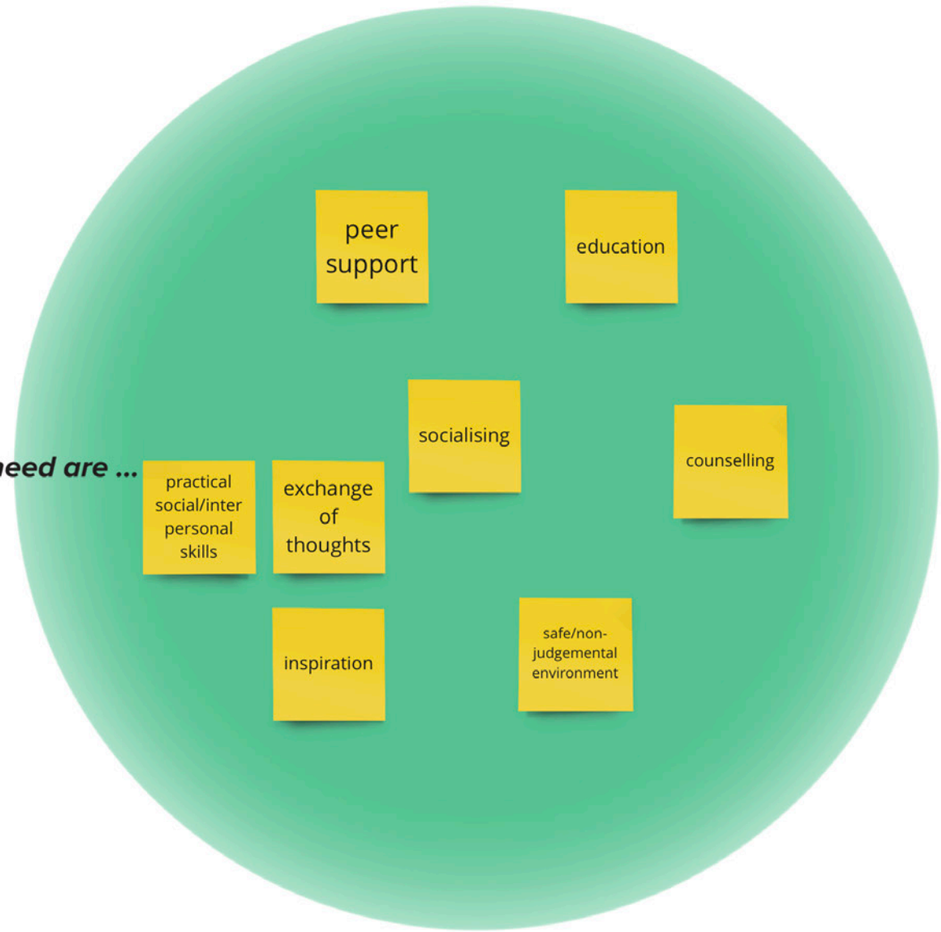

APPENDIX E

Themes & Clusters with Statement Cards

Appendix E

AUTONOMY & AUTHENTICITY

DESIRE TO BE TRUE SELF

religious transition means claiming one's true self & autonomy

'TRUE SELF' - with detour

'BEING MYSELF'
---
enough is enough I wanna make my own decisions - reaffirming my own choices

like-minded people helps people to form new social circle that they can be themselves

...

desire to be authentic, being oneself

there is a point where you don't willingly do the things that the **religion requires you to do** so praying, fasting etc. before that you still do it, then Fuc* this...

"...I just don't wanna do this, I wanna **live in an island** where no one sees me and I can just do my stuff..."

desire to discuss with his own thoughts

medical school discussion - genetic etc. clashed with the religion - ethical religious subjects- they don't tell us how to think they just let us discuss it with each other (in the school)
---

annoyed by the others telling him what to do

"...the mosque is just you go to people that tell you what to do, that is NOT REALLY what I am looking for..."

People are after autonomy

being able to live your life without judgement (with your own standards) , without anything else, do whatever you want as long as you don't harm any one...

"...to be honest just try. I am at the moment very much like; I wanna try everything so if I am like hey this is interesting, I am gonna do it and I do it few times and then I'll decide this is for me, this is not for me, this is more hobby related" >>

sharing disbelief with family to be oneself

she shared her disbelief with her parents she wanted to be HONEST with them, she didn't want to FAKE anything
---
for her own sake she made this decision so that she didn't have to do things that she didn't want to do
---
becoming more comfortable in her skin therefore she was whole lot less depressed because she could finally be more myself
---
by declaring her disbelief she helped herself not to participate in rituals and religious practices, she freed herself - refrainment issue
---
"...(coming out to her parents) was a very important moment in terms of me finally being able to be MYSELF..."

"...having inner integrity and also outer integrity towards my parents and to the world..."

coming out as the best experience

"...It was truly it was the best experience of my life to be able to be honest about something so important in your life..."

living a double life is hard to keep up

one time he forgot, didnt mind if the restaurant serving Halal food or not, his firnd was like what to hell - He though he got CAUGHT! - I don't wanna have this feeling again (8 months ago)
---
then he said I don't wanna live this double life because he still act like a Muslim with his Islamic friends
---
they can CATCH me like that - they didnt realize it - they would say he is only doubting but not gone...**no one leaves the Islam** - they still believe that I am a Muslim

religious people's interference to people's lives is disturbing

people behave like a police they have too much to say what other do wrong and you can not do whatever you want

people are annoyed if someone tries to convince them

some one listening my story without judging me - and without trying to convince her that she was wrong
---

having the ability to consider and obtain different perspectives is important - (finding it out of religious realm)

I want to be able to see things different ways..consider different opinions and choose that fits the best for me which I can stand behind, that openness, the ability to do so, to change your view point according to what fits you best
---
the world changes

"...depending on your viewpoint, your guidelines of yourself changes as well with it."

...

"...I mean as a Muslim you have to do a lot of things, even if it is just eating with your right hand stuff like that. It leaves little over to the imagination of people, everything is dictated for you, you have to do everything almost in a certain way which I feel really takes away of individuality, doing what you like which I something I put a lot of value behind..."

leaving own faith seen as gaining freedom

what you remember is that just freed, you look back and think....(?) - there was a time I got my freedom back - I don't see it as a painful experience before that it was painful proabably

RELATIVITY TO RELIGIOUS EXPERIENCES

HESITATING THE DECISION TO LEAVE/MOVE OUT

doubting one's decision to move away from the religion, religious way of life

there are voices in her head saying that you are supposed to be here not there...
---
there is still some part of that very religious kid still inside of her - she fights against her
---
"...right now, I am living a life that I never was supposed to live...it is always a bit...I don't know...borrowed time maybe..."
---
like I am doing what I wanted to do but I am not supposed to do it
---
(still you believe so) > "...I don't want to but my head is pretty much programmed that way...so I...I don't know..."

"...I feels like my body is here but my head is, my mind is...[pointing childhood period]"

"...I am everything I wasn't supposed to be that is just what messes up for me...I think...like I don't know..."

people tend to compare their current self with their past religious self

took a detour - reach the happy moment on his own terms

decision to leave a religion can result in decrease in happiness in initial period of religious transition process

[activity-1 drawing]

initially people may question their position

why am I like this - why can't I be like what my family wants me to be it would have been much more easier

thinking of the scenario that she was religious and happier - regret

she thinks maybe she stayed religious - strictly- her life would have been easier in a way that she didnt have to deal with herself there was a future lay out for her and she decided not to follow that path
---
"...sometimes I feel like if I feel sorry for my self or I am tired of something I feel like maybe I should have just stayed in that church and just lived the life I was made up(out?) for..."
---
sometimes she feels like it (stayed in the church) would be the easy way out
---
the life could have been clear for her if she stayed as religious as she was
---
"...sometimes I feel like why did I have to go and destroy that..."

taking others' standards of being Muslim as reality which Muslim definition

"...so it took me long time to actually join them because I was still judging myself for these thoughts...I knew I was not really living **like a Muslim**, I was still like you need to pray or I am having these thoughts..I am gonna burn if it goes like this so I was still in the phase where I was looking down on me from above and say you are really doing a bad job, but internal struggles took me long time to join them, it was a major event to me..."

NOT ALL NEGATIVE

POSITIVE ASPECTS OF RELIGION

people find some aspects of religion in their experiences positive

religion has the community, everybody cares about each other, willing to help each other, which he believes a beautiful thing

---

giving zakat - helping your neighbours - getting groceries

---

reassurement and hope

---

religion is tightened community where people are willing to do a lot for you

positive perspective on religion

religion tight community people know each other help each other and sense of belonging

---

values and stories - from different perspective, sometimes these are nice stories (religious ones)

embracing some of the moral values from religious past

but for morals...to be honest a lot of my morals are still from my religious background because I am proud ... (?)...them I don't think they change too much"

"...certain points such as I told you the reason why I am not religious is due to inequaility I feel like so that is a big moral stand point which has changed..."

seeing positive and negative in the religion

somethings in Islam are nice but a lot of things are not

embracing the past experiences and building upon them

"...it is like rebuilding yourself, to be honest, and your entire mindset..."

" so in this part you take out of the lego blocks out and in this one you put them all back together and leave out some and add some new ones..."

"this is the set that you're born with, at least in my case which (?) which got added by my parents...and I took it out put it partially back together and added my own on top of it"

"I have learned a lot of my time being proper Muslim boy, just not everything I wanted so now I am going to the other side [laughing], I will try budism next who knows"

DISCOURAGEMENT

HAVING OWN OPINIONS & BEING CRITICAL TOWARDS RELIGIOUS NORMS WAS DISCOURAGED

not having a chance to interpret religion

no room for personal interpretation - that has to do with not being allowed to ask questions, not being allowed to interpret some parts of the bible based on a personal experience or just you feel about something... there is no room for that

---

there is no room to say I have a certain feelings about this

religious community discourages asking questions

she had questions but that was a problem for them

---

answers were always: because we say so, bible says so etc.

---

there was not really satisfying answers for her

annoyed by the others telling him what to do

"...the mosque is just you go to people that tell you what to do, that is NOT REALLY what I am looking for..."

not having other Muslims around to criticise, be critical about religious views, values etc.

critisim about christianity - they use different way to deal with it.... Muslims get angry and try to kill you right

---

with his non-religious friend he was able to have a conversation about religion

---

he joined one in church - they should have this in mosque - this **Quran is pretty difficult to understand** - he was really **annoyed because they didn't have that**

---

need to have a non-factual perspective

there is no room to say I have a certain feelings about this

difficulties in creating your own perspective of belief

you have to follow what religious people say, not make your own assumption, come to your conclusion

---

"I appreciate them trying you know because it shows they care but they do have to let go after a while and be like okay we tried and it didn't work okay you do whatever you want, it is up to you and I feel like that part is kind of lacking, to be honest"

---

not being allowed to be critical - just listen what has been told

people are not aware that they could interpret religion the way they want

a gay friend messaged him 'help me, I don't wanna be gay anymore'

questioning was discouraged in early age

gay couple memory - after that she stopped asking questions

'us and others' was imposed

any outside interactions, work mates or within the school context ... all of that was no go - she didn't have any of these

---

she had only religious friends (just facades, formal) but there was no joy and fun in her life

lacking free thinking over religious beliefs

"...they gave you this ideology, you don't have enough...thoughts of your own to think about yourself, you just accept what is coming at you..I just followed and made my mom proud...."

forced to sticked to the norm

when you were brought up you only learn about religious values and your family doesn't want you to learn other perspectives

lack of room in religious sphere to discuss doubts - experiencing avoidance

he was not able to have any conversation about the religion

---

if you...in the religion the converstaion stops, you cannot explore it

---

when he had doubts he went to the mosque to talk about those but they said your mom just died take a glass of water and go back

---

they (muslims, mosque) expect you to **throw away** the doubts, they are actually not helping - **doubts are piling on**...

"...the thing is I wanted talk about...with Muslims because they 100% understand my doubts and stuff like that because I have to explain things to Christian people...but I wouldn't have to with the Muslim people but it was really annoying that Muslims only ... they don't want to talk..."

---

they are just not open to stuff **right**

If they had a place that you could discuss your doubts, maybe more people **would have stayed**

---

he guess that the way he talks with his Muslim friends others perceive him as if he is **attacking Islam**

---

discussion - **in Islam** there are things that they don't wanna talk about

---

you need to look inwards - they should look into their doubts as well - they choose to look away - it doesn't help

learning by discussing taboo topics is possible outside of the religious sphere

Taboo subjects can be discusses and learn from it - sex etc. consent

---

even taboos can be discussed and learned from

annoyed when opinions are not valued

people in the mosque they try to **get you back**

DISORIENTATION

HARD TO NAVIGATE ON YOUR OWN / LACK OF GUIDANCE

disorientation may seem hard to manage

"...I was brought up to have a very clear purpose and I think that now I have to make a purpose for my self...and it is harder to do that..." - it was easy before be a good girl, engage and have babies - guidance..(?)
---
she doesn't like to live by the rules (religious) but she also doesn't know how to live any other way - that is a constant battle in her head
---
okay I don't like living by the rules but than what is that I do like, what works for me

lack of behavioural guidance is hard to overcome....

"...(religion) has a guidance, it shows you hey behave like this, act like this around those people, stuff like that...you kind of get lost in a huge sea of I can do this and that but what should I do how should I behave now, what is okay, what is not..."

uncertainty within moving out of religion can make some to stay in the religion (understanding that they wanted to move out)

I am at a such low point - people who are in the early stages of their transition tell him that people don't know what to do, I dont know whom to talk how to behave , what can I do, what can't I do ...(what people say)
and he thinks that it is the reason for people to go back to religion because they don't know how to behave by themselves, they are all alone

the hardest part of the transition is defining values to live by

there is so much guidance in religion, it is so clear what you are allowed and not allowed to do and then when you have to redefine everything from scratch by yourself that is just...
---
she thinks reprogramming and redefining what values to live by who you are as a person outside of the religion that's the thoughts part - (it is same for her too - lale gül is an example)

leaving religion comes with an uncertainty regarding way of living

'AUTOPILOT' didn't do anything
---
leaving the religion in 'limbo state'

'NUMB STATE'

People are after autonomy

"...to be honest just try. I am at the moment very much like; I wanna try everything so if I am like hey this is interesting, I am gonna do it and I do it few times and then I'll decide this is for me, this is not for me, this is more hobby related" >>

no guidance makes you feel like lost at the beginning

guidance is also related to his loneliness at the beginning - not knowing what to do and where to go

BIASED VIEW ON BELIEF AND BELIEVERS

EXPOSED RELIGIOUS NORMS BECOME NORM AND ONLY PERSPECTIVE

the religious community/family has an influence on the way people perceive religion

narrow-mindedness
---
forcing you to behave a certain way
---
not free and allowed to think for yourself
---
you have to follow what religious people say, not make your own assumption, come to your conclusion
---
there is a clash with critical thinking
---
not accepting of everyone - during my process I was not able to tell people, hey I am having doubts, I don't know what to do because I know people wouldn't accept me for it
---
not being allowed to be critical - just listen what has been told
---
religions clear borders - if you step out...

coming to conclusion by considering the norms that one exposed to

she prayed, fasted, tried to learn more about Islam until she started ... when she was 16 she was depressed she was visiting blogs and reading a lot of stuff and then she learned about FEMINISIM, GAY RIGHTS
---
she came back to her religion and asked 'does this religion allow space for woman and gay people' to her conclusion it was not
---
when she started seeing there are no rights for women or lgbt she stared having more doubts
---
she was just lying to herself by staying with this faith that doesn't actually leave space to her for new morals and values
---
imbalance between man and woman
---
when you were brought up you only learn about religious values and your family doesn't want you to learn other perspectives

certain understandings and customs in religious tradition may become disappointing and be reason to move out

her mom's death fast forwarded everything (his decision to move out)
---
when his mom is in hospital, he thought she is going be fine (Allah is with you)
---
sense of justice - if we do everything right (mom, sister, him), everything is gonna be okay - he didn't realise that she was going to die
---
"...I got really angry at the **religion**, because **they** took away some precious time I had with my mom, I would have like to talk about future, what would she want me to do..."
---
when his mom is in hospital, he thought she is going to be fine (Allah is with you
---
woman just not able to join the funeral - her sister - also the custom that he put his mothers body to the grave, he was traumatized by that

exposed religious norms become norm and only perspective

"...about like a year ago, I could probably say that I didn't really fit in the Muslim...I mean I never said someone, I mean one year ago I looked to myself like I am not Muslim anymore, I mean **I can't be** because..."

annoyed by the doctrine that she was exposed to

inequality between man and woman - submissive position of woman
---
gay couple memory - after that she stopped asking questions

accepting the monopoly of religion

"...I personally I still like Muslims, I don't have anything against Muslims, It is just the religion I don't agree with, but I don't wanna be like the propaganda person of the right wing..."

leaving the faith for new identity, new values

during 16-18 it was not matching with my identity
---
then she made a decision for her new identity and he decided not to be Muslim anymore
---
my values are not staying in the house
---
wanted to have a free lifestyle

believing that Muslims do not want ex-muslims to be vocal

they think that as ex-muslims we are not allowed to speak on it - no opinions - they think we do not know enough about it to speak

people tend to generalise the religious norm that they were exposed to

"...I don't have enough publicity to do that if more poeple knew they would be definetely like hey look at this guy brought up **Muslim but not anymore and very vocal against it** but it is not something want to do, definetly not..."

taking others' standards of being Muslim as reality

"...so it took me long time to actually join them because I was still judging myself for these thoughts...I knew I was not really living **like a Muslim**, I was still like you need to pray or I am having these thoughts..I am gonna burn if it goes like this so I was still in the phase where I was looking down on me from above and say you are really doing a bad job, but internal struggles took me long time to join them, it was a major event to me..."

critiquing Islam on social media and facing anger

I put a lot of criticism on my instagram stories about Islam
---
some people don't appriciate it
---
people tell her to stop posting or deleting the posts
---
she received threats - someone took facebook comment of her and put on telegram 80.000 people - after that she received death threats
---
I do not want to put things private - people are allowed to have an opinion on my opinion - but no room for death threats - it is not a reason for her to put things in private

blaming religion in general not thinking of its interpretations

I think it is Islam - there is no logic...

If Islam is involved you turned of your mind, okay Islam thinks everything

suffering from one, truth (literal) perspective of religion

"...(Muslim friends) they say what the **Quran** says which **I can read...**"

Appendix E

FINDING ACCEPTANCE & UNDERSTANDING

INTERACTIONS WITH LIKE-MINDED PEOPLE

finding understanding when interacting with people who had similar experiences

most of them they agree for some part they understand why you made some choices and they mostly see SIMILARITIES and they sort of view (?) in their own story

---

open discussion - tolerance - accept each others' differences

---

openness and tolerance

"...when you go through something like this you feel pretty lonely..."

---

it is also having people around you that have gone through the same thing so they UNDERSTAND you BETTER

---

it is a DOOR to ACCEPTANCE - the event

finding acceptance and understanding from other faith leavers

"...I was also really listening to what other people said and always curious to what other people had to say, but they were also curious to what I had to say and my journey as well, so I was like finally people are willing to listen to who I am and also my journey I never experienced that before, I was really happy...even though I was much younger than they were..."

---

you can be whatever you want - people are open mineded so you are able to hear people's perspectives and you can also be just yourself

acquiring new friendships via support groups

Losing my religion event - she got most of her friends from there - they made multiple Whatsapp group

feeling deep connection to like-minded people

"...that was such an amazing experience for me because That was when I realised that i'm missed having people that thought exactly like me with the same background as me because I cannot say I have the same..."

"...I can connect with atheists people that were brought up atheist, but it's always different if it's someone who comes from a religion from Islam and his left Islam that means they have had a process which is the same as mine..."

"...there's a difference with the ex Muslim people because ex Muslim people have had a certain process and thought process also and certain emotions that atheists that were brought up with just atheism they were never religious, they don't have that...they have certain thoughts, critical thinking processes they (ex-muslims) have had during that leaving their faith..."

I finally also have friends like the same, like me

like-minded people provide understanding, acceptance and validation

" it felt like somebody was like hey, your FEELINGS are VALID, they are OKAY, you can have them instead of you just have to HIDE them all the time, your real THOUGHTS you have to HIDE all the time. That was a place where I could be myself."

people value more the relationship with like-minded people (blaise none)

"I need people because I like having people around me who know my feelings, know my thoughts. It is always nice talking to somebody who hasn't been through it but it is just not the same as somebody who has experienced kind of the same things..."

"...I feel like that improves the connection between the two and it helps you to talk deeper..."

"...(likeminded) those people can support you in what you doing, what you are going through.."

mainly interacts with ex-muslims not ex-chritsitans etc.

she meets people from other faith leavers due to her volunteer job - other volunteers she works with (ex J.W.)

initial period of transition it can be preferred to talk someone who has similar background / people look for reaffirmation

That, if I were to go back to the start of it, maybe I would find it i'd still find it beneficial to speak to individuals, for instance, who may not have the exact same religious backgrounds and but probably more so individuals that had the same.

---

you have like a **shared language** in a way (people from the same religious background) - you can still have a **shared experience** with others, but you have a shared language

feeling connected to the others who left their faith (ex-muslims)

CEMB people were the ones she talked a lot and she would connect with

---

she was signing every day to talk with people - it last 2 years or so and then she found out the community in the Netherlands

---

"...I just met up and it was so amazing to just you know find a whole group of people who have the same experience and who live in the Netherlands and through that way I just connected more and more and more people just like me."

connecting to the other faith leavers gives people the space to be their true selves and share their stories

find other people who can understand and you can talk freely about your experiences - everyone can relate- some people experience more heavy things and some people not really, but they always UNDERSTAND each other

it is hard for others to understand if they didn't experience something similar

"...she (her best friend) understands but she doesn't really know what it's like because she hasn't experience any of these..."

STRONGER TOGETHER

HELPING EACH OTHER, UTILISING OWN EXPERIENCE AND ABILITIES

acknowledging the support group as an entity to work for

we need more areas to make different people join

---

he wants to create a community in Arnheim - where he is from - a lot of people come from there and he wants to take responsibility for that - but there are financial problems to initiate (from organisation side)

---

otherwise he plans to join one of the other regions where there is a community

---

different activities - some people are interested in different activities that is why they come(?) at least for my case - I am doing pub quiz a lot, it was almost universe telling me they have this pub quiz you are here, you need to go - if it was not pub quiz I might not have gone

---

for events we could pay as members (membership payment- subscription) - the thing is if you that less members would come

---

V.P. need to define themselves as an open community anyone can join FREE, these are the positive words for the people to make it EASIER for them to JOIN

---

also the new members would not understand if it is just Vrijdenkers - you need to tell them it is about not filling in with the religion you have been thought... they need to know that because that is why they would come to **US**

---

if it is only Vrijdenkers those Muslims won't understand

eagerness to raise awareness for religious trauma in public services

I think, for me, the biggest thing is raising the awareness that this exists, and I think.

---

groups can have on individuals and the challenge of these individuals face and the kind of support that they need, because I feel that it's an underserved population

---

And one way to help serve them better is also raising awareness within the services, for instance, within the victims let's say advice services within the police within the psychological services within the health services at the GP because people do not ask about religion.

finding (online?) community of people who left their faith is a crucial moment

"...it was a world opening up to me, I was like wow I wish I found out earlier about this whole community of ex-muslims there were so many other people like me, I couldn't believe it that there were so many just like me."

"...so I started to chat with people, I always like you arent there people in the Netherlands because I was so jealous, they could meet up in Britian and I am not from Britain..."

willingness to give support that she didn't receive / wants to make use of the experience

I thought damn it, you know I don't want all of this experience and knowing that I didn't have the support but knowing if I could just help.

You know, one person or add value to one person's life through this journey than that's good enough for me

---

it doesn't cost me any energy and and even if it did it's it's worth it

---

I also know that i'm very much a intrinsically motivated.

And I am a survivor and i'm a fighter this that there's something this little flicker on flame and me that it's been you know, many things have tried to extinguish it, but it doesn't go out and I know that not everybody is necessarily the same has that same.

---

they may need more support, and so I can't expect everybody to be able to to make this journey that i've made completely on their own I don't think that's realistic and I don't think, nor should they have to so that's why i'm part of Vrijdenkenplaats

having a desire to form a community after finding other faith leavers

"...such a weird experience and also it opened my eyes to what I was missing at that time because I at 18 I came out, I was alone...lived 3 years without having community or anything..."

---

before she was only surrounded by Moraccon Muslims

---

she connected with these people and became friends started making Whatsapp groups meeting up on BBQs

eagerness to use own skills to contribute in respect to her own experience

I continue to, for instance i'm also i've done some courses on documentary making not that i'm a documentary maker, but I see an opportunity -

---

For myself, and it's something that I will propose and future, I would like to create a documentary on religious trauma syndrome what that is and incorporate into that somehow.

eagerness to help people experienced similar struggles with religion

she wants to assist people who left the religion - she acquired some skills that she wants to turn them into a profession

---

she knows how it feels like and she has insights on it and wants to combine her personal experiences to move forward - still determining

finding people that have similar experiences has a significant impact on well-being

"I wasn't the only one in that status which definitely helped also my MENTAL WELL-BEING"

---

fist building block: 'FINDING LIKE MINDED PEOPLE'

people are eager to share their lived experiences with others, ask and provide advice

to provide them (other faith leavers) social net, people who have similar experiences

people are motivated to help others especially who might experience similar difficulties that they went through

knowing how bad to experience the isolation he wanted to help out others who is in similar phase that he was in

meeting people that have similar experiences help people to improve their situation

meeting people like him change even more his path

desire to help others who are having similar experiences (sense of community)

trying to organise stuff - probably joining the people hire up to get stuff done as a volunteer

---

"...I just feel like it is really a good platform for people that are struggling with their journey to help others and help themselves..."

---

there are activities that fit for people, we should do variety of things to speak to a lot of DIFFERENT PEOPLE because they are so afraid if they see some activity they are good at or they are comfortable with they might go

being stronger and safer with ex-muslim community

"...yeah community is important because I think it's very important to always have like a safety net and to always have to stay connected with other ex Muslims..."

---

it is very important to give initiatives, if you want a lot of people to do something, then you have to have Community first so that you if there's something you want to do, you can just go to the community and get the work done in a very short amount of time instead of having to reach to individuals alone

---

Lale Gül - she was really alone in social media and on tv - not a lot of support but a lot of hatred - they decided to do petition to support her more than 10.000 people signed it

Once people receive help, they would like to provide one

SNOWBALL EFFECT - the more people get help - the more people help others, it get bigger (44:04)

helping out people that have experienced similar difficulties seen as a long term involvement

(ex-religious) volunteering job changed my 'ENTIRE FUTURE'

---- double check

'volunteering' was one of the 'TURNING POINTS'

people value more the relationship with like-minded people (blaise none)

"I need people because I like having people around me who know my feelings, know my thoughts. It is always nice talking to somebody who hasn't been through it but it is just not the same as somebody who has experienced kind of the same things..."

"...I feel like that improves the connection between the two and it helps you to talk deeper..."

"...(likeminded) those people can support you in what you doing, what you are going through.."

when people meet others that have similar experiences they would like to form a new social circle (not all)

people who join recently also started planning things get together and talk each other

---

they start forming subgroups to get together and talk even more - outside the monthly meetings

---

group of 3-4 people who get to know each other BETTER who can even share MORE STORIES

---

forming small groups can make people even more PROACTIVE that they want to help even more people

desire to make the community more vocal and visible

not only via courses also via instagram and facebook, social media is important, advertisements on radio stations for the events that are not very widespread advertisements which she thinks it should be more radio station to annouce more events like that

---

it is important that they gain more visibility

---

there should be more visibility, she doesnt know how ...maybe through more events advertised on tv or radio or instagram ads. etc. maybe flyers

Appendix E

BECOMING LESS STRICT WITH RELIGION

ALTERNATIVE PATH OVER DISBELIEF

[redacted] - another person

for some people being more secular can be an option instead of becoming a total faith leaver

and if someone still wants to stay in the religion - her conversation with a secular Muslim that wanted to get off the religion, she later said no I am going to stay with the religion and just gonna be more secular - the participant said do whatever is fine for you - the participant said that she is always open to talk

NOT THE ONLY ONE

REAFFIRMATION BY OTHERS' PRESENCE

[redacted]

'REAFFIRMATION' by others

"I wasn't the only one in that status which definitely helped also my MENTAL WELL-BEING"

[redacted]

initially people think that they are the only person who is moving out of religion

....

[redacted]

thinking of being the only person who left religion until know about others

"...I really thought I was the ONLY PERSON in the world ever decided to do so..."

"...holy shit there are other people like me..."

"I was fine with being the only ex Muslim, but it was still a very LONELY EXPERIENCE until that moment that I heard on radio and I said to myself oh my God, there are other people like me, probably..."

"...they probably had the same experiences like me the same thoughts, **the same hatred of Islam**..."

[redacted]

knowing that you are not alone is already a big help

give support and inspiration and to give... you know what the biggest thing that I think would have made a difference to me Leaving the jehovah's witnesses would have just been known that I wasn't alone.

And I think just by the very fact of the Vrijdenkenplaats existing you know that's great that there's events or anything but just know that there's a website there's something there, and you know that you're not alone.

UNDERSTANDING THE PROCESS

REFLECTING ON THE TRANSITION EXPERIENCES

[redacted]

talking to others who experienced similar difficulties helps to make sense of own process and struggles

"...so when I was talking to people who have had experienced the same kind of obsessiveness...and what impact it has on you personally that was very very eye openning for me...I was like I am not alone in this, I am not the only one struggling with this, I am not the only one who is feeling the same way...so that was really nice..."

[redacted]

Being informed about theoretical background of religious transition process help people to reflect on their experiences

why it went like that, how people overcome it, give **advices on the future**, steps that you can take, **to cope with it sooner**

---

psychologist gave explanations - "...oh, that's why I did those things, that is why I though like that, so it gives **REAFFIRMATION** as well."

"...oh I didn't have those feelings just RANDOMLY, it was all PART of a PROCESS."

[redacted]

realising the trauma is also liberating

[redacted]

learning about psychology helped to reflect on the past experiences

she went to university - studied Psychology and learned about attachment theory - moment that penny drop

---

she started to reflect for the first time - realising her trauma in her childhood with the lens of attachment theory

[redacted]

it is important to understand the process you are in / peer support

peer support for instance, it's crucial and that that helps to that you kind of have an idea, a grasp of what you're up against.

---

that there's certain let's say stages that you might come across and that the feelings that you're having a completely normal...

And they're part of the process, you have an idea that there is a process, it can be quite convoluted, but there is something.

---

counseling sometimes that's necessary sometimes it's not, but I think a lot of people could do with that counseling it doesn't have to necessarily be formalized

[redacted]

support group helped to reflect on her transition process

(between18-21) very interesting period of time - she wasn't really engaged with her process - she came out of it and that's it -she started living - going back to school

---

these were very interesting events because they asked them to tap deep into their process - her process was really non-existent - it was quick for her and no emotions

---

there were other people who had very emotional processes and also very emotional reactions...

"...(meeting with other ex-Muslims) It changed my life drastically absolutely drastically because these people have given me new knowledge about my process because at first, I was really radical. In like my hatred for Islam and everything, but now it's more nuanced and I am able to be critical to myself, too, and they have also given me book recommendations and they have given me a place to vent about my struggles with my family and with the community and with like just anything....

[redacted]

reflecting back when life is in balance

everything else was just doing just surviving and learning and progressing - That was when I had to stop and I started to self reflect and thought ha, this is how to quite a large impact on my life.

---

last 3 years, she (45 at that time) realised holly what J.W. did to her - talking to psychologist and unpacked things happened to her when she was a child

---

she knew the religion had impact on her but she didn't know how profound that was

Appendix E

RESISTANT TO RECONSIDER FAITH

BINARY PERSPECTIVE

[ ] another person

leaving support group and becoming Muslim again

there was a guy ex-muslim, than he decided to became Muslim again and he left the Whatsapp group and the community, it was **such a weird situation** for her (5 years ago)

[ ]

directional mindset

usually people are really off this religion and they are not trying to go back

[ ]

uncertainty within moving out of religion can make some to stay in the religion (understanding that they wanted to move out)

I am at a such low point - people who are in the early stages of their transition tell him that people don't know what to do, I dont know whom to talk how to behave , what can I do, what can't I do ...(what people say)
and he thinks that it is the reason for people to go back to religion because they don't know how to behave by themselves, they are all alone

[ ]

being resistant to going back to religion

"...I'd say you have to have like kind of determined...to power through it not go back to your safe of being religious..."

RECONSIDERING FAITH

CHANGING MIND - IN BETWEEN

[ ] about another person

leaving support group and becoming Muslim again

there was a guy ex-muslim, than he decided to became Muslim again and he left the Whatsapp group and the community, it was **such a weird situation** for her (5 years ago)

[ ] about another person

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and he thinks that it is the reason for people to go back to religion because they don't know how to behave by themselves, they are all alone

[ ] about others

connect this with the forcing part

people feel in between - leave or stay

also they don't know if you are gonna go BACK! - there are a lot of people that come once and then leave....maybe it was too scary
---
people are too afraid to come for the first time

COMMUNITY DEPENDENCY

FROM ONE TO ANOTHER / US & OTHERS?

[ ]

it is difficult to find a community that one can identify with in an individualistic country

hard to find a community you can identify with-every one is living for themselves sometimes so in the Netherlands we are very individualistic ...hard to connect with others, hard to find people like me

[ ]

when people meet others that have similar experiences they would like to form a new social circle

not all

people who join recently also started planning things get together and talk each other
---
they start forming subgroups to get together and talk even more - outside the monthly meetings
---
group of 3-4 people who get to know each other BETTER who can even share MORE STORIES
---
forming small groups can make people even more PROACTIVE that they want to help even more people

[ ]

lacking of the positive aspects of religion when move out of religion

you don't have that community - on the liberal side

[ ]

being stronger and safer with ex-muslim community

"...yeah community is important because I think it's very important to always have like a safety net and to always have to stay connected with other ex Muslims..."
---
it is very important to give initiatives, if you want a lot of people to do something, then you have to have Community first so that you if there's something you want to do, you can just go to the community and get the work done in a very short amount of time instead of having to reach to individuals alone
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[ ]

having a desire to form a community after finding other faith leavers

"...such a weird experience and also it opened my eyes to what I was missing at that time because I at 18 I came out, I was alone...lived 3 years without having community or anything..."
---
before she was only surrounded by Moraccon Muslims
---
she connected with these people and became friends started making Whatsapp groups meeting up on BBQs

[ ]

having ideas about approaching religion differently

they are from the past...why should **we** listen people a lot longer ago
---
we can see **the essence** of what they are saying and translate

FACTUAL TENDENCY

SEEKING INFORMATION

believing that religion and academic way of thinking clashes

before that he started doubting things because of his studies (medical school)

---

abortion, etenosia - you look at thinks in an academic way - rationalising things

---

Islamic ideology clashes - doesnt make sense

not being used to different interpretations of religious practices

"...he is a bit weird I guess, he is like once he sees something in Islam that he doesn't like he changes it..like I don't agree with this and his whole family does that...**they use logic**..."

people seek information to understand the religion - answers for their doubts

gathering information - what is religion?

people focus more on the (presumed) facts than interpretations when it comes to religion

He wants to know what he is talking about

---

he doesn't act on emotional side, he is more factually driven and he needs FACTs

---

he appreciates if someone in the conversation know what she is talking about - He also needs information - correct information

---

"...[not only just talking and talking and sharing bu also...] learning stuff...I am very big on the always keep improving yourself, keep getting better...that is something I need as well (form others)."

searching about other religions and coming to a conclusion

did some research on google about other religions

---

why all religions are claming the truth and the others go to hell

---

that simply could not be true, so there is no god (possibly)

science v.s. faith

using your reasoning and science - factual bases - wanted to search on things that she had questions, doubts

LOOKING FOR SIMILARITIES

RELEVANCE IN STORIES

finding similarities in the experiences regardless of the religious background

"...I was also really listening to what other people said and always curious to what other people had to say, but they were also curious to what I had to say and my journey as well, so I was like finally people are willing to listen to who I am and also my journey I never experienced that before, I was really happy...even though I was much younger than they were..."

---

main thing is being accepted and loved - main thing between all the people's experiences

sharing experiences help people to learn from each other's stories

getting to know other people who have similar experiences through visible community o ex-muslims in NL - she needed some advise (1:35:00 ish)

---

nor perse advice but getting to know how did someone else manage this situation that I experience RIGHT NOW

---

like listening people's stories and what aspect of religion they had to deal with

---

even though it is my perspective, I know that I really learned a lot by listening to how other people dealt with things - so I think it is always worthful to share your own story as well on how you deal with things

---

I always picked even though I was really happy to hear, that is why I could identify with the people it was my way to connect with people but at the same time i learned from it

"...I should have joined (Vrijdenkers) earlier because there are also a lot of people that in the group that have joined but...people around them don't know they left the Islam and they still have like a double life, a lot of people have the same things as me so I know I should have joined (earlier)..."

initial period of transition it can be preferred to talk someone who has similar background

That, if I were to go back to the start of it, maybe I would find it i'd still find it beneficial to speak to individuals, for instance, who may not have the exact same religious backgrounds and but probably more so individuals that had the same.

---

you have like a shared language in a way (people from the same religious background) - you can still have a shared experience with others, but you have a shared language

other faith leavers' lived experiences can be practical

you're not alone that perhaps you struggle, others have struggled with as well, and they can give tips and tricks and that is something that I feel like I I would have needed.

They can talk the talk they they know what it's like to have gone through the process we're still in the process, but they can provide inspiration.

---

they think oh yeah actually this person knows what they talked about they've not just read this out of a textbook they've actually lived this and and they can, I think, just in a very informal way you can validate them.

---

maybe giving them tips and saying like yeah well you know you don't necessarily have to tell them right now, or do you think you need to

---

it's not necessarily a formal way of of sharing this this lived experience insights is more of creating a space where they know that you've gone through this they can ask questions and It develops from there, I think it's maybe more of a holding a safe space, and you have some street credits, because I know you've gone through it.

learning from the similarities between the stories

"...it is peer to peer support. I am not really talking with the professionals or sth, I am talking with the other members of the community and they are sharing their experiences, I see some SIMILARITIES, I learn from what they have done with it, they learn from my story and i go on..."

TALKING FROM EXPERIENCE - psychologist-

Ex-Muslims prefer more to join other ex muslims they can relate to more the cuture - Muslim family etc.

support groups may force a certain possibilities for the future forced binary

"...some people really **far on their journey**, **I am just beginning** I guess but it also give me a sense of...I felt connected to the people...I am one of the people that in earliest journey, **young in my process**, I can look forward and see those people that are on the same route but they have more years on it..and I see they are still doing okay. Back in my mind I have like if I do this over 5 years I will be death or sth..."

"...I just learn from (differences) extra information, I try to learn from it...I mean you should try to learn from it because they have gone through so much and they come to other stuff than you had...but these thing can still help people on their (?) journey.."

---

no directions for you but there are directions shown but those are directions that other people taken and you can choose to follow it or you can choose to just stand here

current support groups seems biased

...exercise...when people wrote down words about religion - similar things appeared that was funny for her

---

FEAR was the biggest similarity - for everyone

meeting people that have similar experiences help people to improve their situation

meeting people like him change even more his path

where others end up as a source of inspiration

I have something to move towards that other people there are other people who have survived this and they've gone on and they're doing well and they've not been punished by God and they're not living a horrible life, they can leave

---

Lead happy healthy lives great that could possibly be me too

By showing you know building upon even the successes that they've had and indicate to other people, yes, you can it's not just the right of religion, to be able to they don't have a monopoly on having a happy and fulfilling life.

---

that's that you can do that without religion

support group disprove the stereotypical view on people who leave faith

"...first time I went there I was like these people turn out great or okay, in their 40 they are still having a good life, just like normal people and somewhere in my mind I had like idea that if I do this I will be messed up, drug and stuff (before joining)..."

---

because of what you have been told in the religion - **people out** are bad people

---

they are just good people but they are not Muslim anymore

---

he has been told that people who left Islam are the worst people

people are eager to share their lived experiences with others, ask and provide advice

to provide them (other faith leavers) social net, people who have similar experiences

people are motivated to help others especially who might experience similar difficulties that they went through

knowing how bad to experience the isolation he wanted to help out others who is in similar phase that he was in

Appendix E

DIRECTIONAL HELP

SUPPORT GROUPS MAY PROMOTE BINARY PERSPECTIVE

about someone else

support groups can be pushy for some people

she remembers - in the online course...ex -Muslim - there was a recap people were asked are you finding what you are looking for in this situation ... one of them was just leaving the Islam and said I understand what you have been through and it helps me but I am not there yet...He didn't participate to the next ones

---

she understand that for some people - if she would 17 now it would be different

---

not the timing - I am not there...

about someone else

people don't want to be pushed into anything

support groups may force a certain possibilities for the future — forced binary

"...some people really **far on their journey**, **I am just beginning** I guess but it also give me a sense of...I felt connected to the people...I am one of the people that in earliest journey, **young in my process**, I can look forward and see those people that are on the same route but they have more years on it..and I see they are still doing okay. Back in my mind I have like if I do this over 5 years I will be death or sth..."

"...I just learn from (differences) extra information, I try to learn from it...I mean you should try to learn from it because they have gone through so much and they come to other stuff than you had...but these thing can still help people on their (?) journey.."

---

no directions for you but there are directions shown but those are directions that other people taken and you can choose to follow it or you can choose to just stand here

joining support groups means making a decision

joining the Vrijdenkers actually admitting to myself where I was

willingness to provide support / could be directional

she try to give an ex-christian (closeted in depression - family problems, value conflicts - similar experiences) advice that things would be better, time will heal all wounds (she told him) - he told her that these are the similar experiences but different faith

---

there was a girl she told her experiences to her, she was crying---participant told her that it is so heavy right now because it is so fresh still she was in this process for 2 years but the participant is in that for 7 years so the participant told her that in 5 years things would be different and it is not going to be that heavy in your hard things would be better "...I was able to give some advice..."

---

it is really nice that i can help other people and they are growing because of my advice and it helps them that they have the process that going forward not backwards , it also helps them to formulate their new identity

---

girl was going to tell her parents that going to leave Islam and going to leave with her boyfriend and she told her parents and they had a very bad reaction to it they threatining to her - very sad situation - she told her it will get better eventually - you took the step already, step in the **right direction** you did something yourself because you really wanted to do and you finally done it and you can be proud of yourself, just doing it is amazing

supports groups may force people to make a decision — support changing / second guessing / talk to a group

"...you have these thoughts like when I join it, you actually taking the step and if you are gonna be Muslim or not..."

"...then I started thinking two years to actually join it because I was just so scared..."

"...I thought, before joining you should have left the religion and I was like I am not sure where I am at back then, right now it is a bit more clear..."

"...so it took me long time to actually join them because I was still judging myself for these thoughts...I knew I was not really living **like a Muslim**, I was still like you need to pray or I am having these thoughts..I am gonna burn if it goes like this so I was still in the phase where I was looking down on me from above and say you are really doing a bad job, but internal struggles took me long time to join them, it was a major event to me..."

"...it is really paranoid and it is going over a threshold...because if you join them...you probably far gone there is no way back..."

"...I thought there was for people that they left and hate on the Islam...not really angry but these are the people they have **no way back** and they don't wanna go back..."

"...It is a wholesome really enjoyable...it is just not really, there is no bad ...(?) anywhere, it is just telling your story, **trying to accept your story**, learning from other stories..."

"...the thing is people are really afraid of going there for the first time because you admit it to yourself that you are **GONE...**"

---

it was a good entrance to get in - it didn't really feel like GOING IN - it was really smart

---

because I am not there yet (to share) - you are just admitting to yourself that you are going there not for the pub quiz but for the leaving of the religion

---

I used the pub quiz as a platform to get there, it was an easy in for me but I just get there with the idea that I am gonna do the pub quiz and I am gonna leave nothing more

OPEN TO HAVE A DIFFERENT ANGLE ON RELIGION

DEVELOPING YOUR OWN VIEW

interactions with the people outside the community could ease the process

people outside the community to talked to would also be very good because it just I think the transition, the step is not that big and than you know is this what I want - Is this the part of the world that I wanna be part of

need to explore positive experiences of religion in a safe environment

chance to explore in a safe environment...maybe go to different church sometime, maybe see how other people experience religion, what they get from it in a positive way because I think it is good to know there is people who feel receive a lot from God or religion...how it is a good thing for people

knowing that different perspectives exist is helpful

just to help you see that there's other people with other perspectives who have their own point of view make you less scared of the world outside

desire to discuss with his own thoughts

medical school discussion - genetic etc. clashed with the religion - ethical religious subjects- they don't tell us how to think they just let us discuss it with each other (in the school)

---

need to talk people who are open for different interpretation of religion

open conversation with anyone - outside or inside the community - just someone who is not afraid of questioning some aspects of the religion or the bible who is just open to people having their own interpretation to some extend

looking for different understandings of religion

I would also be open to go to church or something and talk to people who are still religious and how religion helps them get through life and whatever

---

I think if you are thinking of leaving a religion something like this would be very good very helpful because you can just see how different it is for everyone so that would be really nice

having ideas about approaching religion differently

they are from the past...why should **we** listen people a lot longer ago

---

we can see **the essence** of what they are saying and translate

need to have a non-factual perspective

there is no room to say I have a certain feelings about this

---

that has to do with not being allowed to ask questions, not being allowed to interpret some parts of the bible based on a personal experience or just you feel about something... there is no room for that

having the ability to consider and obtain different perspectives is important - (finding it out of religious realm)

I want to be able to see things different ways..consider different opinions and choose that fits the best for me which I can stand behind, that openness, the ability to do so, to change your view point according to what fits you best

---

the world changes

"...depending on your viewpoint, your guidelines of yourself changes as well with it."

interpreting religious stories and finding meaning in them

values and stories - she sees them as stories adam and eve - maybe it means people are not perfect and have free will and they can do what ever they want bur for religious people the meaning different

---

from different perspective, sometimes these are nice stories (religious ones)

---

of course not all stories are nice

PASSIVE THINKING

EXPECTING CHANGE TO COME FROM OUTSIDE

being born to a religion can be an important factor

as religion came from outside in the first place

could have considered progressive Islam

if Islam had progressive new way of thinking just like his friend - he could have gone there first see if that fits more
---
it could have been helpful - to get some help from religion - progressive version

they are just not open to stuff right

If they had a place that you could discuss your doubts, maybe more people would have stayed

PRECONDITION FOR ACCESS

HAVING AN OPPOSITIONAL STANCE

own experience becomes a condition for others when wanting to join the community

"...there are not really rules for questions, it is just people try to find out if people are ex-Muslims so if I would meet someone, I would just ask them like what do you think about the Islamic values and the most important thing that I wanna hear is that they think the rules are just not, they are not giving a lot of justice to themselves..."

conditional access to the ex-muslim support group - be against Islam

"...that's a very important safeguard at this moment we do not put anyone in the group before we have seen them in person and talk to them and ask them important questions..."

"...for example, it is a funny example, I thought it's funny, we have a friend in the group, always when he calls someone to get to know them before he puts them in the group he asks them "do you think that the prophet is pedophile [laughing]?" and if that person says no, he rejects them... I don't trust you enough to put you in the group"

"...because he really wants to make sure that this person is fully against the Islamic..."

"...there is one rule and that everyone has to be Ex-Muslim, there cannot be any identity still Islamic..."

LACK OF ACCEPTANCE

WHEN DOUBTING AND STRUGGLING WITH RELIGION

"...the thing is I wanted talk about...with Muslims because they 100% understand my doubts and stuff like that because I have to explain things to Christian people...but I wouldn't have to with the Muslim people but it was really annoying that Muslims want to

religion-: not accepting of everyone - during my process I was not able to tell people, hey I am having doubts, I don't know what to do because I know people wouldn't accept me

"...what I need is people to ACCEPT who I am" - "and with people, I mean everybody not just family and friends but also the people I meet on the stre

As much as I RESPECT to a religious person, it is a Muslim, It s a Christian or Jew, I am also expecting them to respect me for **not being religious** or like **in between state**, whatever it

difficulties in communicating religious doubts (within religious sphere)

during my process I was not able to tell people, hey I am having doubts, I don't know what to do because I know people wouldn't accept me for it

expecting understanding and respect from religious people around

"I appreciate them trying you know because it shows they care but they do have to let go after a while and be like okay we tried and it didn't work okay you do whatever you want, it is up to you and I feel like that part is kind of lacking, to be honest"

annoyed when forced to believe back in the same way

people in the mosque they try to **get you back**

it is important to respect people's stories

not judging them by their story - everyone has their own way to deal with things on their journey

not being able to share his disbelief with close Muslim friends - acceptance

not having told to anyone close to him yet
---
he is growing apart from his Islamic friends and finding new friends - it is shifting

difficult to find an acceptance and share your opinions during the religious transition process

"...either religious people who didn't ACCEPT me, or people who didn't care about my religion at all."

"Dutch people, they **DON'T CARE** to be honest"

"I wasn't able to talk to them..."

"I didn't have people who would UNDERSTAND me and if they would who would ACCEPT me"

people are annoyed if someone tries to convince them

some one listening my story without judging me - and without trying to convince her that she was wrong
---

people who are moving out of their faith expect others to respect

As much as I RESPECT to a religious person, it is a Muslim, It s a Christian or Jew, I am also expecting them to respect me for not being religious or like in between state, whatever it is"

not having other Muslims around to criticise, be critical about religious views, values etc.

critisim about christianity - they use different way to deal with it.... **Muslims get angry and try to kill you right**
---
with his non-religious friend he was able to have a conversation about religion
---
he joined one in church - they should have this in mosque - this **Quran is pretty difficult to understand** - he was really **annoyed because they didn't have that**
---

expecting respect to her decision from others

she doesn't want to receive disrespectful comments or rude remarks
---
last summer she went on a vocation with her cousin (on mother side), she shared with her after they partied and frank alcohol, she thought it wasn't going to come out as surprise, she had a heavy reaction - she said it is not possible for her to be an ex-Muslim that hurts her feelings, and damaged their relationships a bit
---
she has decided to just tell her family if anyone asks she would be open and honest with it

acceptance is important for people who are moving out of their faith

"...what I need is people to ACCEPT who I am" - "and with people, I mean everybody not just family and friends but also the people I meet on the street."

"I need to be able to be OPEN, not to be AFRAID be FEARLESS to tell people my own thoughts not having to worry about what people will think of me, how they will look at me, how they will like behave around me..."

stereotypical reactions from religious sphere is annoying

you need to be happy, she is not suffering anymore

difficulties in communicating own point of view

sometime religious people cannot take critisim...it is almost never a good conversation about religion

Appendix E

FEAR ALL AROUND

PART1

Fear of Disclosure

which Islam

living a double life is hard to keep up

one time he forgot, didnt mind if the restaurant serving Halal food or not, his firnd was like what to hell - He though he got CAUGHT! - I don't wanna have this feeling again (8 months ago)

---

then he said I don't wanna live this double life because he still act like a Muslim with his Islamic friends

---

they can CATCH me like that - they didnt realize it - they would say he is only doubting but not gone...**no one leaves the Islam** - they still believe that I am a Muslim

fear of rejection (family and friends)

not being able to share his disbelief with close Muslim friends - acceptance

not having told to anyone close to him yet

---

he is growing apart from his Islamic friends and finding new friends - it is shifting

losing the connection with Muslim friends

he is losing his Islamic friends and he found it rough (1:25:40)

---

it become difficult to like **a Muslim** because I wanted to be HONEST stuff like that

when living with family people afraid of negative reactions from family if they dare to share their disbelief

when she was 15 she was scared of their reactions - she was afraid to be homeless but not now

fear of rejection when sharing disbelief with friends

to be able to be honest

when she was 20 she dared to tell that she didn't believe to her Muslim friend

---

she responded positively, that is your decision - friend surprised her

---

she appriciated that she (sth) shared the truth with her

same for FM1

people prefer not sharing their disbelief if their family is strictly religious

-

critical perspective on religion can be communicated to religious family but not disbelief

"...I am pretty open to be honest, I have told them everything except the words: I don't believe, besides that I have told them everything, all of my arguments, all of my concerns, disagreements..."

Fear of Disclosure

it is important that family doesn't know

she thought that she have to be cautious saying sth to other Muslims

---

that took a long time, couldnt tell her close friend

---

as long as they are not close to her family - just to protect herself

it is easier to share one's real thoughts and opinions outside of the religious sphere

after that she dared to tell more people especially people outside of her family, friends at work for example

Fear of hurting others (no need to disclose)

hesitating to share disbelief with family not to make them sad

she knows if they learn they would be sad because she is not going to the heaven

---

she is not afraid of their reaction, but she doesn't want to make them sad

people consider their families social interactions

they have a good relationship in the community - all the other family members in the Egypt - so she doesnt want to ruin it for them by coming out

not feeling urge or need to tell the parents after sometime

She is really happy that she didn't tell them at the end - she doesn't have the urge

not willing to influence believers around him with his opinions (anti-religious)

her sister had the opposite reaction and she wanted to delve into religion, it was her way of coping as well - it was tougher for her

---

he doesn't want to pull her sister in because she got a lot of support and copping from the religion

one event two opposite reactions)'(

her sister had the opposite reaction and she wanted to delve into religion, it was her way of coping as well - it was tougher for her

fear of abuse

lack of trust and hesitation to affiliate any organised group

"...I had been adverse to having any kind of affiliation or being a member of anything, let alone, you know the closest that I got to being a member of something.....or identifying as something would be like a gym membership, and even then, I was like Oh, and you know any formal groups or anything like that, because I knew that when I came over to the jehovah's witnesses...i'd be susceptible so I didn't want to ever join anything and then also just being very mistrustful..."

fear of violence

which Islam

critiquing Islam on social media and facing anger

I put a lot of criticism on my instagram stories about Islam

---

some people don't appriciate it

---

people tell her to stop posting or deleting the posts

---

she received threats - someone took facebook comment of her and put on telegram 80.000 people - after that she received death threats

---

I do not want to put things private - people are allowed to have an opinion on my opinion - but no room for death threats - it is not a reason for her to put things in private

not having other Muslims around to criticise, be critical about religious views, values etc.

critisim about christianity - they use different way to deal with it.... Muslims get angry and try to **kill you right**

---

with his non-religious friend he was able to have a conversation about religion

---

he joined one in church - they should have this in mosque - this **Quran is pretty difficult to understand** - he was really **annoyed because they didn't have that**

FEAR ALL AROUND

PART2

fear of becoming a bad person

support group disprove the stereotypical view on people who leave faith

"...first time I went there I was like these people turn out great or okay, in their 40 they are still having a good life, just like normal people and somewhere in my mind I had like idea that if I do this I will be messed up, drug and stuff (before joining)..."

---

because of what you have been told in the religion - **people out** are bad people

---

they are just good people but they are not Muslim anymore

---

he has been told that people who left Islam are the worst people

supports groups may force people to make a decision

support groups discouraging self-knowledge

"...you have these thoughts like when I join it, you actually taking the step and if you are gonna be Muslim or not..."

"...then I started thinking two years to actually join it because I was just so scared..."

"...I thought, before joining you should have left the religion and I was like I am not sure where I am at back then, right now it is a bit more clear..."

"...so it took me long time to actually join them because I was still judging myself for these thoughts...I knew I was not really living **like a Muslim**, I was still like you need to pray or I am having these thoughts..I am gonna burn if it goes like this so I was still in the phase where I was looking down on me from above and say you are really doing a bad job, but internal struggles took me long time to join them, it was a major event to me..."

"...it is really paranoid and it is going over a threshold...because if you join them...you probably far gone there is no way back..."

"...I thought there was for people that they left and hate on the Islam...not really angry but these are the people they have **no way back** and they don't wanna go back..."

"...It is a wholesome really enjoyable...it is just not really, there is no bad ...(?) anywhere, it is just telling your story, **trying to accept your story**, learning from other stories..."

"...the thing is people are really afraid of going there for the first time because you admit it to yourself that you are **GONE**..."

---

it was a good entrance to get in - it didn't really feel like GOING IN - it was really smart

---

because I am not there yet (to share) - you are just admitting to yourself that you are going there not for the pub quiz but for the leaving of the religion

---

I used the pub quiz as a platform to get there, it was an easy in for me but I just get there with the idea that I am gonna do the pub quiz and I am gonna leave nothing more

fear of taking a position / binary..

- about others

people feel in between - leave or stay

also they don't know if you are gonna go BACK! - there are a lot of people that come once and then leave....maybe it was too scary

---

people are too afraid to come for the first time

Appendix E

1- Lack of Acceptance

Lack of Acceptance
Discouragement
Autonomy & Authenticity
Factual Tendency
Passive Thinking

2- Finding Like-minded People

Not the Only One
Finding Acceptance & Understanding
Looking for Similarities
Stronger Together
Understanding the Process

3- Tendency of Bias

Biased View on Belief and Believers
Directional Help
Resistant to Reconsider Faith
Precondition for Access

4- Disorientation

Disorientation
Trial and Error

5- Disorientation

Not All Negative
Relativity to Religious Experiences
Open to Have a Different Angle on Religion
Becoming Less Strict with Religion
Reconsidering Faith

6- Fear All Around

Fear All Around

APPENDIX F

List of Triggers for Individual Ideation

Appendix F

List of Triggers

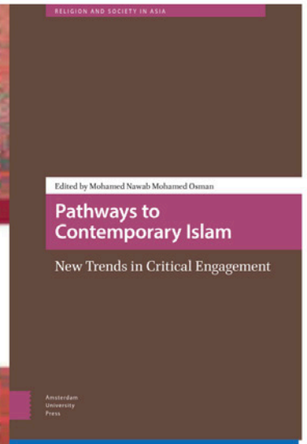
- "I shouldn't be doing this…I am going to hell…"
  Let people know that what they are questioning is others' perspectives
- Consider the factual tendency people have
- Make a list of doubts and compare it with others – doubts are not things to escape from, work on it!
- People tend to mess up what God said and what others said
- The God's words can be interpreted differently
- It is personal: between you and God
- Doubt to make it your own!
- People look for different interpretations that could match with their world views – dependency on others
- People may have difficulties to distinguish:
  - Religion as an institution
  - Religion as an individual construct
- You don't have to do 'x' to be a Muslim (or religious), you don't need to tick the boxes
- Acknowledging religion as it is – without realising that one's perception of religion is made from others' perspectives that one has been exposed to
- Commenter or interpreter
- People may get stuck in certain scenarios and cannot go beyond those – making it your own
- Searching for answers outside not within yourself – resorting to your own feelings and interpretations
- People are in rush to find answers – they need a space to calm down to understand what the differences in opinions are and what they mean
- Challenging the commonly known stereotypes that make people start questioning their religious faith: Women's position in Islam, Cruel Muslims, etc.
- Whose God? Your or mine – Focus on a personal relationship
- Which Islam? In my Islam people are free to be whatever they want to be, and they all deserve respect…
- Create your own version of religion that fits to your own standards and values
- To enjoy your faith
- Use different lens of religion – create your own?
- Does leaving religious norm mean leaving a religion?
- Doubting is a lonely experience, why not utilise collective effort?
- Support people going beyond dogmatism – they should give a chance to different (even extreme) perspectives
- People are not looking for others to tell them what to do, what to believe
- Communicate with other doubters regardless of their religious background since the troubles are quite similar
- Deviating from some aspects of the norm doesn't make one non-religious – person doesn't need to fear of losing their faith
- Encourage people to get inspired and inspire others
- Why can't Muslim women get married to multiple men?
  - see opinions under each controversial question
  - what if it is acceptable? Read others' perspectives
  - maybe that is acceptable in someone else's Islam?

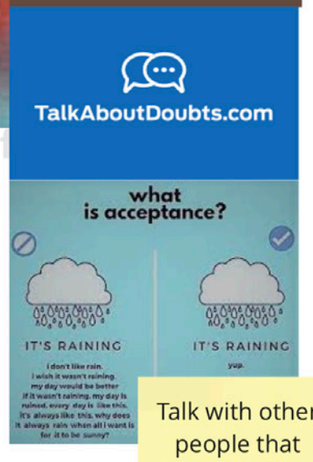
- Understandings and viewpoints are fluid, they tend to change all the time
- Collect opinions and perspectives – keep some, change some, discard some, create your own
- Doubter or explorer? Positive connotations can help to have a feeling of security
- Can some questions be left unanswered? Can they be ignored? Can people still be at peace with their faith with unanswered questions?
- I have a feeling button? Encourage resorting on one's gut feeling
- Adding your own perspective – based on personal experiences, everyone is unique as their perception of religion
- You always move forward there is no going back!
- Trial & error: Consider different opinions and choose what fits for you. Play with it, make it your own.
- Prevent directionality – don't be directive provide a space to freely explore and make own decisions
- Always have a positive attitude.
- Maybe communicate also what you like about your religion? What you find positive and helpful? Have the positives and the negatives together…
- Consider using pseudonym: anonymity is the key!
- Mimic inner voices? - What if there is another explanation? What if this is wrong?
- Disturb the norm: turn the organised, dogmatic into unorganised and distant from the dogmatism – raise awareness on this.
- Interact with other who can 'get it' (Lee & Gubi, 2019) – It is hard to say that interacting with like-minded people can provide a safe space without judgement.
- Positivity of doubting?
- Tailored (Nica, 2019) assistance to address specific stressors.
- Consider emotional (caring and concern), informational (advice), and instrumental support (resources and practical help) (Nica, 2019) for doubters.
- Focus on the positive outcome, benefits of doubting: satisfaction with faith or freedom from religion?

APPENDIX G

Co-creation Session Outcomes

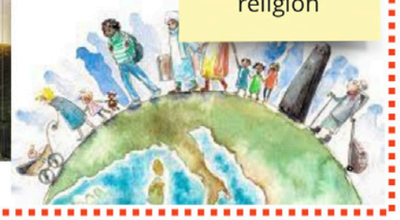
Appendix G





Realize that these religions were made in a different time

Talk with other people that have differing opinions on religion

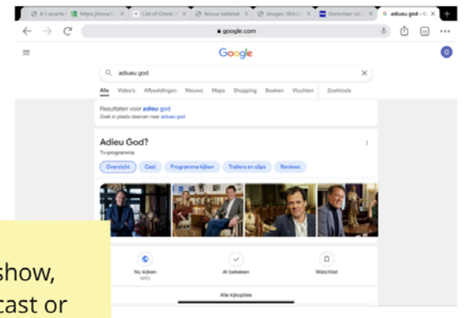


Lessons on changing behavior/reprogramming

Equality, possibility to learn about other religions, cultural traditions etc.

Community of likeminded people

create your collage in this frame



Tv show, podcast or documentary on the subject

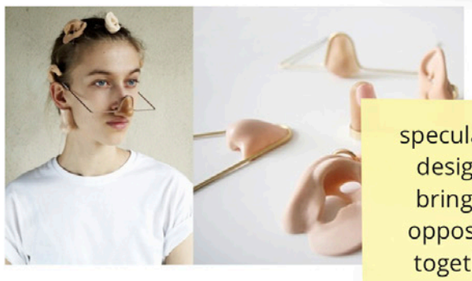
literature about this topic, maybe as a group - book club

Appendix G

not seen at the first glance

curiosity, exploration, opposites

some symbols to make them curious or remind sth



speculative designs, bringing opposites together

comedy shows or campaigns about the topic

acknowledge that every one takes something else

look in yourself next to what others say

faith shopping?

decorate your faith as you wish

Appendix G

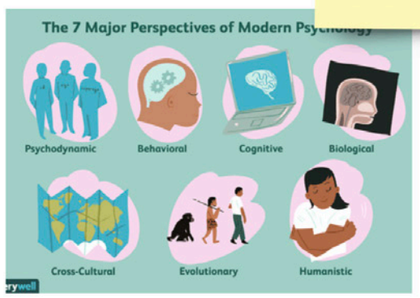
community, thinking out loud. exploring together allows for development of the mind therefore an unique understanding. Being part of different communities

understanding each other is key for happiness

Being one

exploration

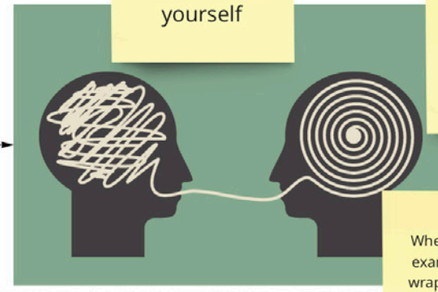
understanding basic concepts of the world around us



Word: understanding

Sparring with people helps to understand yourself

Different things make sense for different people

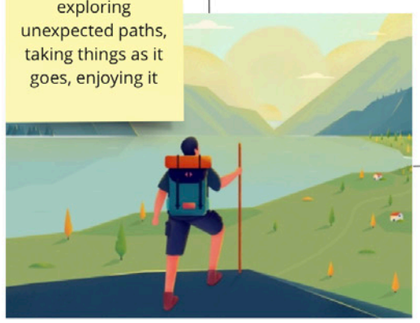


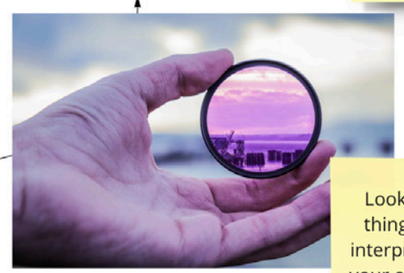
When studying maths for example, I would have to wrap my head around the content and make my own interpretations and metaphors to gain actual understanding

Being alone - good and bad

It's nice to build your own version of it, AGREED

Solo traveling - exploring unexpected paths, taking things as it goes, enjoying it

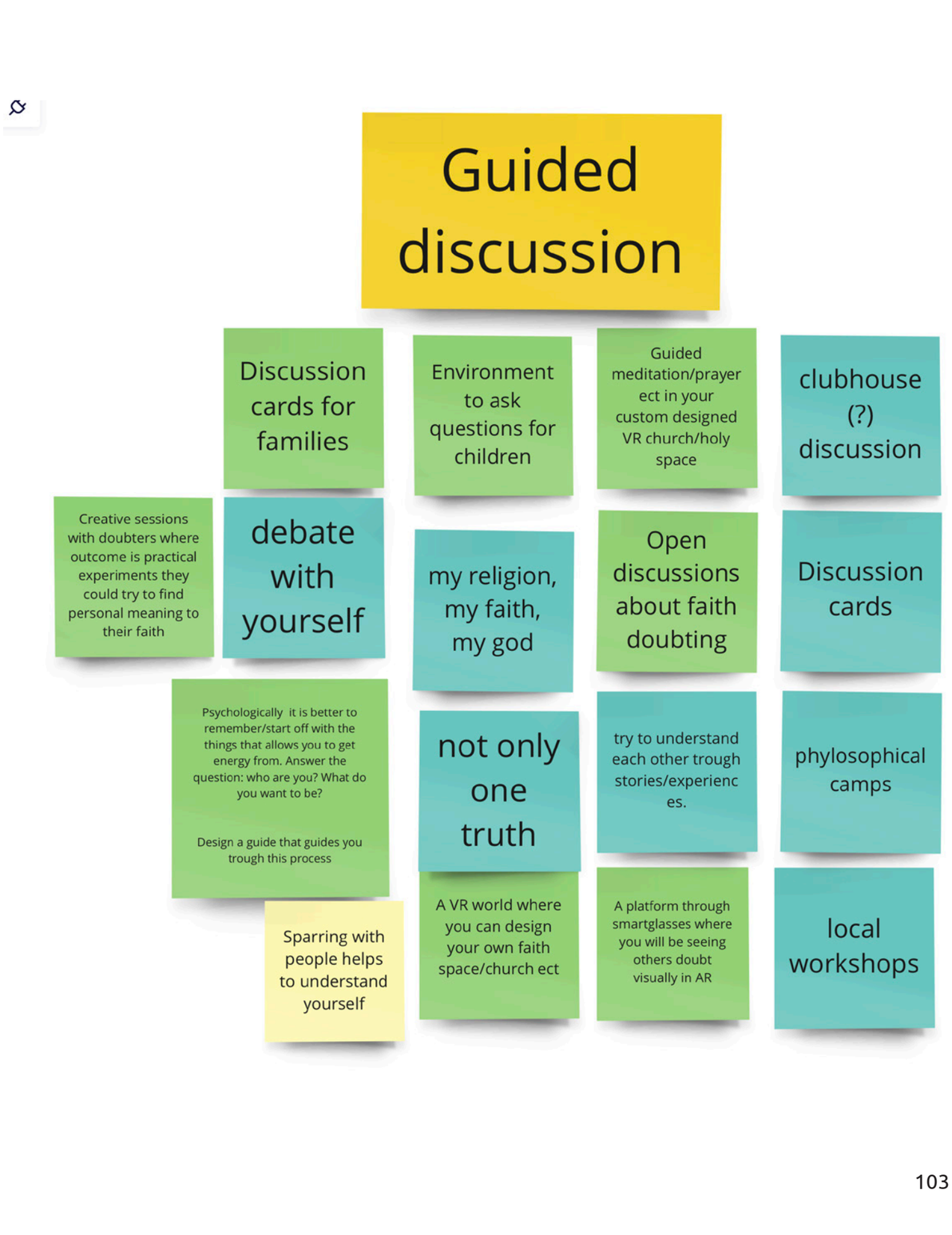




Looking at things and interpreting it your own way

Appendix G

Talk with other people that have differing opinions on religion
twitter but writing only questions
waaromkiesjij.nl
Anonymous conversations
An app where people could post their doubts on a specific religion anonymously, other people would then be able to read these doubts and maybe find recognition
Learn from other views
you are not alone
anonymous discussion forum
There should be no judgement
Online platform
Be interested in other views
There is no right or wrong
Reddit forum
telephone booth for anonymous conversation?
faith tinder
an imaginary country in virtual world where all about questioning or discussions
how different people see
questions to answer contests etc
random match with people who has different angle
how to make your faith / experiment
re-create your faith share your ideas
new lens to see differently
Faith is dynamic: 1. personal, 2 perspective, 3 a journey. 4 Mind vs body.
Design a platform where people are able to design there experiences on religion and align/differ on perspective.
filter the topic - even the religion
doubter community?
hearing others voice - more intimate


Guided discussion
Discussion cards for families
Environment to ask questions for children
Guided meditation/prayer ect in your custom designed VR church/holy space
clubhouse (?) discussion
Creative sessions with doubters where outcome is practical experiments they could try to find personal meaning to their faith
debate with yourself
my religion, my faith, my god
Open discussions about faith doubting
Discussion cards
Psychologically it is better to remember/start off with the things that allows you to get energy from. Answer the question: who are you? What do you want to be?
Design a guide that guides you trough this process
not only one truth
try to understand each other trough stories/experiences.
phylosophical camps
Sparring with people helps to understand yourself
A VR world where you can design your own faith space/church ect
A platform through smartglasses where you will be seeing others doubt visually in AR
local workshops

Appendix G

Self reflection

"what does ___ mean to you" - and then discuss

Explore your faith headspace meditation

Paradoxes: comparing yourself with others might hurt you but on the same time it offers you a new perspective

How can this take shape? Like a scheduled memory(to get people into sleep)

My faith diary with reflection questions

Youtube channel

show examples of one think different interpretations

Explore your faith reflective journal

make it a journey - explore your faith - maybe an app

understanding basic concepts of the world around us

look in you next to what others say

encourage practical experiments with finding meaning in faith.

see how others thinks on the topics you doubt

Safe environment, maybe (group) therapy or counseling

Seeing multiple perspectives at the same time

Looking at things and interpreting it your own way

Exploring multiple perspectives by traveling and get to know people from different religions/religious movements aligning to your own feeling/experience regarding happiness,.

acknowledge that every one takes something else

Podcasts where people discuss their relationship with their faith

anonymous podcast format

Different things make sense for different people

Appendix G

group effort

understanding each other is key for happiness

community, thinking out loud. exploring together allows for development of the mind therefore an unique understanding. Being part of different communities

exploration

Being one

opposites together

Paradoxes: comparing yourself with others might hurt you but at the same time it offers you a new perspective

How can this take shape? Like a scheduled memory (to get people into sleep)

speculative designs, bringing opposites together

Being alone - good and bad

bring the variety together not opposites...they are not opposites

self-decoration

A tree in the house (christmas tree) where decorations represent different meanings you feel are a part of your faith

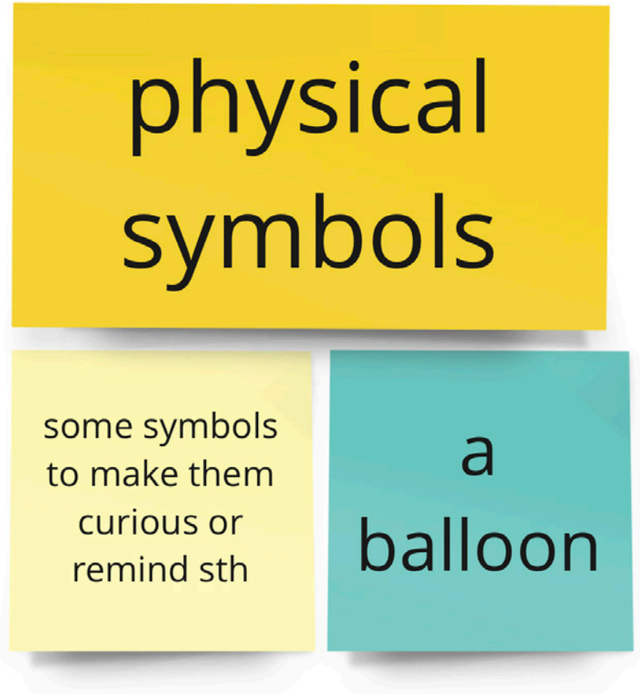
Pandora bracelet - add own meaning

decorate your faith as you wish

co-creation session - make something that represents your faith to you

Appendix G

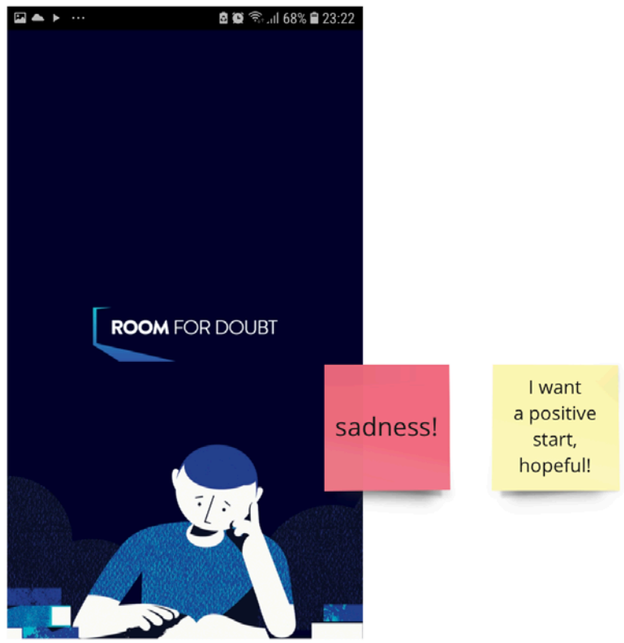
public nudge
faith ATM ask questions get answers from other people
street marks or signs
faith shopping?
posters on the street
local interactive posters
telephone booth for anonymous conversation?
not seen at the first glance
a newspaper, traditional methods to reach people

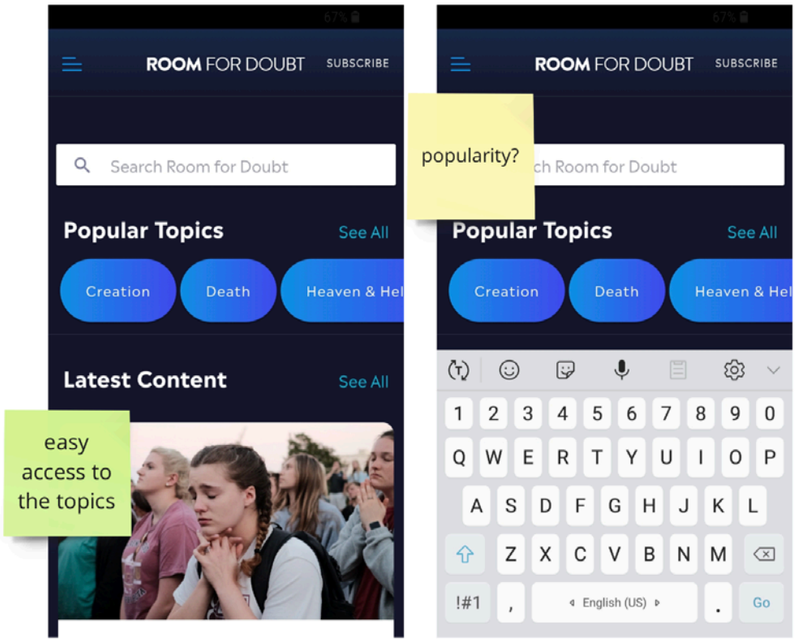

physical symbols
some symbols to make them curious or remind sth
a balloon

APPENDIX H

Benchmark Details - Religious Apps

Appendix H


ROOM FOR DOUBT
sadness!
I want a positive start, hopeful!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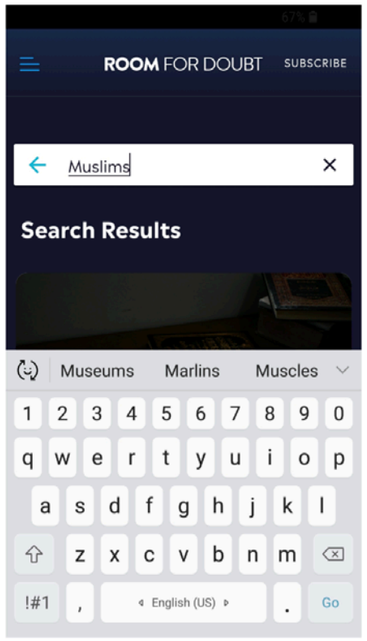
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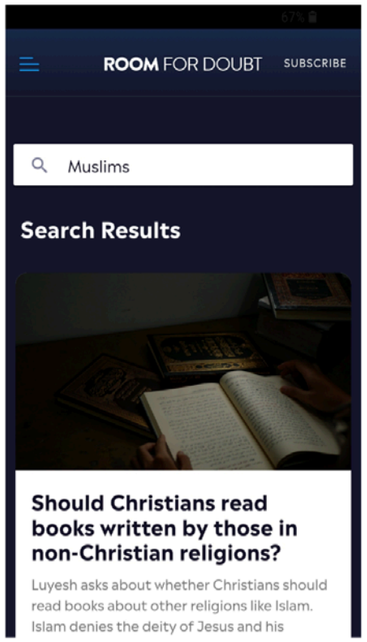
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Should Christians read books written by those in non-Christian religions?
Luyesh asks about whether Christians should read books about other religions like Islam. Islam denies the deity of Jesus and his

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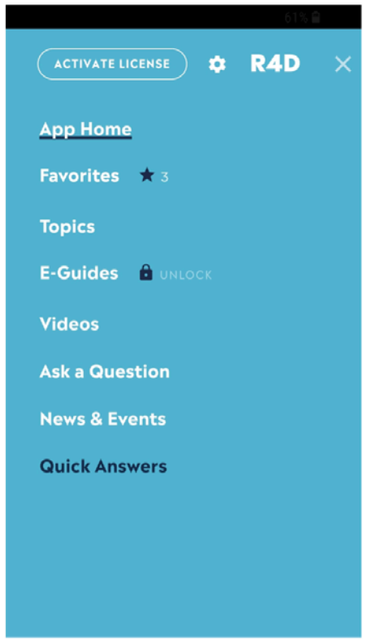
it is nice that you can add your favs.
sharing can be useful as well
Should Christians read books written by those in non-Christian religions?
Luyesh asks about whether Christians should read books about other religions like Islam. Islam denies the deity of Jesus and his crucifix...
Author: Hannah Brimner
Apologetics, Bible, Faith, God, Other Worldviews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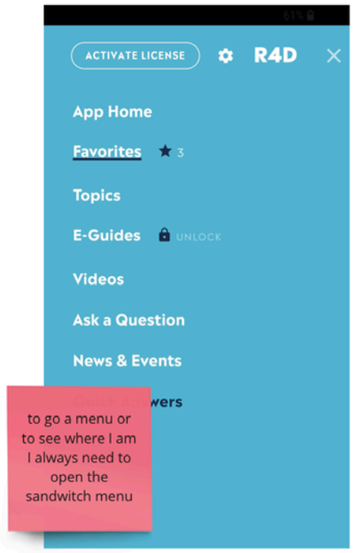
Appendix H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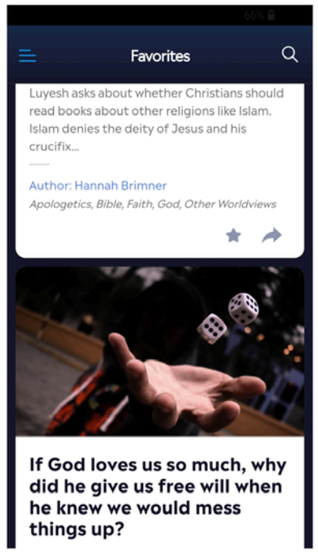
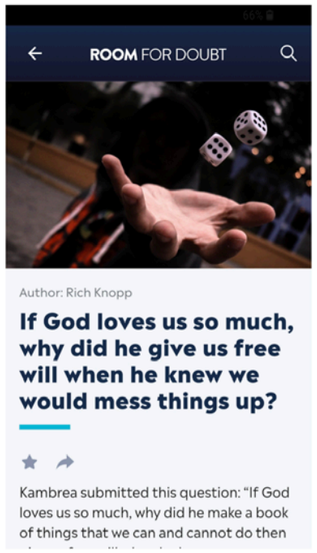
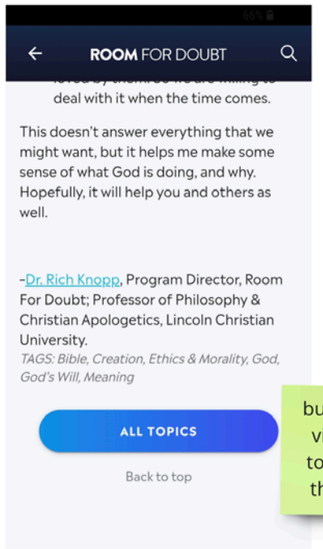

Favorites
Luyesh asks about whether Christians should read books about other religions like Islam. Islam denies the deity of Jesus and his crucifix...
Author: Hannah Brimner
Apologetics, Bible, Faith, God, Other Worldviews
If God loves us so much, why did he give us free will when he knew we would mess things up?


ROOM FOR DOUBT
Author: Rich Knopp
If God loves us so much, why did he give us free will when he knew we would mess things up?
Kambrea submitted this question: "If God loves us so much, why did he make a book of things that we can and cannot do then give u...


ROOM FOR DOUBT
deal with it when the time comes.
This doesn't answer everything that we might want, but it helps me make some sense of what God is doing, and why. Hopefully, it will help you and others as well.
-Dr. Rich Knopp, Program Director, Room For Doubt; Professor of Philosophy & Christian Apologetics, Lincoln Christian University.
TAGS: Bible, Creation, Ethics & Morality, God, God's Will, Meaning
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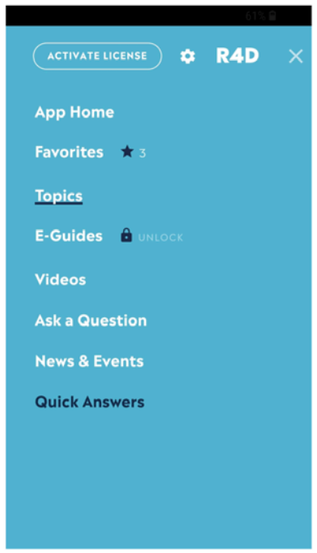
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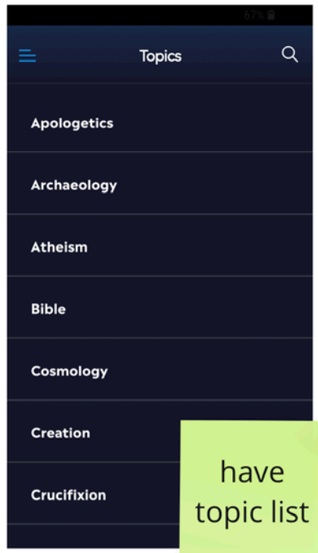
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Creation
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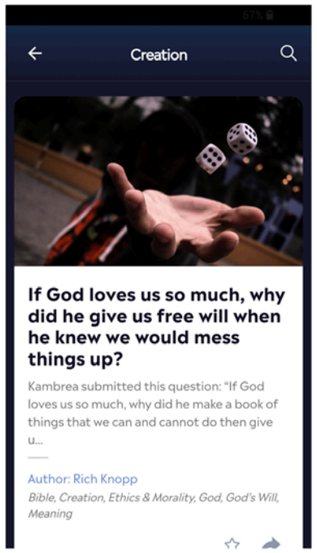
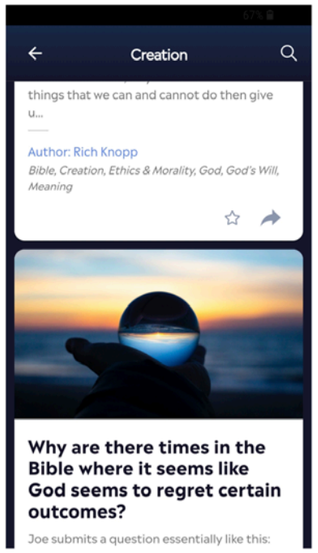
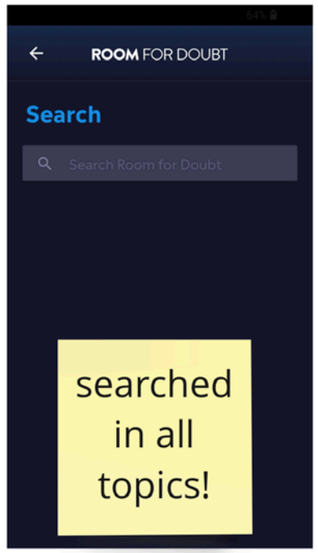

Creation
If God loves us so much, why did he give us free will when he knew we would mess things up?
Kambrea submitted this question: "If God loves us so much, why did he make a book of things that we can and cannot do then give u...
Author: Rich Knopp
Bible, Creation, Ethics & Morality, God, God's Will, Meaning


Creation
things that we can and cannot do then give u...
Author: Rich Knopp
Bible, Creation, Ethics & Morality, God, God's Will, Meaning
Why are there times in the Bible where it seems like God seems to regret certain outcomes?
Joe submits a question essentially like this: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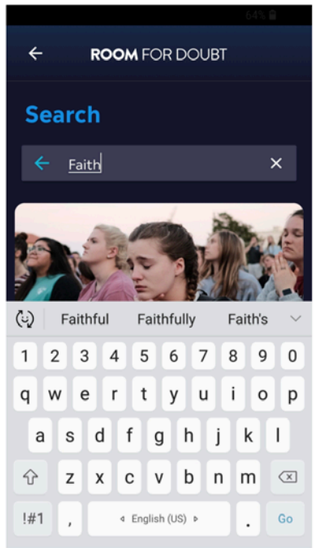
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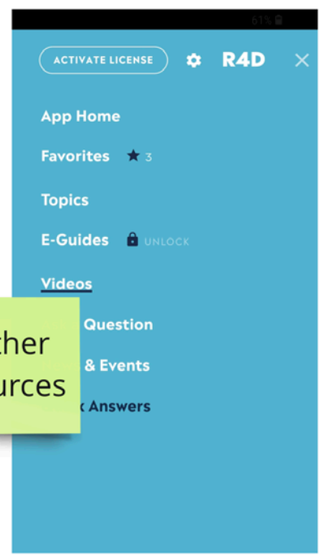
ROOM FOR DOUBT
power to h
he?
Amanda writes, "I am doubting God. I have major health anxiety and when I feel one bit of discomfort I flip out. I'm on week 3 of...
Author: Rich Knopp
Doubt, Faith, God, Pain & Suffering, Prayer
tags in each questions makes questions more accessible for others

Appendix H



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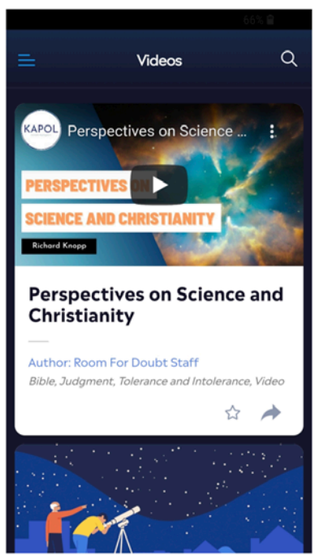
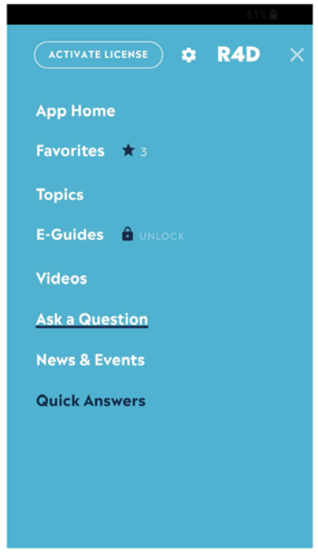
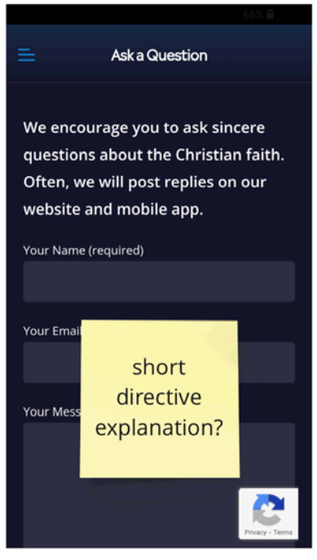
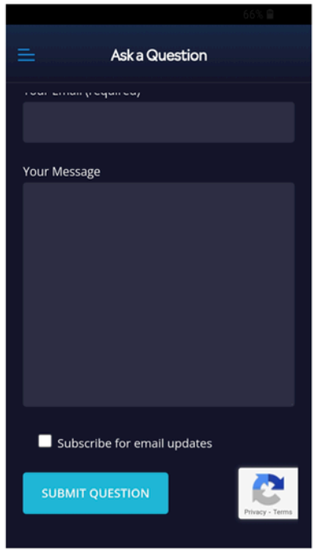
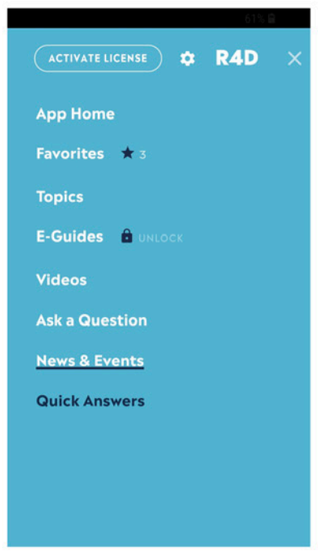


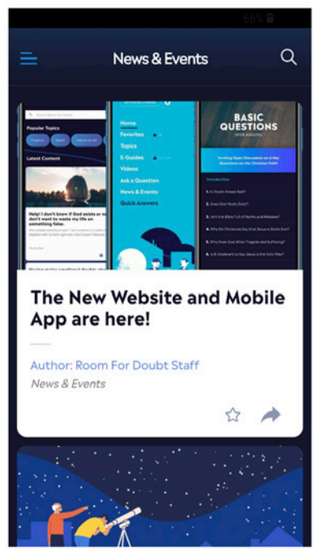


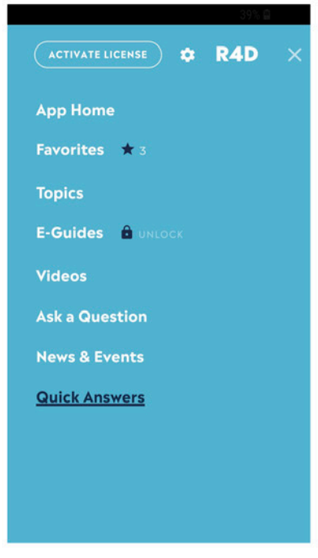


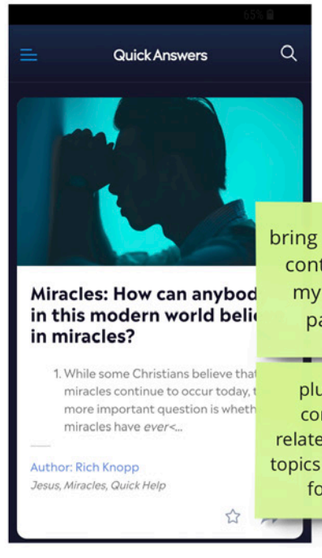
short directive explanation?











bring random content to my main page?

plus the content related to the topics that you follow

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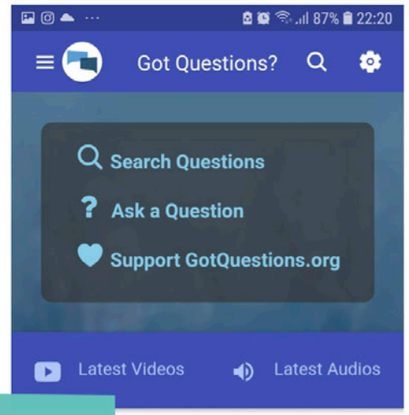
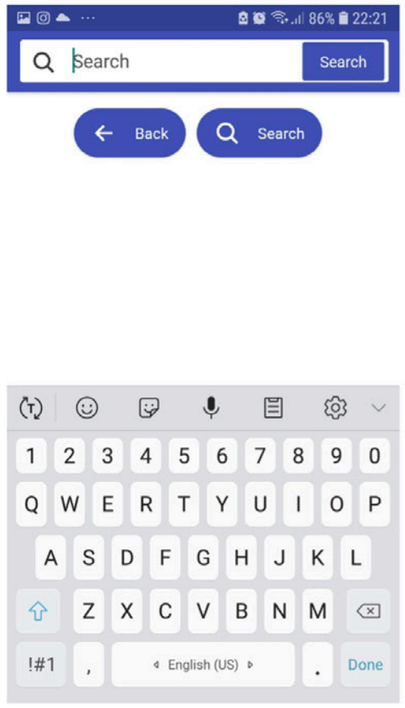
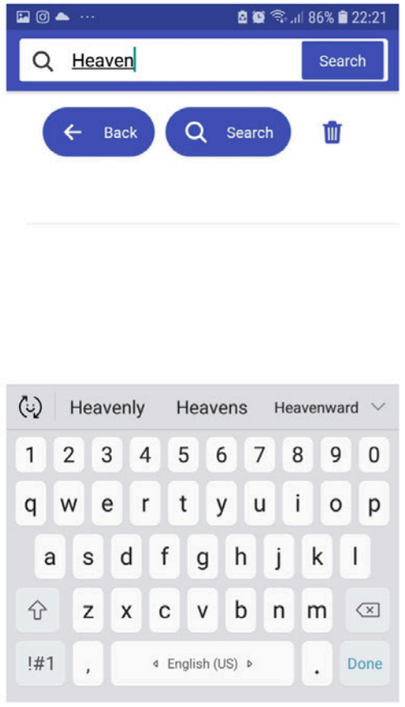
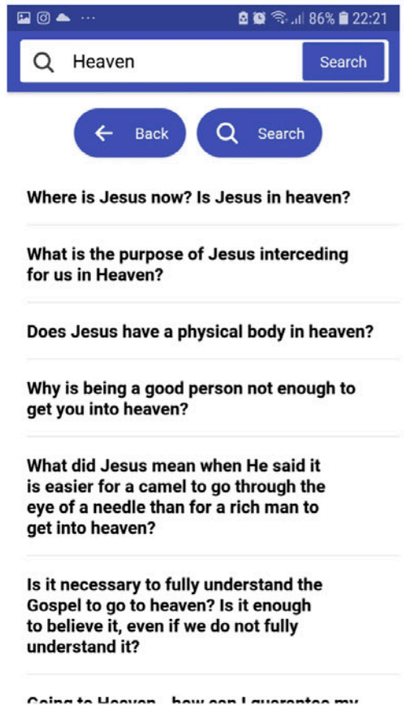


indicating how much content each topic contains

initial question circles - dots around it showing the number of responses?







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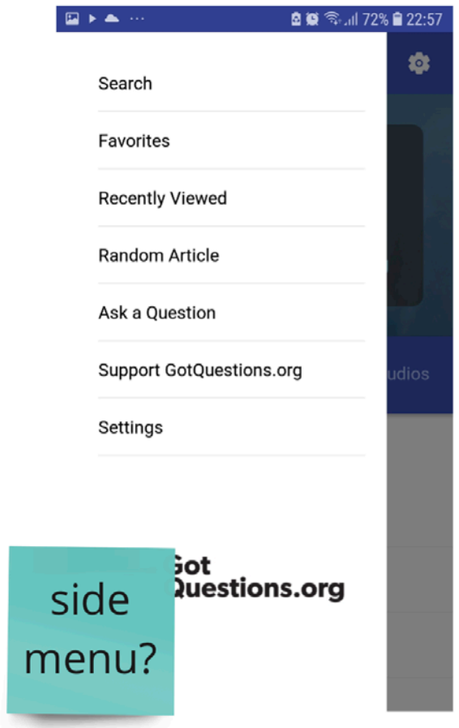
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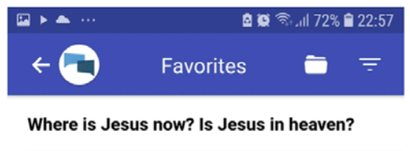
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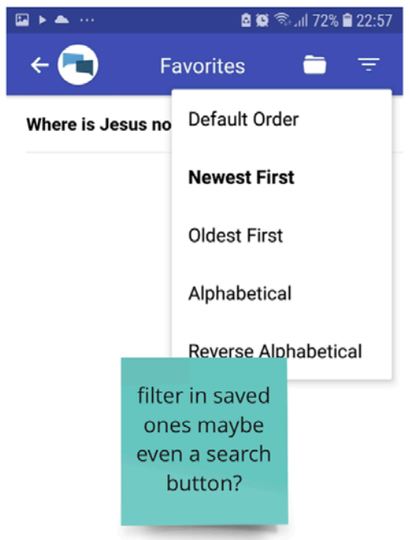
Where is Jesus now? Is Jesus in heaven?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Where is Jesus no
Default Order
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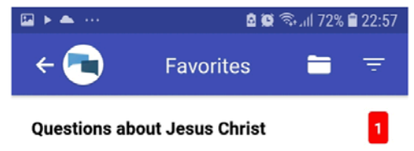
Alphabetical
Reverse Alphabetical
filter in saved ones maybe even a search button?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Questions about Jesus Christ
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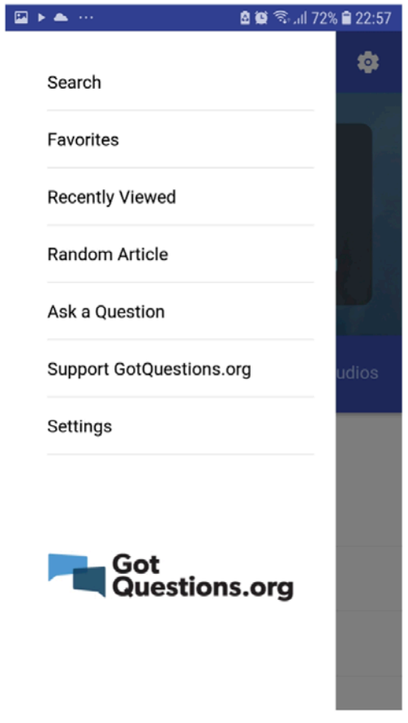
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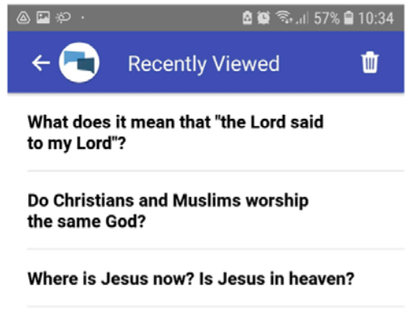
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What does it mean that "the Lord said to my Lord"?
Do Christians and Muslims worship the same God?
Where is Jesus now? Is Jesus in heaven?

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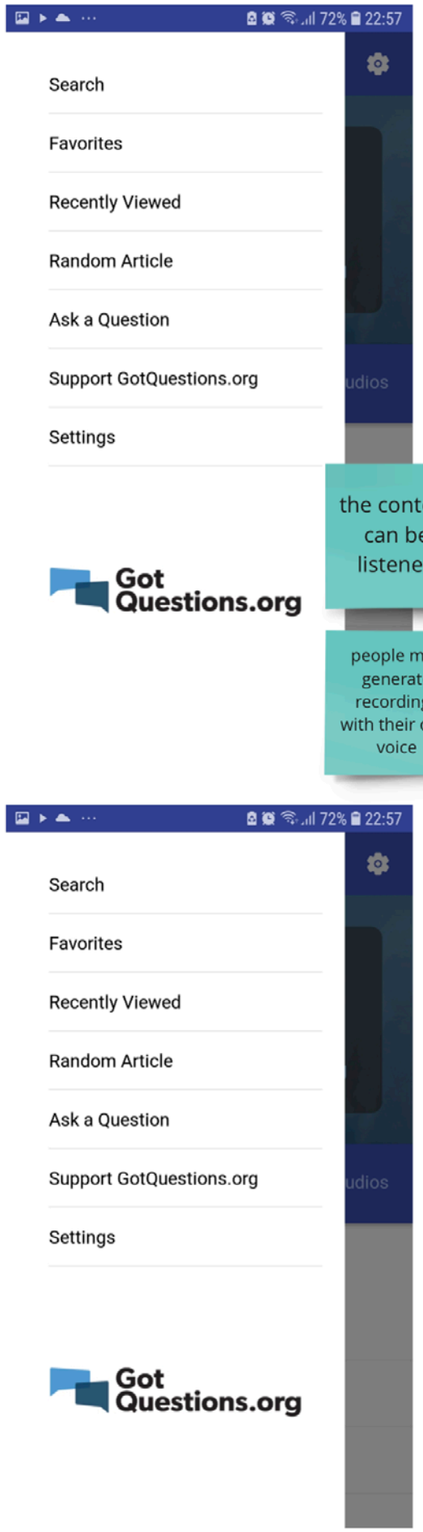
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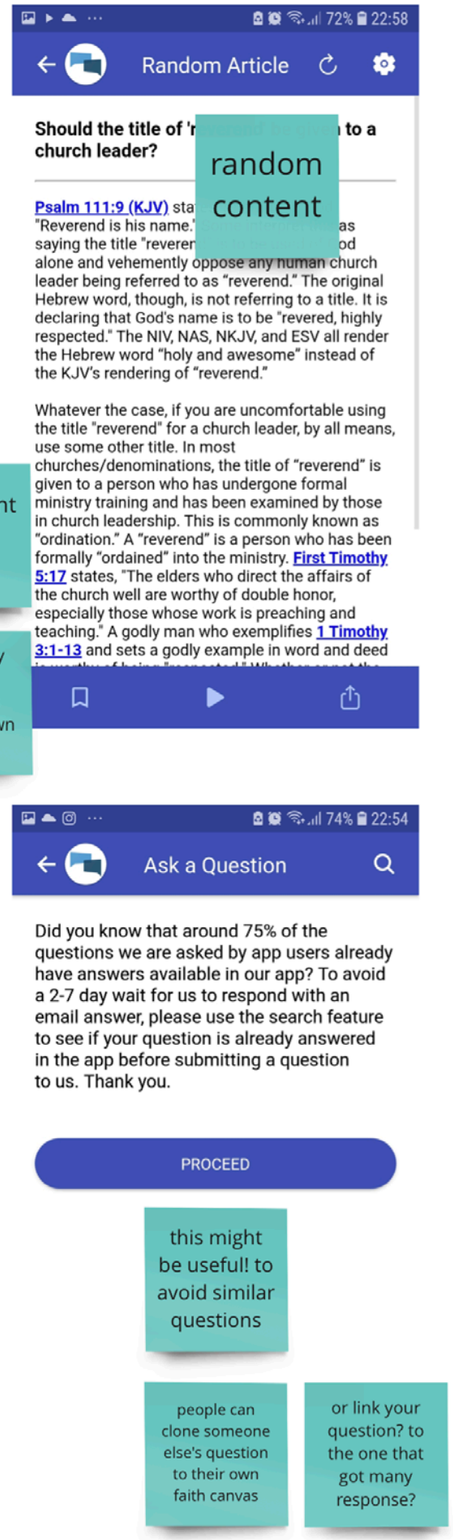
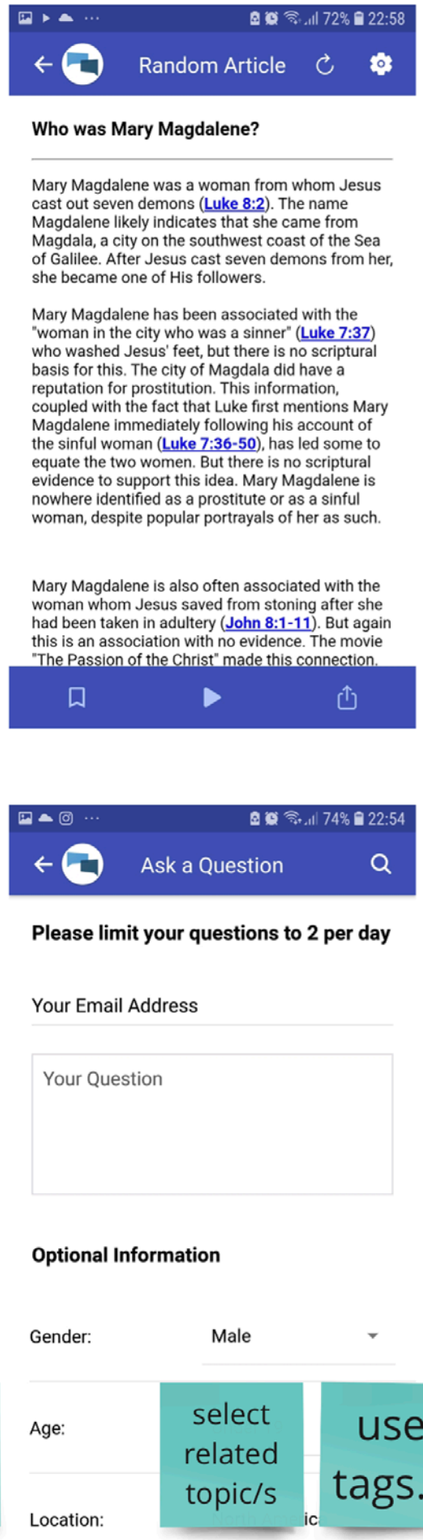
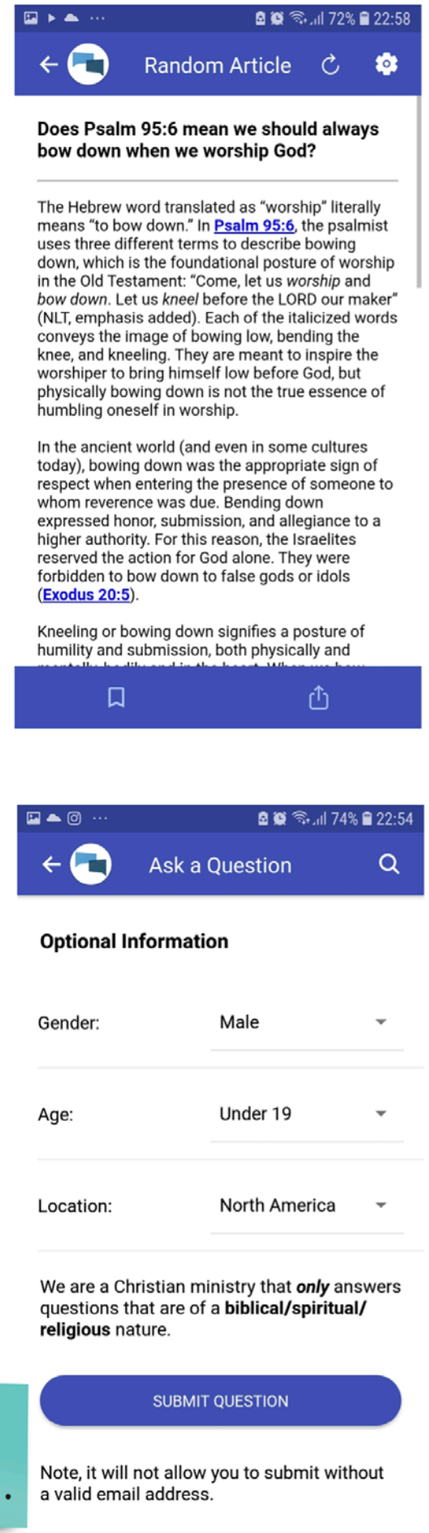

Random Article
Should the title of 'r to a church leader?
random content
Psalm 111:9 (KJV) sta
"Reverend is his name."
saying the title "reverer od
alone and vehemently oppose any human church leader being referred to as "reverend." The original Hebrew word, though, is not referring to a title. It is declaring that God's name is to be "revered, highly respected." The NIV, NAS, NKJV, and ESV all render the Hebrew word "holy and awesome" instead of the KJV's rendering of "reverend."
Whatever the case, if you are uncomfortable using the title "reverend" for a church leader, by all means, use some other title. In most churches/denominations, the title of "reverend" is given to a person who has undergone formal ministry training and has been examined by those in church leadership. This is commonly known as "ordination." A "reverend" is a person who has been formally "ordained" into the ministry. First Timothy 5:17 states, "The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching and teaching." A godly man who exemplifies 1 Timothy 3:1-13 and sets a godly example in word and deed
the content can be listened
people may generate recordings with their own voice


Random Article
Who was Mary Magdalene?
Mary Magdalene was a woman from whom Jesus cast out seven demons (Luke 8:2). The name Magdalene likely indicates that she came from Magdala, a city on the southwest coast of the Sea of Galilee. After Jesus cast seven demons from her, she became one of His followers.
Mary Magdalene has been associated with the "woman in the city who was a sinner" (Luke 7:37) who washed Jesus' feet, but there is no scriptural basis for this. The city of Magdala did have a reputation for prostitution. This information, coupled with the fact that Luke first mentions Mary Magdalene immediately following his account of the sinful woman (Luke 7:36-50), has led some to equate the two women. But there is no scriptural evidence to support this idea. Mary Magdalene is nowhere identified as a prostitute or as a sinful woman, despite popular portrayals of her as such.
Mary Magdalene is also often associated with the woman whom Jesus saved from stoning after she had been taken in adultery (John 8:1-11). But again this is an association with no evidence. The movie "The Passion of the Christ" made this connection.


Random Article
Does Psalm 95:6 mean we should always bow down when we worship God?
The Hebrew word translated as "worship" literally means "to bow down." In Psalm 95:6, the psalmist uses three different terms to describe bowing down, which is the foundational posture of worship in the Old Testament: "Come, let us *worship* and *bow down*. Let us *kneel* before the LORD our maker" (NLT, emphasis added). Each of the italicized words conveys the image of bowing low, bending the knee, and kneeling. They are meant to inspire the worshiper to bring himself low before God, but physically bowing down is not the true essence of humbling oneself in worship.
In the ancient world (and even in some cultures today), bowing down was the appropriate sign of respect when entering the presence of someone to whom reverence was due. Bending down expressed honor, submission, and allegiance to a higher authority. For this reason, the Israelites reserved the action for God alone. They were forbidden to bow down to false gods or idols (Exodus 20:5).
Kneeling or bowing down signifies a posture of humility and submission, both physically and

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PROCEED
this might be useful! to avoid similar questions
people can clone someone else's question to their own faith canvas
or link your question? to the one that got many response?

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Please limit your questions to 2 per day
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Your Question
Optional Information
Gender: Male
Age:
Location:
select related topic/s
use tags...

Ask a Question
Optional Information
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Age: Under 19
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We are a Christian ministry that ***only*** answers questions that are of a **biblical/spiritual/religious** nature.
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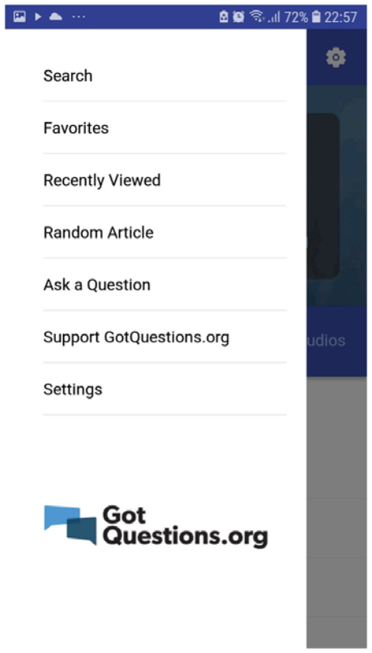
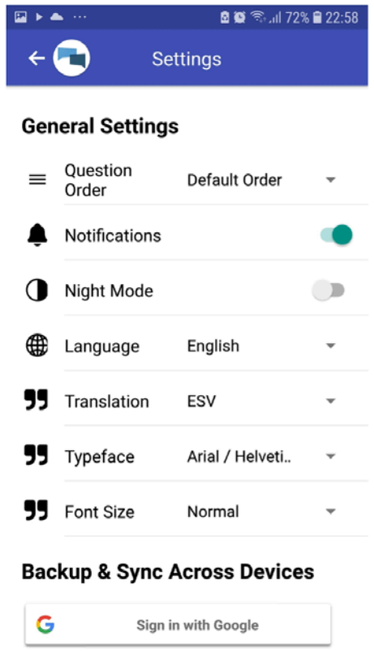
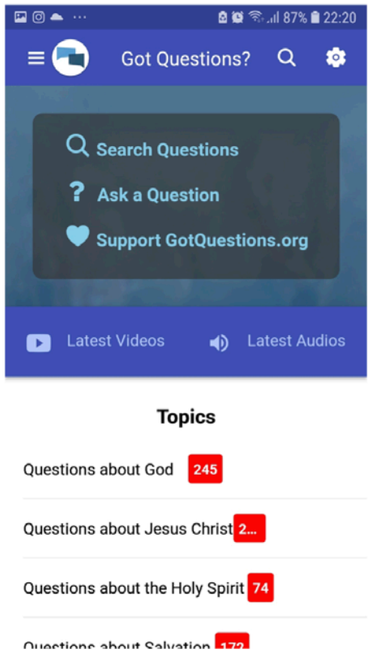
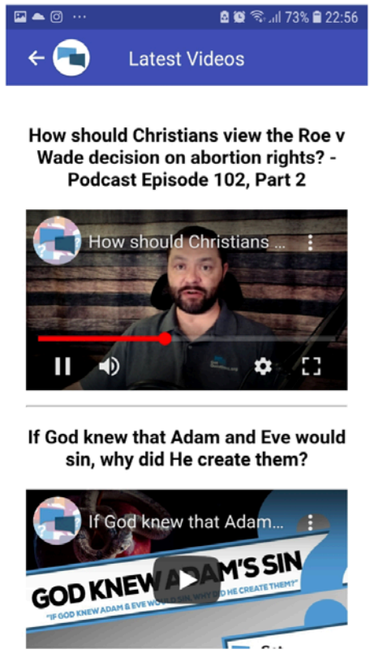


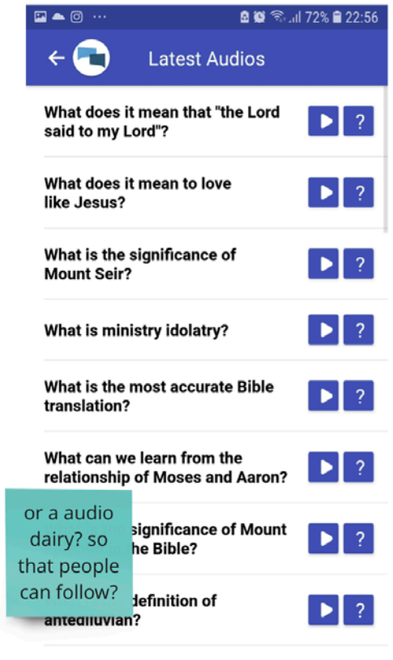


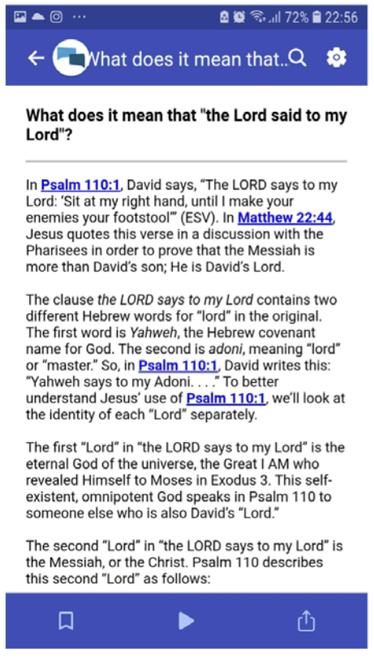
maybe people can share voice recording?

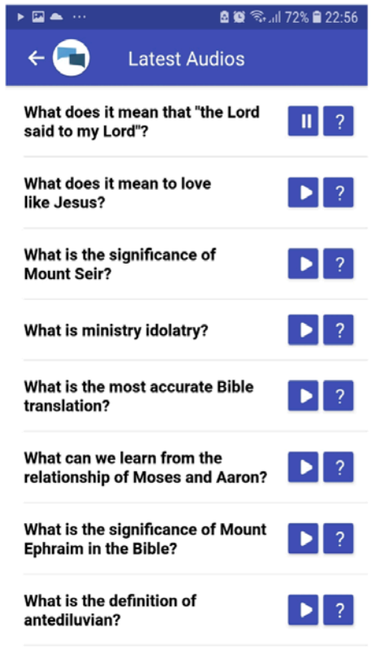




or a audio dairy? so that people can follow?

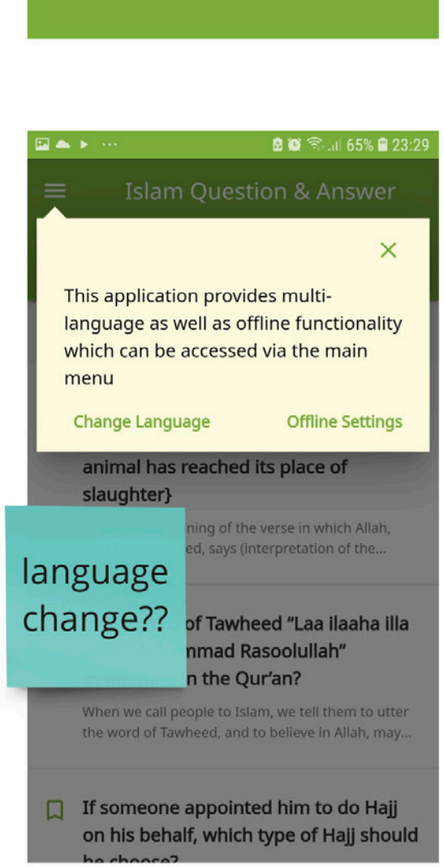


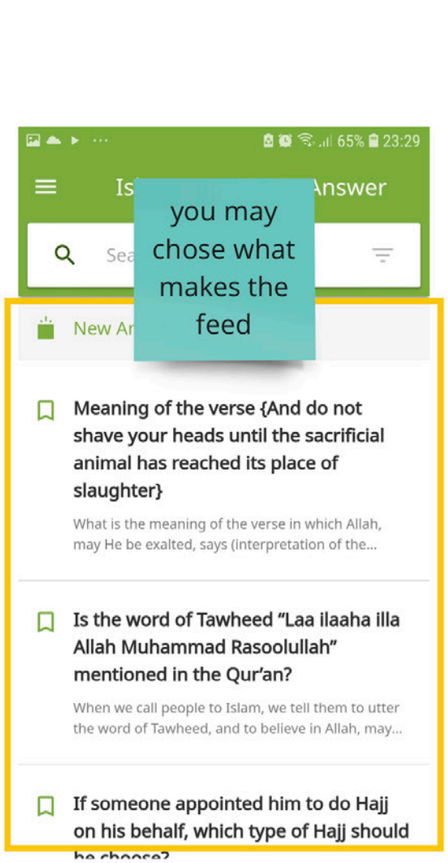


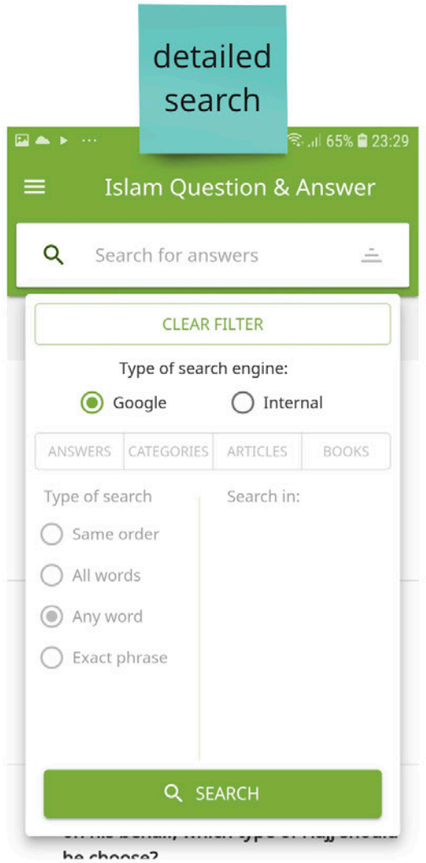


Appendix H

الإسلام سؤال وجواب
المشرف العام الشيخ محمد صالح المنجد


Islam Question & Answer
This application provides multi-language as well as offline functionality which can be accessed via the main menu
Change Language
Offline Settings
animal has reached its place of slaughter}
language change??


you may chose what makes the feed
Meaning of the verse {And do not shave your heads until the sacrificial animal has reached its place of slaughter}
What is the meaning of the verse in which Allah, may He be exalted, says (interpretation of the...
Is the word of Tawheed "Laa ilaaha illa Allah Muhammad Rasoolullah" mentioned in the Qur'an?
When we call people to Islam, we tell them to utter the word of Tawheed, and to believe in Allah, may...
If someone appointed him to do Hajj on his behalf, which type of Hajj should


detailed search
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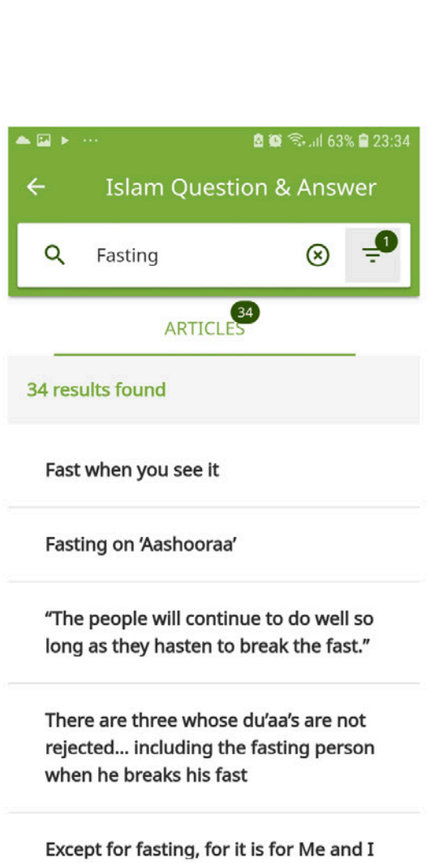
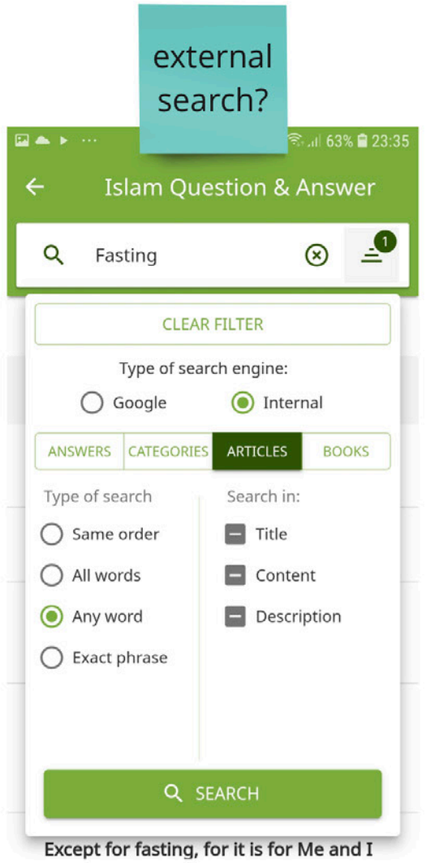
Google
Internal
ANSWERS
CATEGORIES
ARTICLES
BOOKS
Type of search
Same order
All words
Any word
Exact phrase
Search in:
SEARCH


Islam Question & Answer
Fasting
ARTICLES
34
34 results found
Fast when you see it
Fasting on 'Aashooraa'
"The people will continue to do well so long as they hasten to break the fast."
There are three whose du'aa's are not rejected... including the fasting person when he breaks his fast
Except for fasting, for it is for Me and I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Fasting
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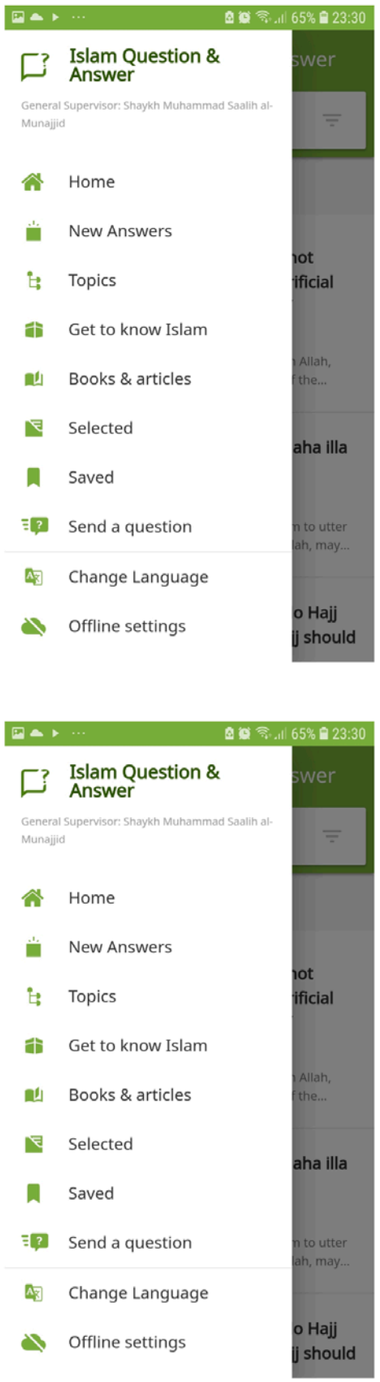
ANSWERS
CATEGORIES
ARTICLES
BOOKS
Type of search
Same order
All words
Any word
Exact phrase
Search in:
Title
Content
Description
SEARCH
Except for fasting, for it is for Me and I

Appendix H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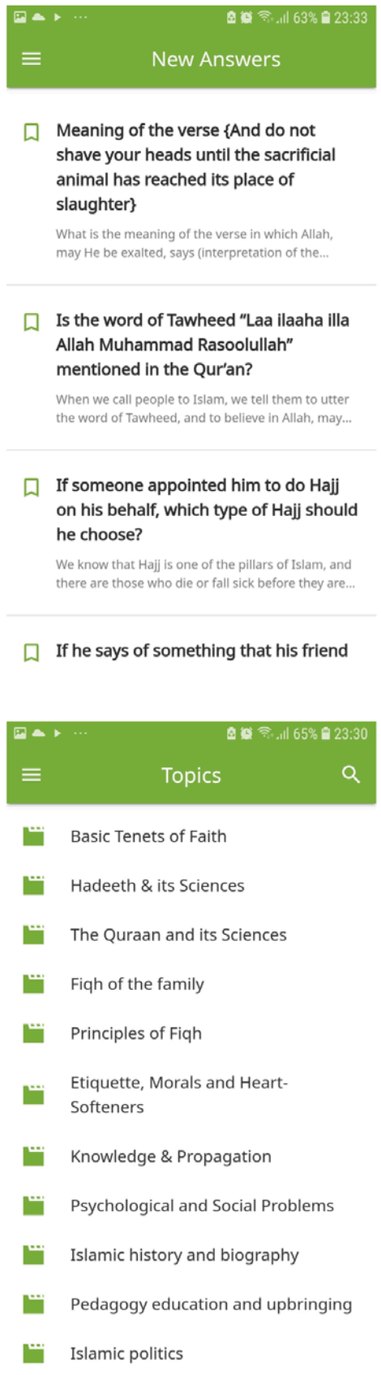
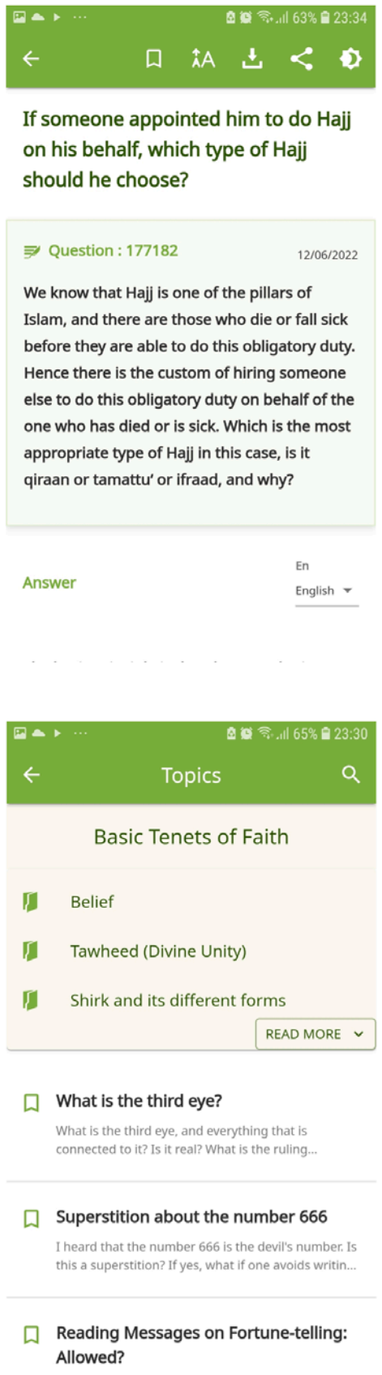
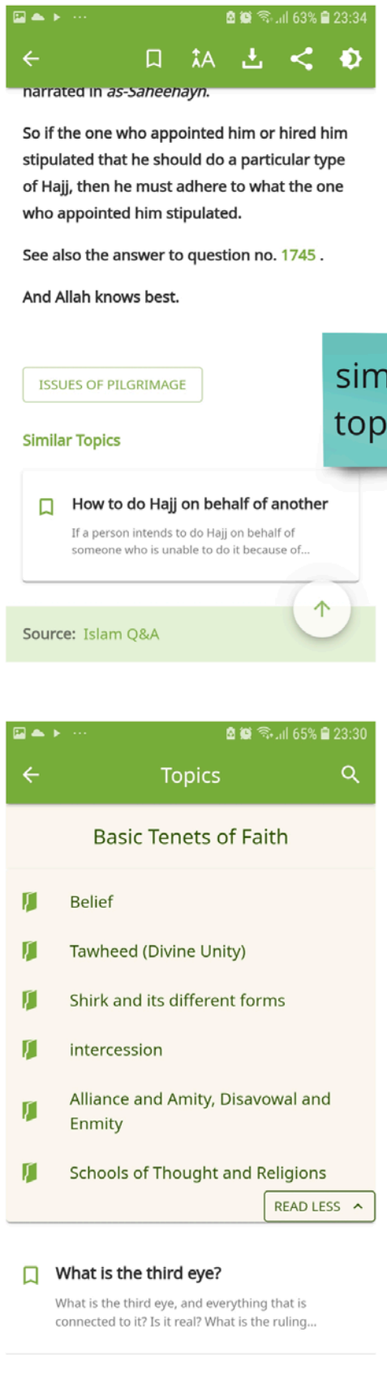

New Answers
Meaning of the verse {And do not shave your heads until the sacrificial animal has reached its place of slaughter}
What is the meaning of the verse in which Allah, may He be exalted, says (interpretation of the...
Is the word of Tawheed "Laa ilaaha illa Allah Muhammad Rasoolullah" mentioned in the Qur'an?
When we call people to Islam, we tell them to utter the word of Tawheed, and to believe in Allah, may...
If someone appointed him to do Hajj on his behalf, which type of Hajj should he choose?
We know that Hajj is one of the pillars of Islam, and there are those who die or fall sick before they are...
If he says of something that his friend


If someone appointed him to do Hajj on his behalf, which type of Hajj should he choose?
Question : 177182
12/06/2022
We know that Hajj is one of the pillars of Islam, and there are those who die or fall sick before they are able to do this obligatory duty. Hence there is the custom of hiring someone else to do this obligatory duty on behalf of the one who has died or is sick. Which is the most appropriate type of Hajj in this case, is it qiraan or tamattu' or ifraad, and why?
Answer
En
English


narrated in as-Saheehayn.
So if the one who appointed him or hired him stipulated that he should do a particular type of Hajj, then he must adhere to what the one who appointed him stipulated.
See also the answer to question no. 1745 .
And Allah knows best.
ISSUES OF PILGRIMAGE
similar topics?
Similar Topics
How to do Hajj on behalf of another
If a person intends to do Hajj on behalf of someone who is unable to do it because of...
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The Quraan and its Sciences
Fiqh of the family
Principles of Fiqh
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Knowledge & Propagation
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I heard that the number 666 is the devil's number. Is this a superstition? If yes, what if one avoids writin...
Reading Messages on Fortune-telling: Allowed?

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Belief
Tawheed (Divine Unity)
Shirk and its different forms
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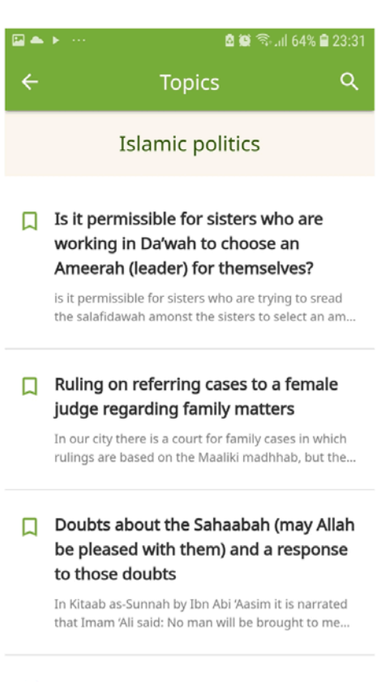
What is the third eye?
What is the third eye, and everything that is connected to it? Is it real? What is the ruling...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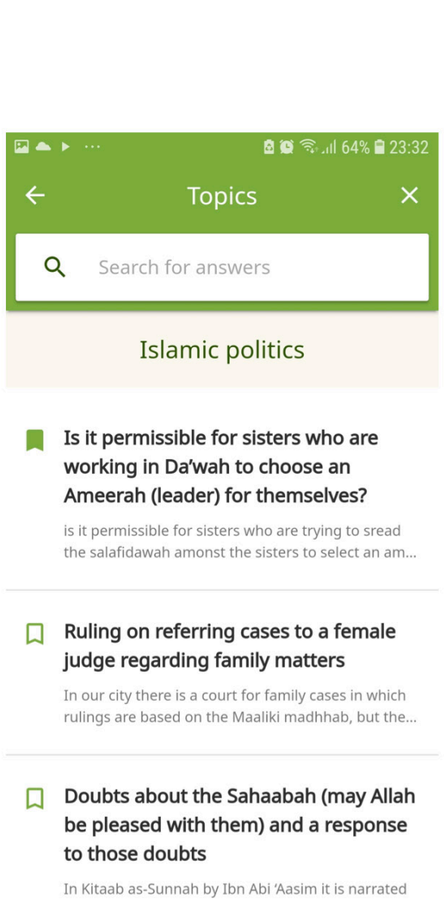
Islamic politics
Is it permissible for sisters who are working in Da'wah to choose an Ameerah (leader) for themselves?
is it permissible for sisters who are trying to sread the salafidawah amonst the sisters to select an am...
Ruling on referring cases to a female judge regarding family matters
In our city there is a court for family cases in which rulings are based on the Maaliki madhhab, but the...
Doubts about the Sahaabah (may Allah be pleased with them) and a response to those doubts
In Kitaab as-Sunnah by Ibn Abi 'Aasim it is narrated that Imam 'Ali said: No man will be brought to me...

Appendix H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Topics
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is it permissible for sisters who are trying to sread the salafidawah amonst the sisters to select an am...
Ruling on referring cases to a female judge regarding family matters
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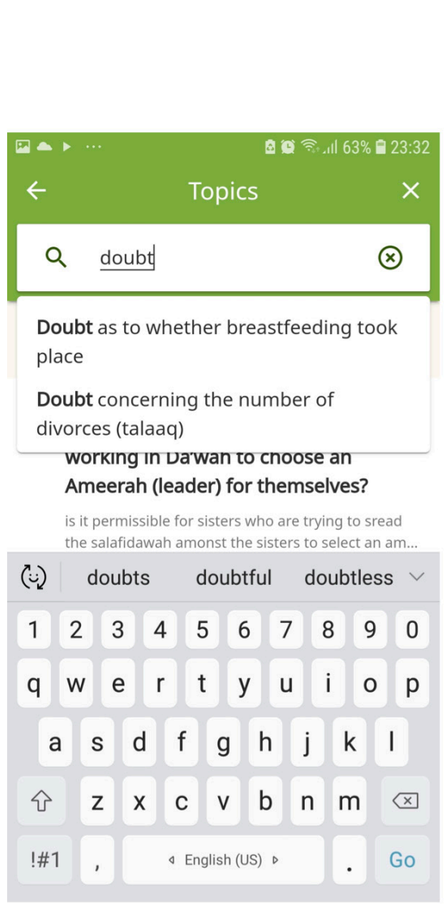
Doubts about the Sahaabah (may Allah be pleased with them) and a response to those doubts
In Kitaab as-Sunnah by Ibn Abi 'Aasim it is narrated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Topics
doubt
Doubt as to whether breastfeeding took place
Doubt concerning the number of divorces (talaaq)
Ameerah (leader) for themselves?
is it permissible for sisters who are trying to sread the salafidawah amonst the sisters to select an am...
doubts
doubtful
doubtless
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English (US)
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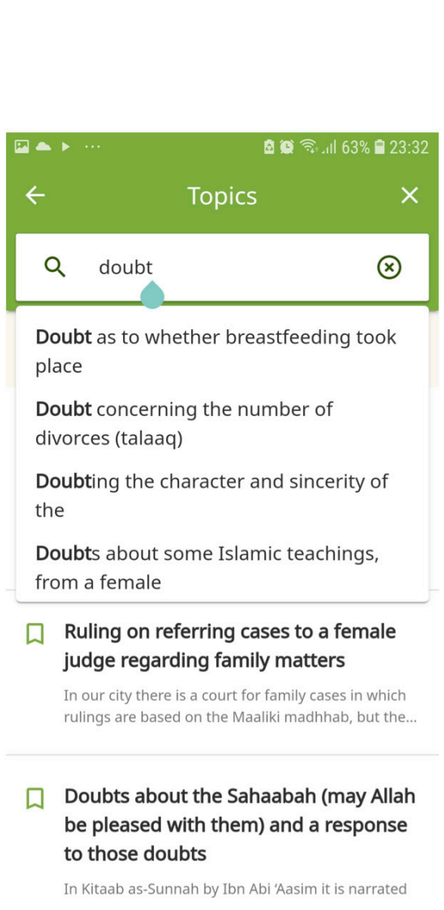
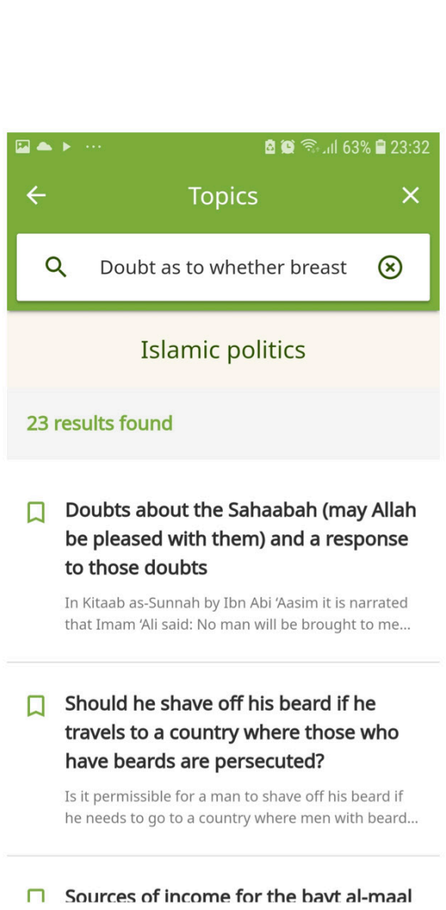

63% 23:32
Topics
doubt
Doubt as to whether breastfeeding took place
Doubt concerning the number of divorces (talaaq)
Doubting the character and sincerity of the
Doubts about some Islamic teachings, from a female
Ruling on referring cases to a female judge regarding family matters
In our city there is a court for family cases in which rulings are based on the Maaliki madhhab, but the...
Doubts about the Sahaabah (may Allah be pleased with them) and a response to those doubts
In Kitaab as-Sunnah by Ibn Abi 'Aasim it is narrated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Topics
Doubt as to whether breast
Islamic politics
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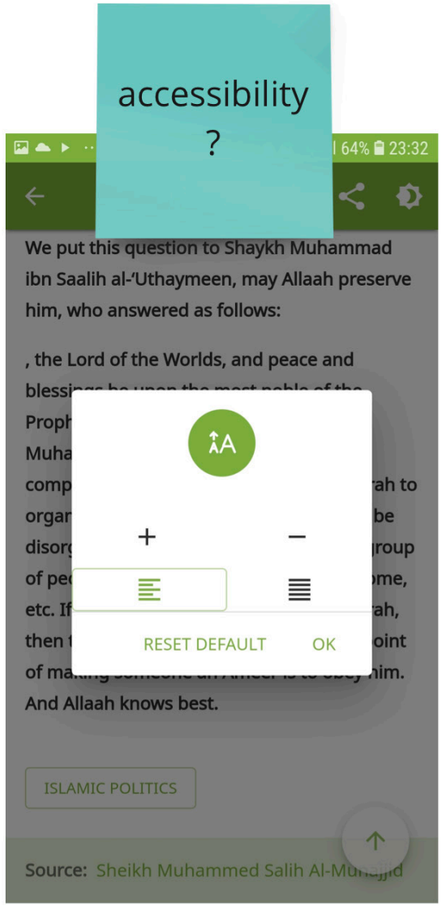
Doubts about the Sahaabah (may Allah be pleased with them) and a response to those doubts
In Kitaab as-Sunnah by Ibn Abi 'Aasim it is narrated that Imam 'Ali said: No man will be brought to me...
Should he shave off his beard if he travels to a country where those who have beards are persecuted?
Is it permissible for a man to shave off his beard if he needs to go to a country where men with beard...
Sources of income for the bayt al-maal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accessibility ?
We put this question to Shaykh Muhammad ibn Saalih al-'Uthaymeen, may Allaah preserve him, who answered as follows:
, the Lord of the Worlds, and peace and blessings be upon the most noble of the
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And Allaah knows best.
RESET DEFAULT
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ISLAMIC POLITICS
Source: Sheikh Muhammed Salih Al-Munajjid

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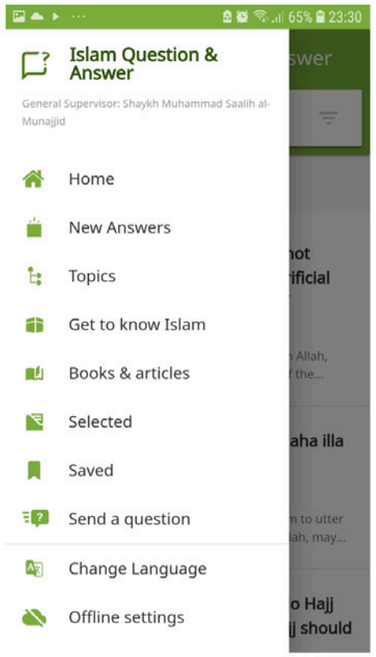
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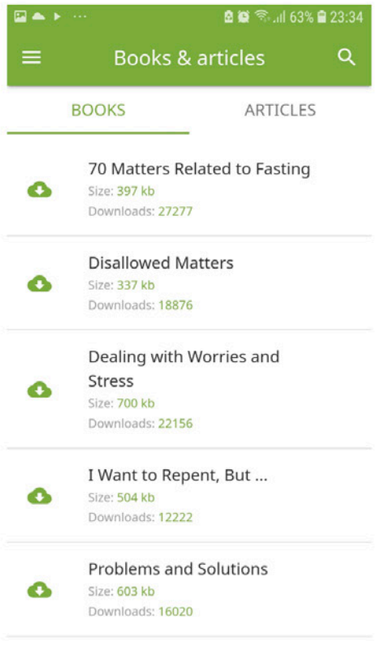
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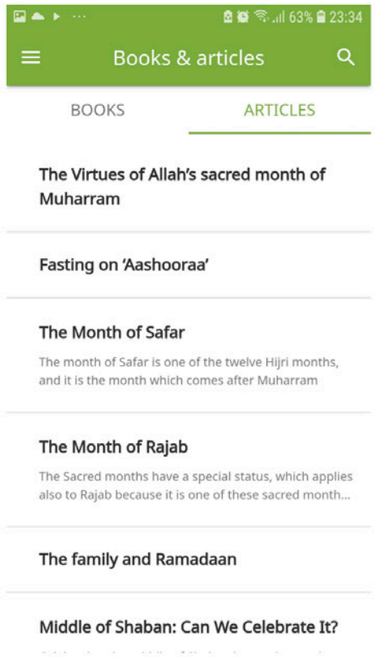
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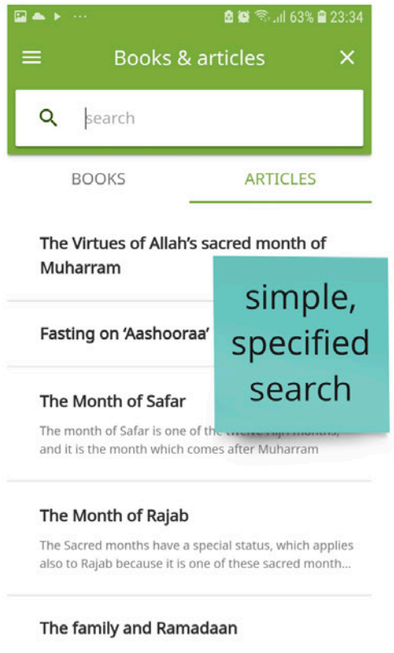
The Virtues of Allah's sacred month of Muharram
Fasting on 'Aashooraa'
The Month of Safar
The month of Safar is one of the twelve Hijri months, and it is the month which comes after Muharram
The Month of Rajab
The Sacred months have a special status, which applies also to Rajab because it is one of these sacred month...
The family and Ramadaan
Middle of Shaban: Can We Celebrate It?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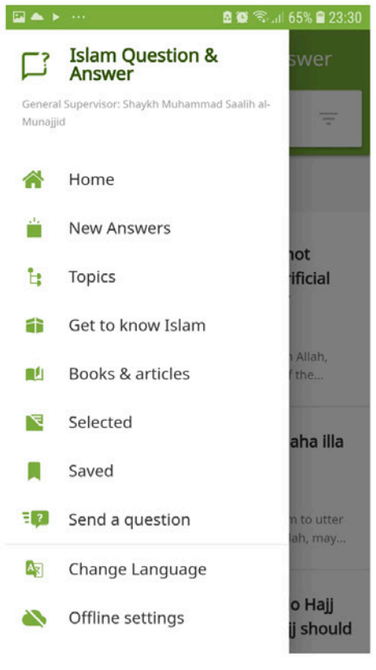
The Month of Safar
The Month of Rajab
The Sacred months have a special status, which applies also to Rajab because it is one of these sacred month...
The family and Ramadaan
simple, specified search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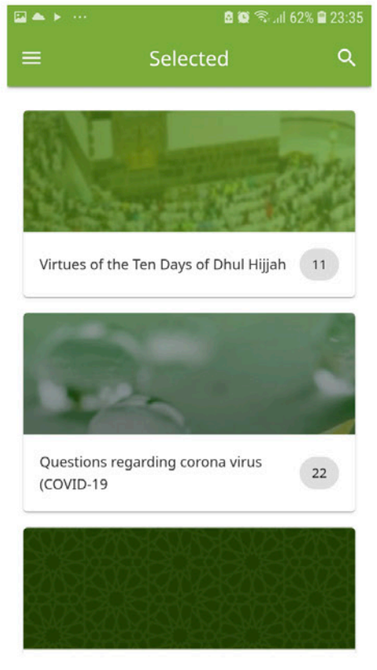
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Virtues of the Ten Days of Dhul Hijjah
11
Questions regarding corona virus (COVID-19
22

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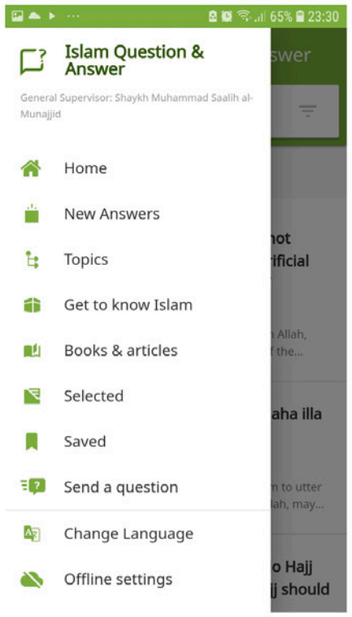
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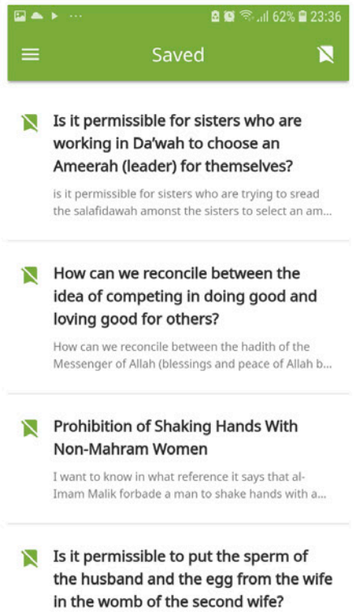
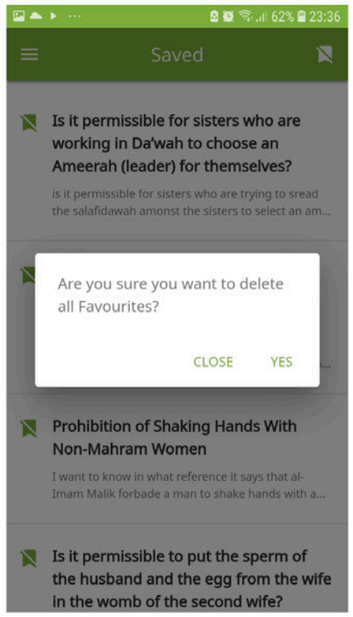

Saved
Is it permissible for sisters who are working in Da'wah to choose an Ameerah (leader) for themselves?
is it permissible for sisters who are trying to sread the salafidawah amonst the sisters to select an am...
How can we reconcile between the idea of competing in doing good and loving good for others?
How can we reconcile between the hadith of the Messenger of Allah (blessings and peace of Allah b...
Prohibition of Shaking Hands With Non-Mahram Women
I want to know in what reference it says that al-Imam Malik forbade a man to shake hands with a...
Is it permissible to put the sperm of the husband and the egg from the wife in the womb of the second wife?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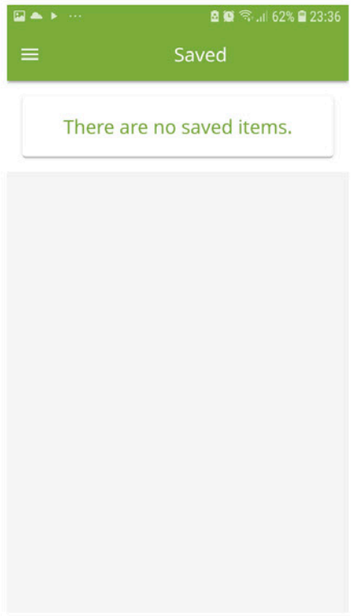
Is it permissible for sisters who are working in Da'wah to choose an Ameerah (leader) for themselves?
is it permissible for sisters who are trying to sread the salafidawah amonst the sisters to select an am...
Are you sure you want to delete all Favourites?
CLOSE
YES
Prohibition of Shaking Hands With Non-Mahram Women
I want to know in what reference it says that al-Imam Malik forbade a man to shake hands with a...
Is it permissible to put the sperm of the husband and the egg from the wife in the womb of the second wife?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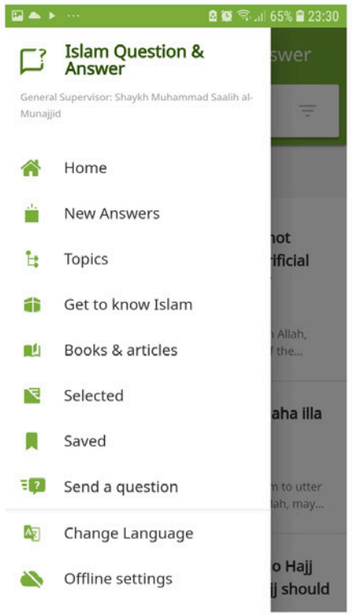
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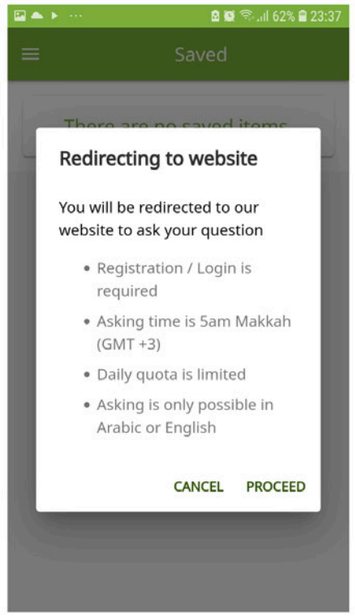
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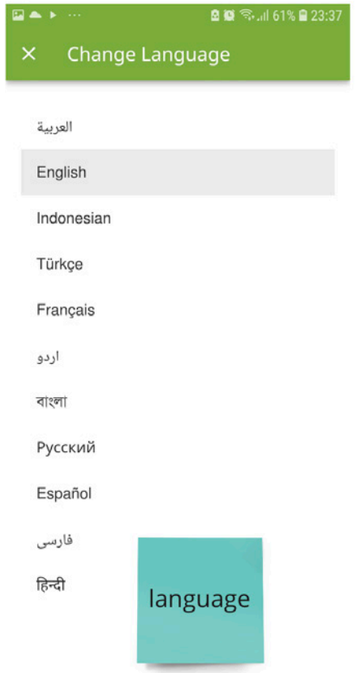
Redirecting to website
You will be redirected to our website to ask your question
Registration / Login is required
Asking time is 5am Makkah (GMT +3)
Daily quota is limited
Asking is only possible in Arabic or English
CANCEL
PROCEED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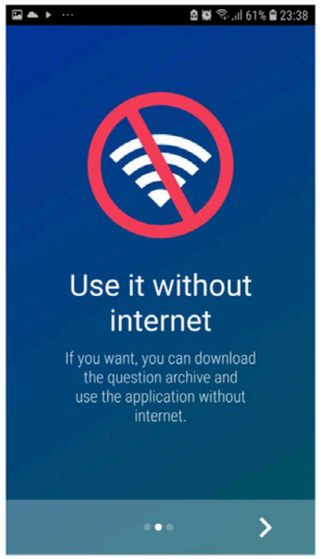

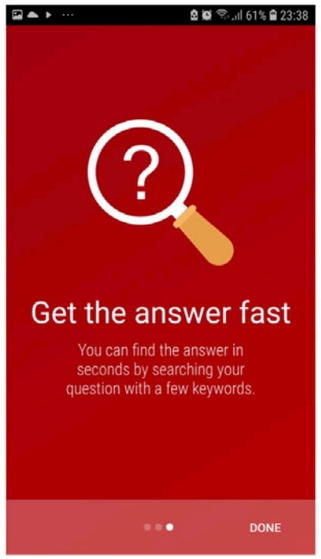

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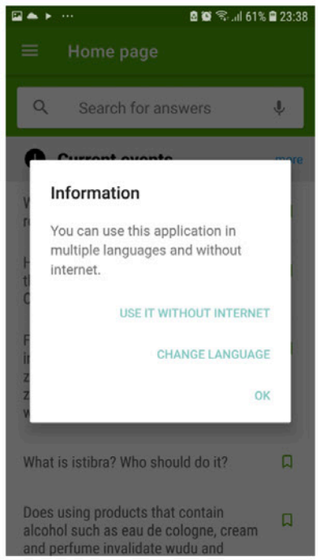
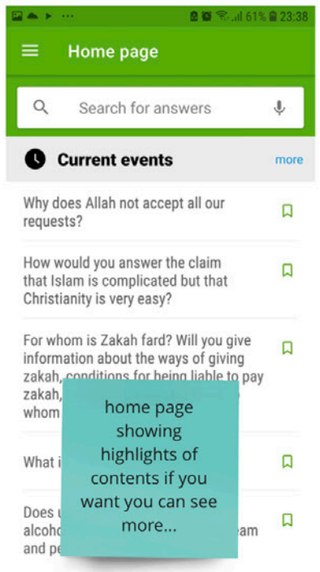
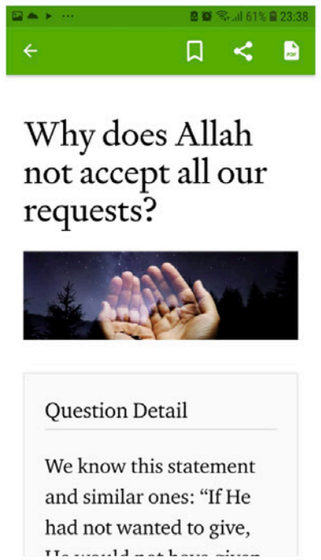
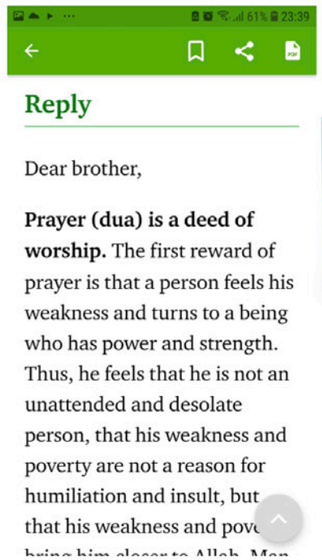
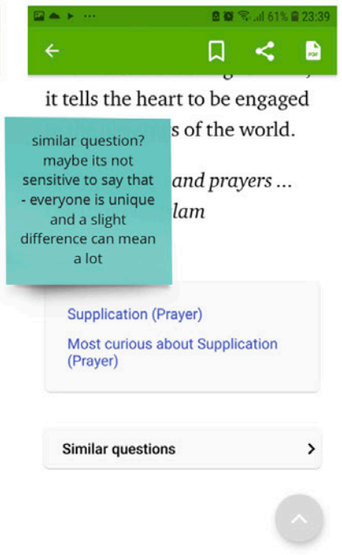




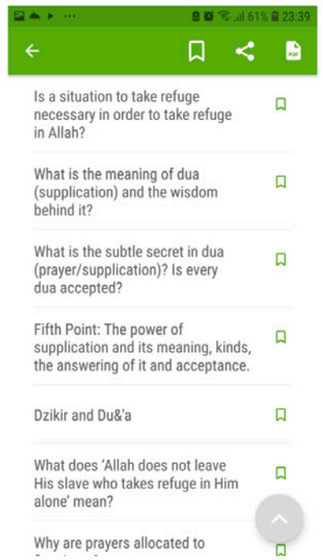
home page showing highlights of contents if you want you can see more...

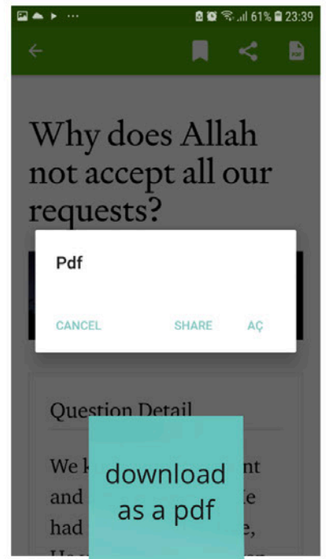






similar question? maybe its not sensitive to say that - everyone is unique and a slight difference can mean a lot





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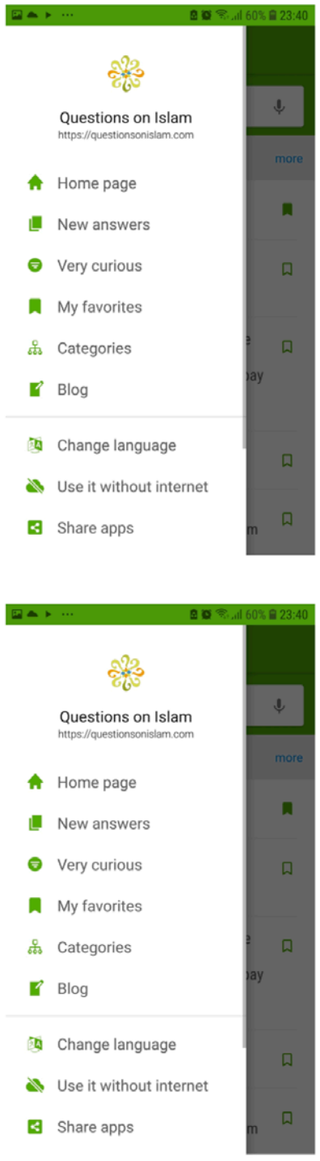
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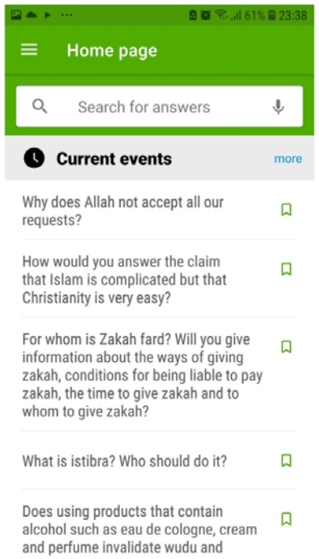
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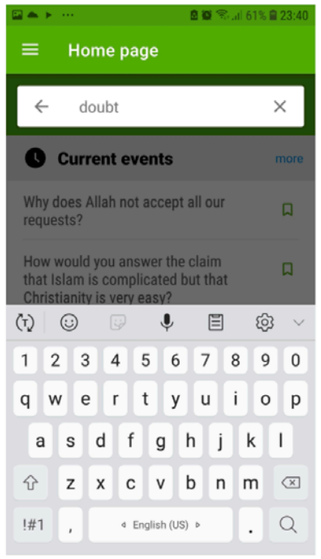
Does using products that contain alcohol such as eau de cologne, cream and perfume invalidate wudu and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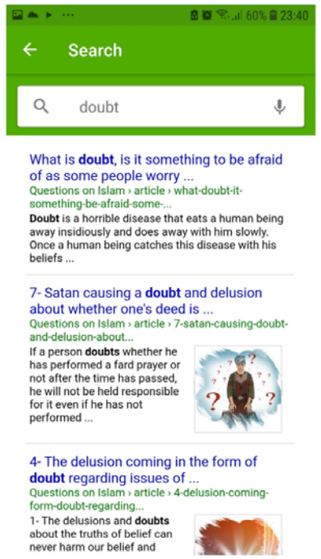
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What is doubt, is it something to be afraid of as some people worry ...
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Doubt is a horrible disease that eats a human being away insidiously and does away with him slowly. Once a human being catches this disease with his beliefs ...
7- Satan causing a doubt and delusion about whether one's deed is ...
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If a person doubts whether he has performed a fard prayer or not after the time has passed, he will not be held responsible for it even if he has not performed ...
4- The delusion coming in the form of doubt regarding issues of ...
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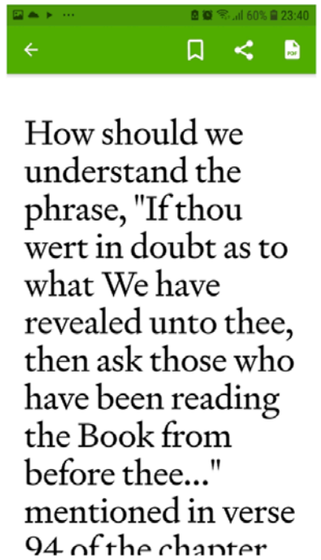
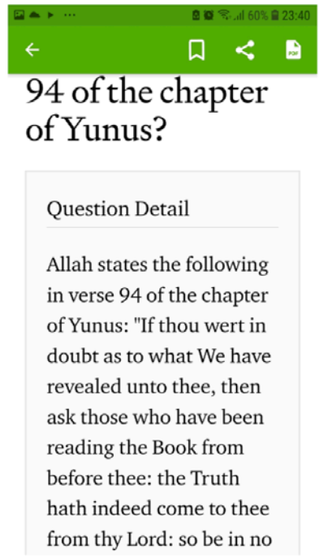
1- The delusions and doubts about the truths of belief can never harm our belief and


How should we understand the phrase, "If thou wert in doubt as to what We have revealed unto thee, then ask those who have been reading the Book from before thee..." mentioned in verse


94 of the chapter of Yunus?
Question Detail
Allah states the following in verse 94 of the chapter of Yunus: "If thou wert in doubt as to what We have revealed unto thee, then ask those who have been reading the Book from before thee: the Truth hath indeed come to thee from thy Lord: so be in no

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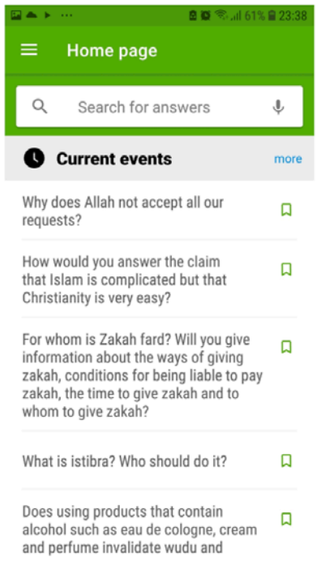
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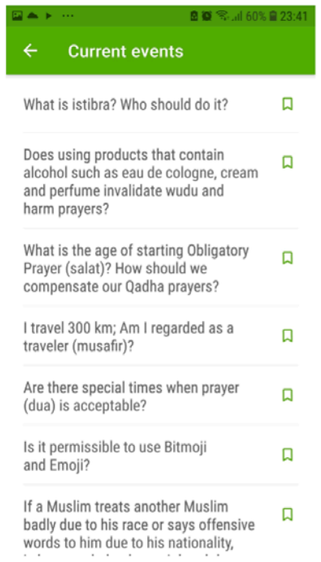
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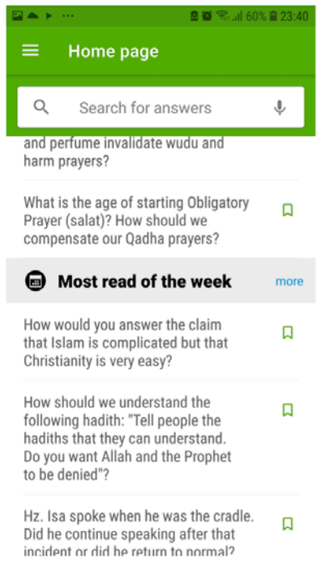
I travel 300 km; Am I regarded as a traveler (musafir)?
Are there special times when prayer (dua) is acceptable?
Is it permissible to use Bitmoji and Emoji?
If a Muslim treats another Muslim badly due to his race or says offensive words to him due to his nationality,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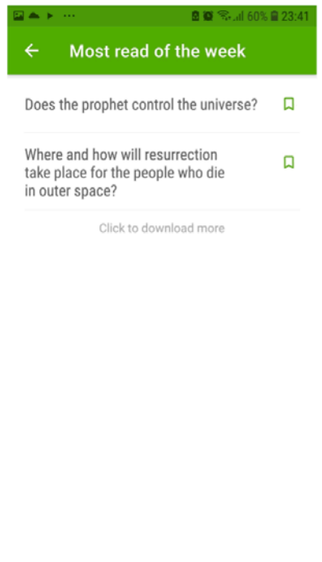
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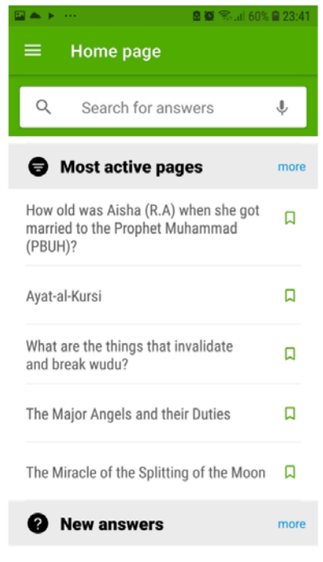
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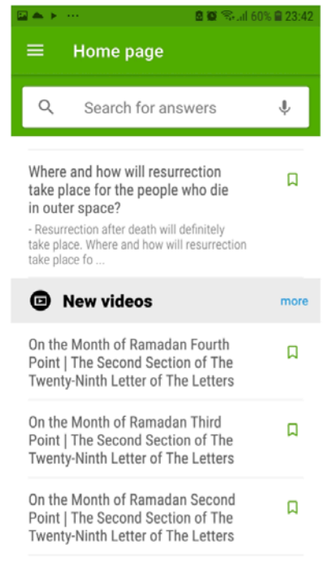
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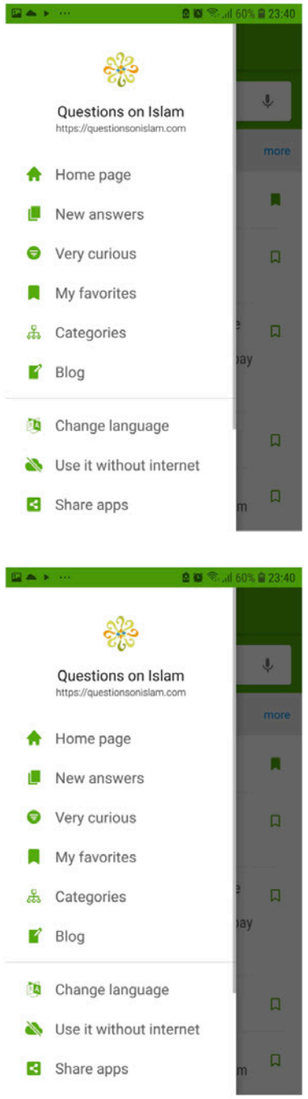
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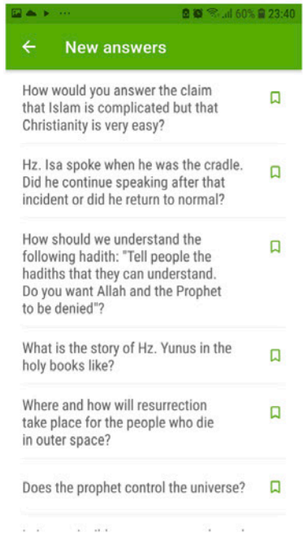
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Hz. Isa spoke when he was the cradle. Did he continue speaking after that incident or did he return to normal?
How should we understand the following hadith: "Tell people the hadiths that they can understand. Do you want Allah and the Prophet to be denied"?
What is the story of Hz. Yunus in the holy books like?
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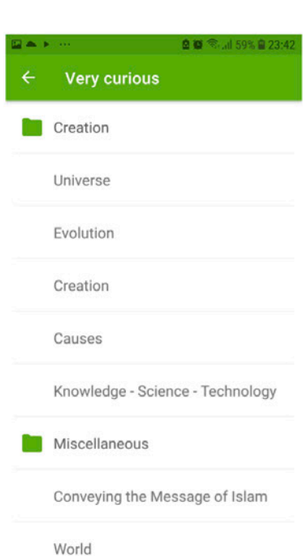
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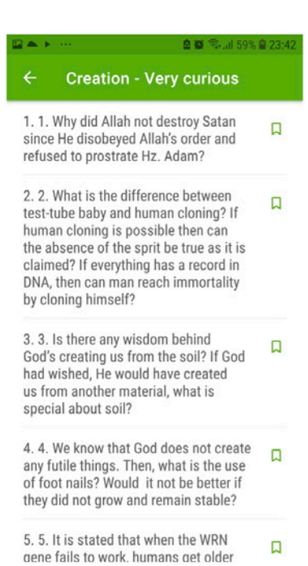
Creation - Very curious
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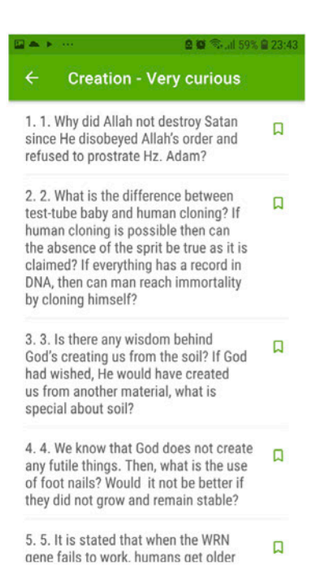
3. 3. Is there any wisdom behind God's creating us from the soil? If God had wished, He would have created us from another material, what is special about soil?
4. 4. We know that God does not create any futile things. Then, what is the use of foot nails? Would it not be better if they did not grow and remain stable?
5. 5. It is stated that when the WRN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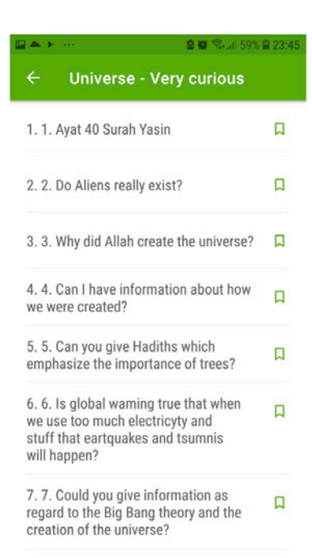
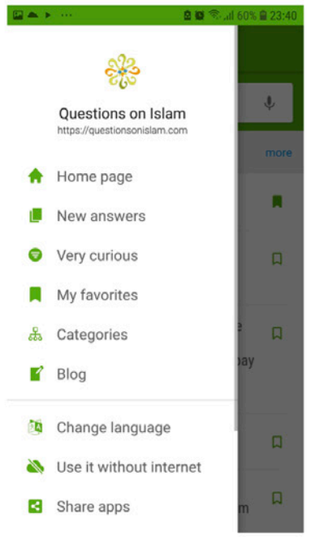

Universe - Very curious
1. 1. Ayat 40 Surah Yasin
2. 2. Do Aliens really exist?
3. 3. Why did Allah create the universe?
4. 4. Can I have information about how we were created?
5. 5. Can you give Hadiths which emphasize the importance of trees?
6. 6. Is global warming true that when we use too much electricyty and stuff that eartquakes and tsumnis will happen?
7. 7. Could you give information as regard to the Big Bang theory and the creation of the universe?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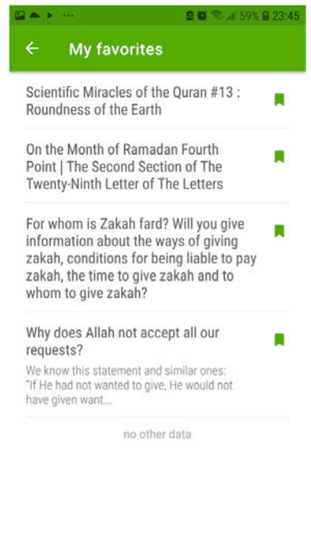
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We know this statement and similar ones: "If He had not wanted to give, He would not have given want...
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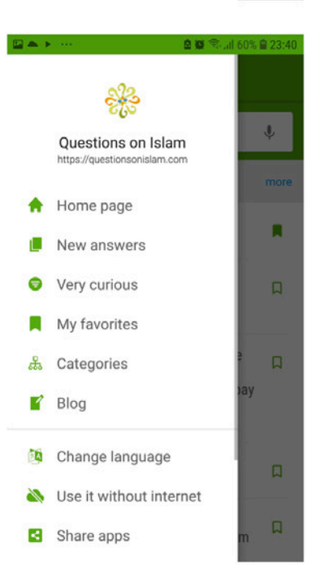
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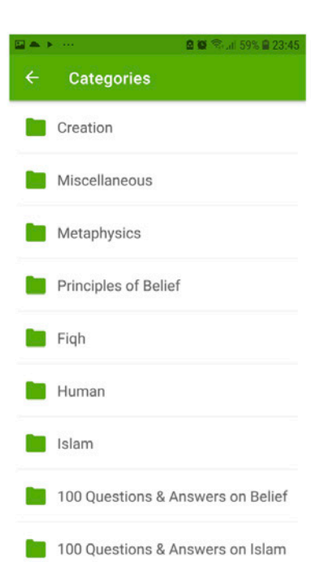
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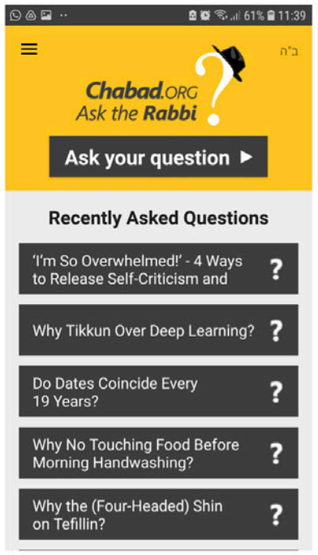
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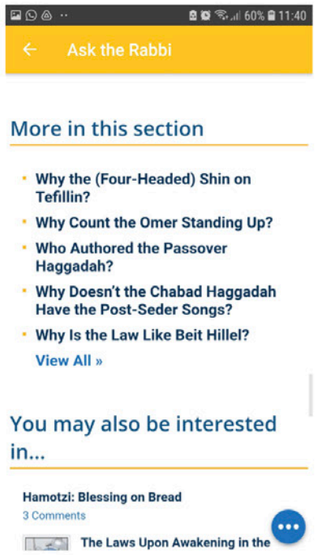
Learning & Values › Questions & Answers › Ask "Rabbi Y"
Why No Touching Food Before Morning Handwashing?
By Yehuda Shurpin
Upon waking in the morning, we recite the Modeh Ani and then wash our hands (AKA netilat yadayim, or negel vasser in Yiddish). The procedure for washing the hands i
follows: pour water on the entire right hand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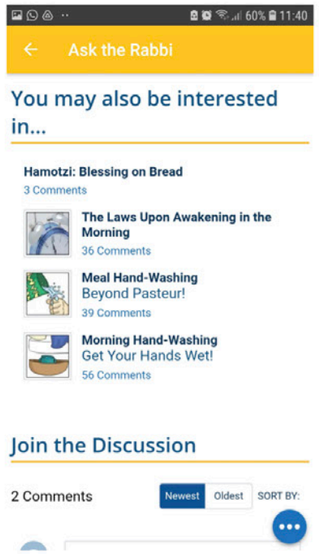
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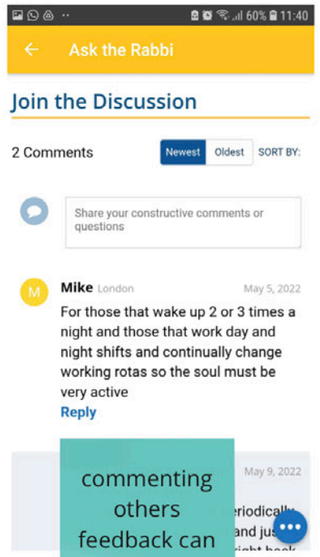
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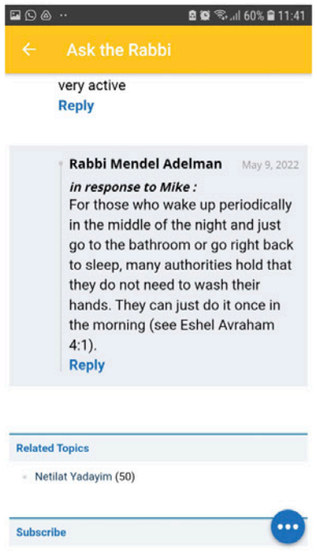
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very active
Reply
Rabbi Mendel Adelman
May 9, 2022
in response to Mike :
For those who wake up periodically in the middle of the night and just go to the bathroom or go right back to sleep, many authorities hold that they do not need to wash their hands. They can just do it once in the morning (see Eshel Avraham 4:1).
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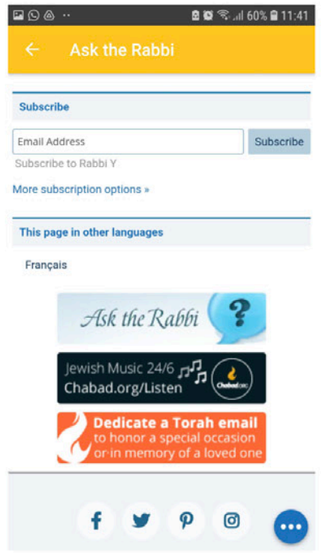
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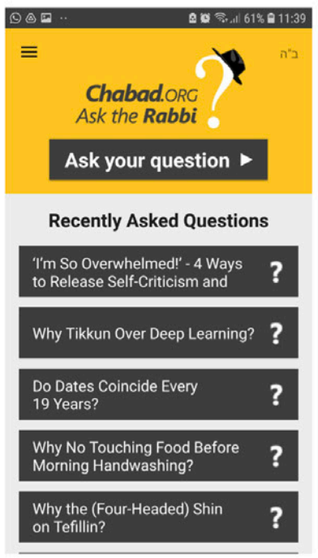
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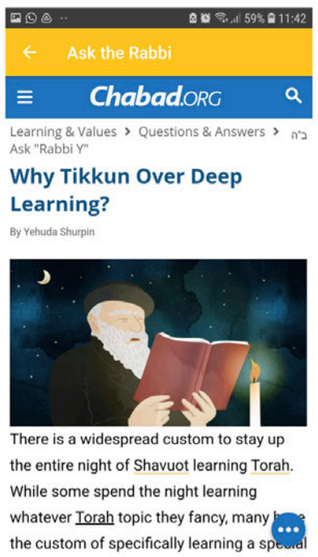
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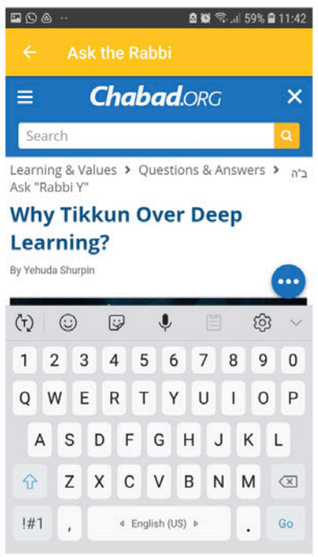
Why Tikkun Over Deep Learning?
By Yehuda Shurpin
There is a widespread custom to stay up the entire night of Shavuot learning Torah. While some spend the night learning whatever Torah topic they fancy, many h
the custom of specifically learning a special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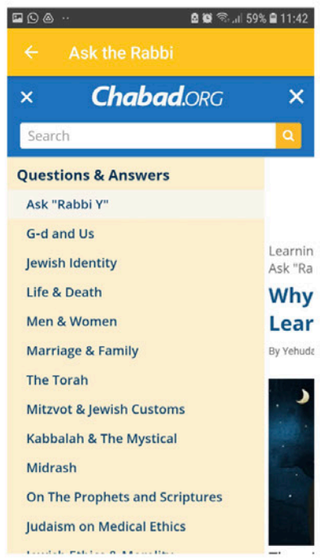
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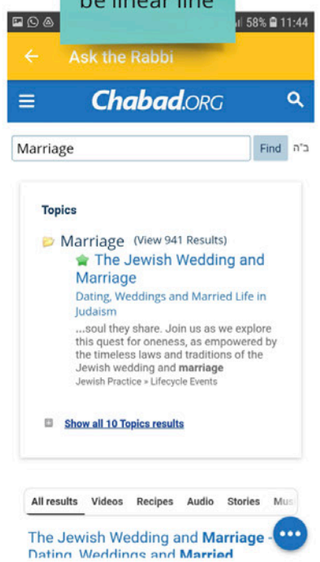
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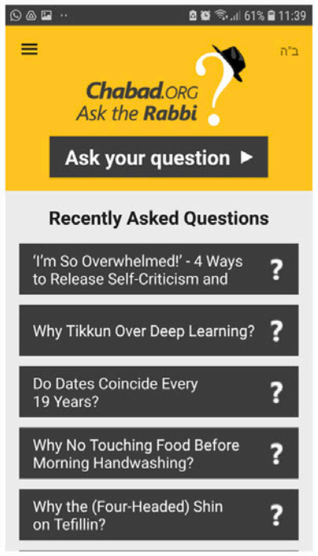
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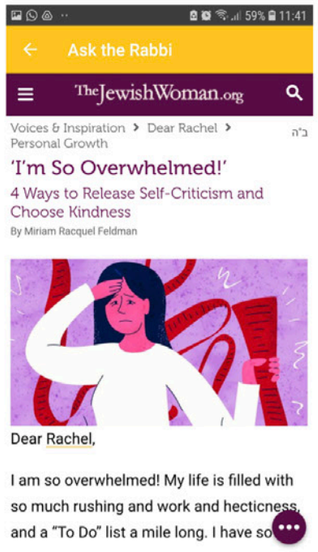
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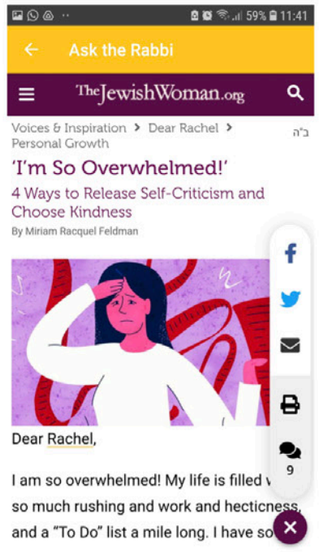
4 Ways to Release Self-Criticism and Choose Kindness
By Miriam Racquel Feldman
Dear Rachel,
I am so overwhelmed! My life is filled with so much rushing and work and hecticness, and a "To Do" list a mile long. I have so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9
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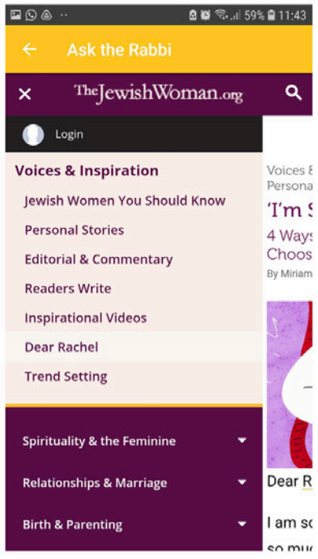
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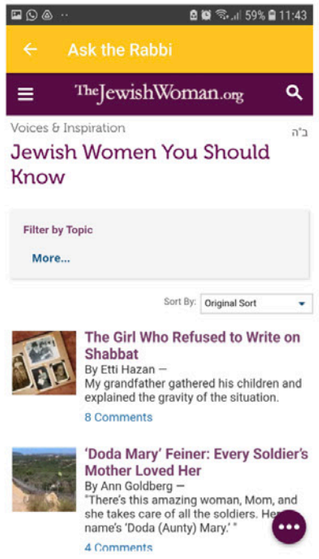
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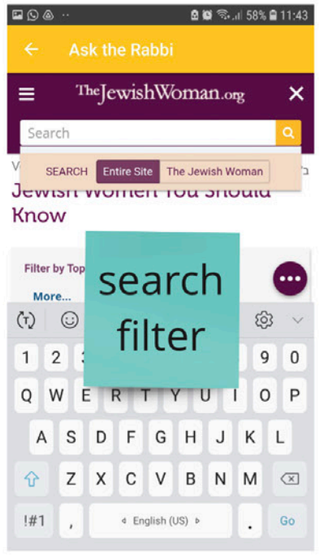
By Ann Goldberg —
"There's this amazing woman, Mom, and she takes care of all the soldiers. He
name's 'Doda (Aunty) Mary.' "
4 Comments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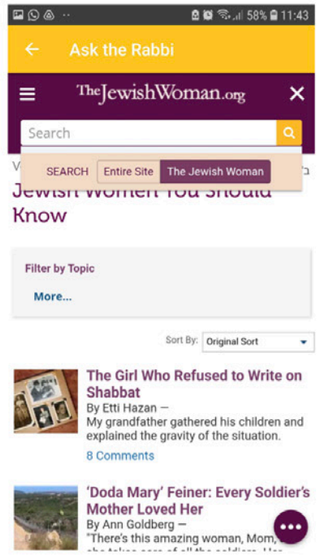
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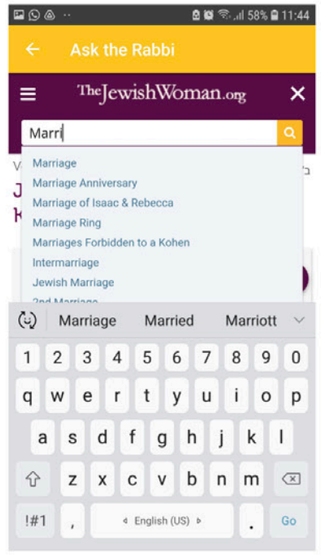
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Marriage Ring
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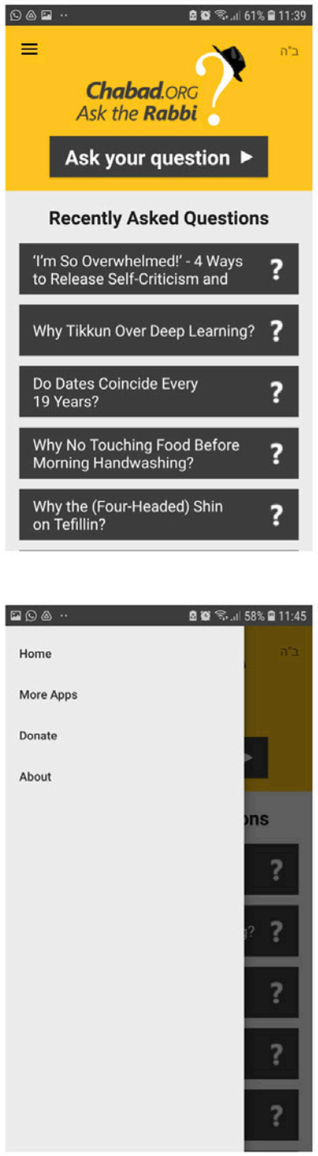
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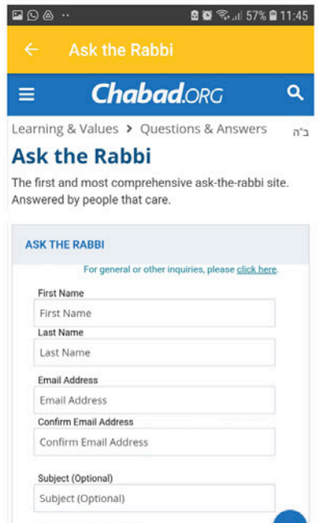
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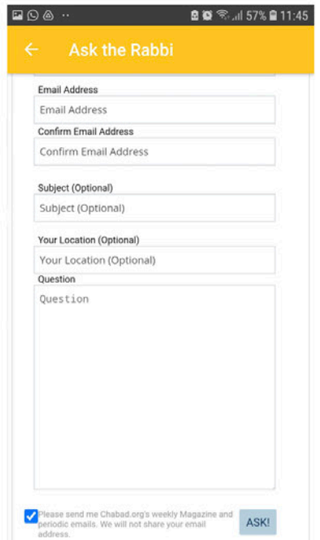
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Question
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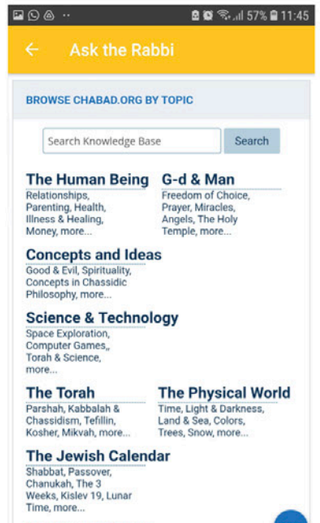
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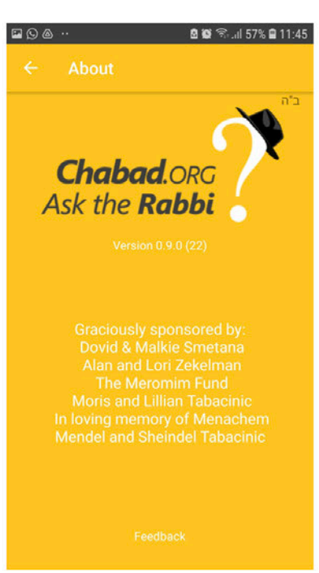
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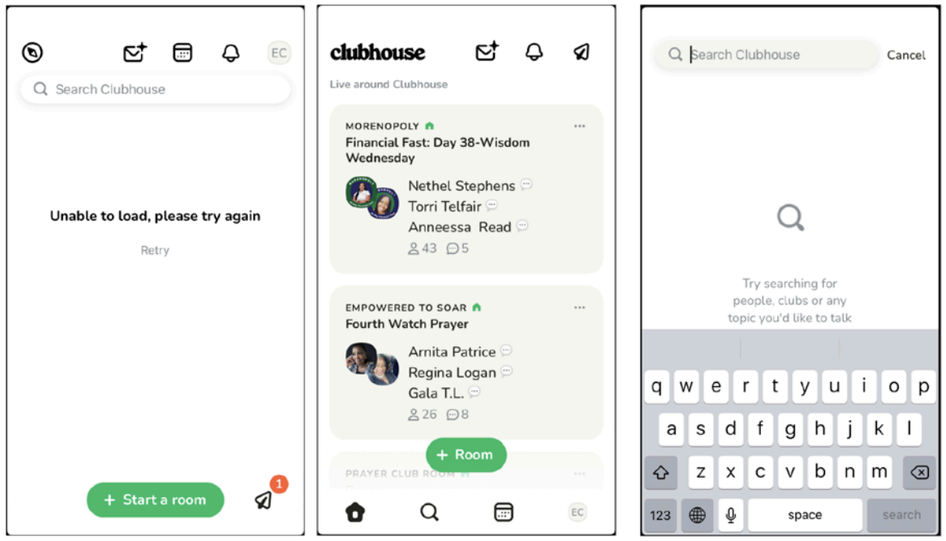
APPENDIX I

Benchmark Details - Social Media Apps

Appendix I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Unable to load, please try again
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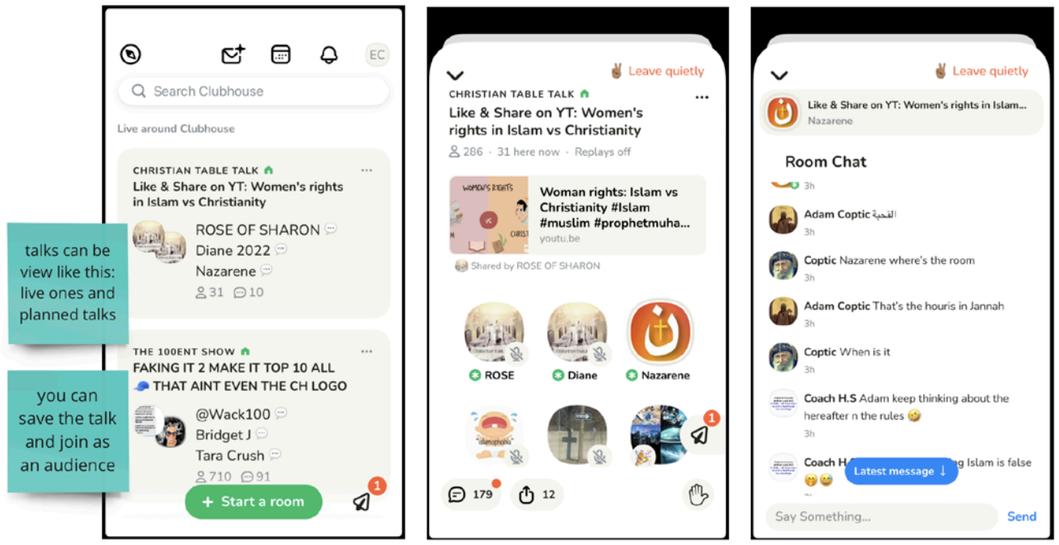
MORENOPOLY
Financial Fast: Day 38-Wisdom Wednesday
Nethel Stephens
Torri Telfair
Anneessa Read
43 5
EMPOWERED TO SOAR
Fourth Watch Prayer
Arnita Patrice
Regina Logan
Gala T.L.
26 8
+ Room
Search Clubhouse
Cancel
Try searching for people, clubs or any topic you'd like to talk


talks can be view like this: live ones and planned talks
you can save the talk and join as an audience
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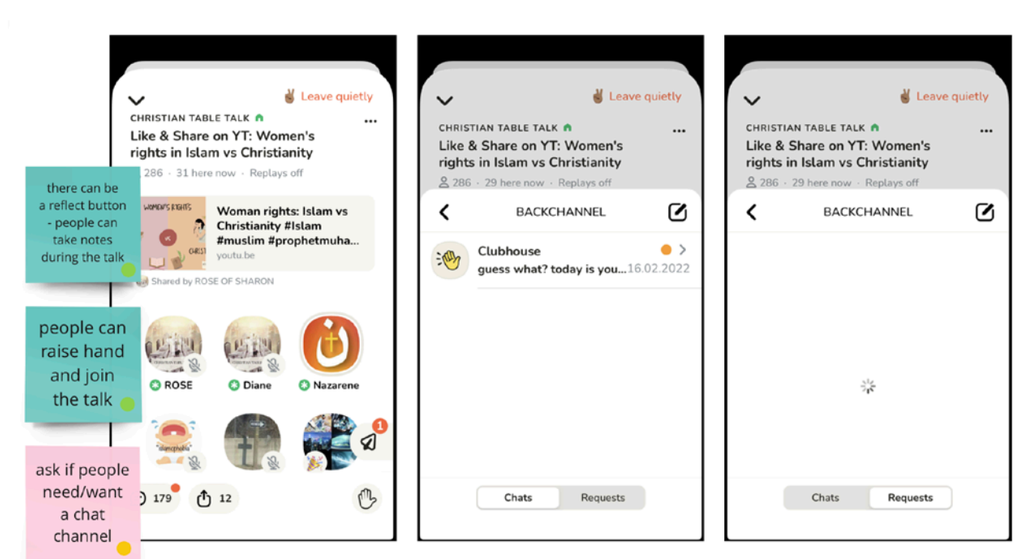
CHRISTIAN TABLE TALK
Like & Share on YT: Women's rights in Islam vs Christianity
ROSE OF SHARON
Diane 2022
Nazarene
31 10
THE 100ENT SHOW
FAKING IT 2 MAKE IT TOP 10 ALL THAT AINT EVEN THE CH LOGO
@Wack100
Bridget J
Tara Crush
710 91
+ Start a room
Leave quietly
286 · 31 here now · Replays off
Woman rights: Islam vs Christianity #Islam #muslim #prophetmuha...
youtu.be
Shared by ROSE OF SHARON
ROSE
Diane
Nazarene
179
12
Room Chat
Adam Coptic
Coptic Nazarene where's the room
Adam Coptic That's the houris in Jannah
Coptic When is it
Coach H.S Adam keep thinking about the hereafter n the rules
Latest message
Say Something...
Send


there can be a reflect button - people can take notes during the talk
people can raise hand and join the talk
ask if people need/want a chat channel
Leave quietly
CHRISTIAN TABLE TALK
Like & Share on YT: Women's rights in Islam vs Christianity
286 · 31 here now · Replays off
Woman rights: Islam vs Christianity #Islam #muslim #prophetmuha...
youtu.be
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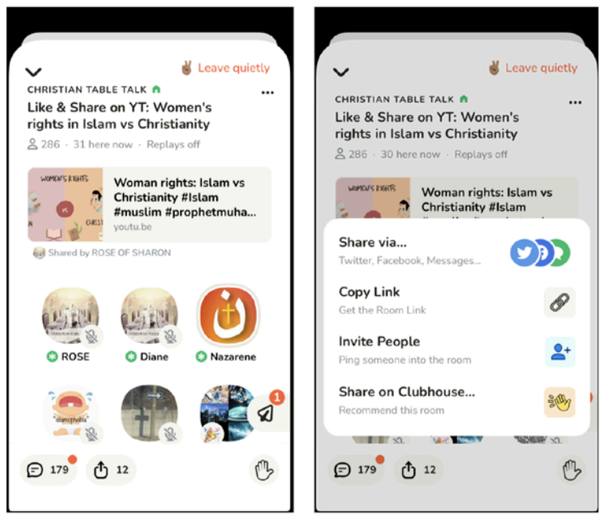
ROSE
Diane
Nazarene
179
12
286 · 29 here now · Replays off
BACKCHANNEL
Clubhouse
guess what? today is you...16.02.2022
Chats
Requests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Share via...
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Copy Link
Get the Room Link
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Ping someone into the room
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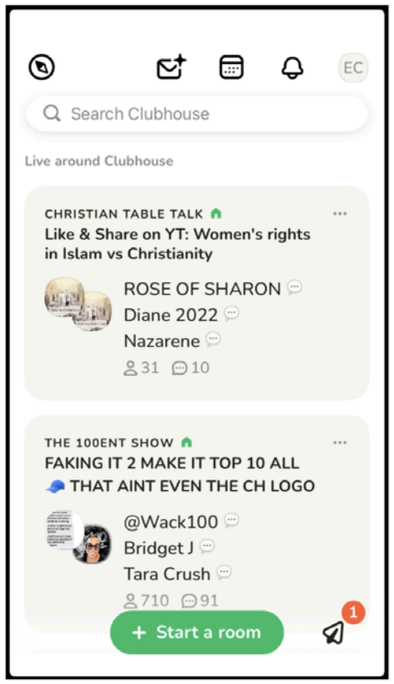
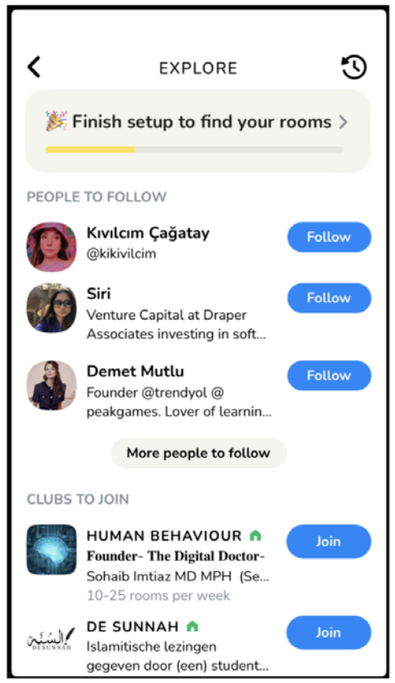
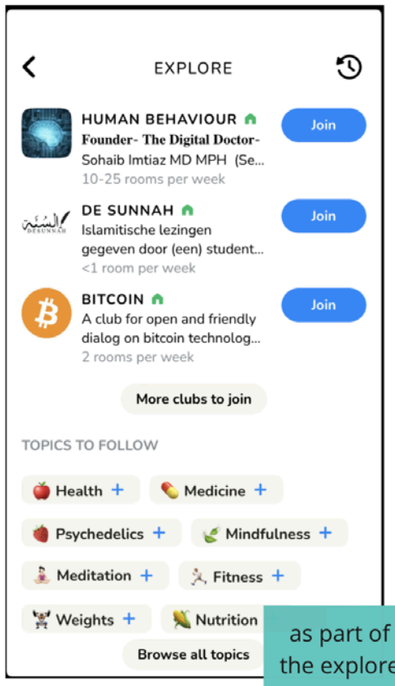
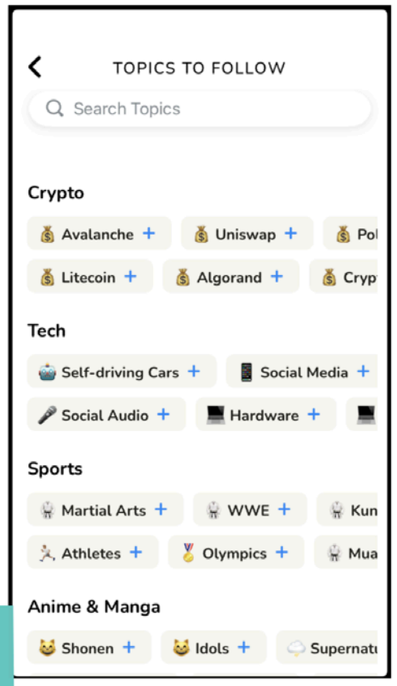
Appendix I

the explore logo is nice

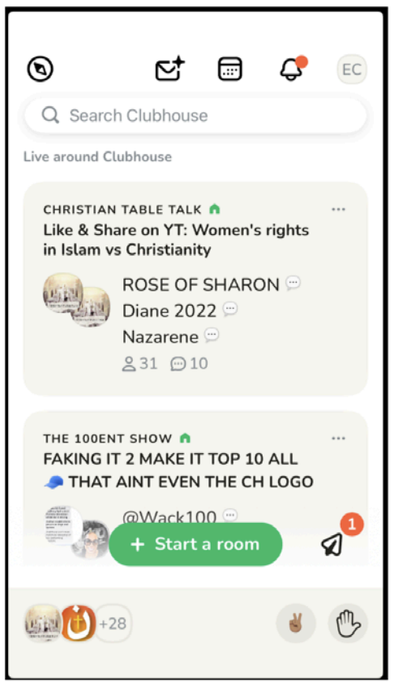


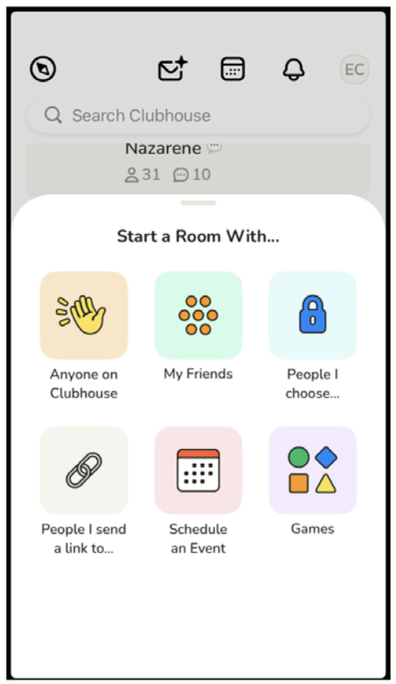






as part of the explore - topics to follow





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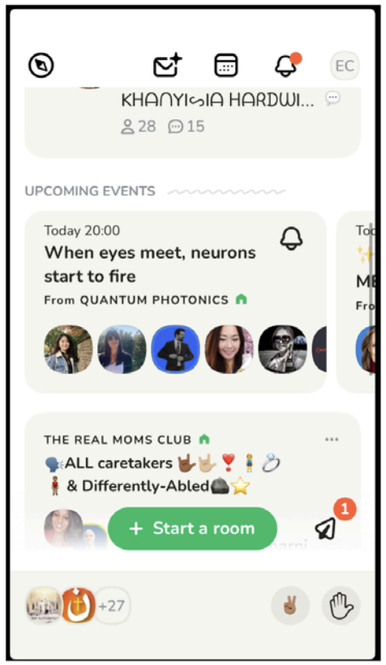
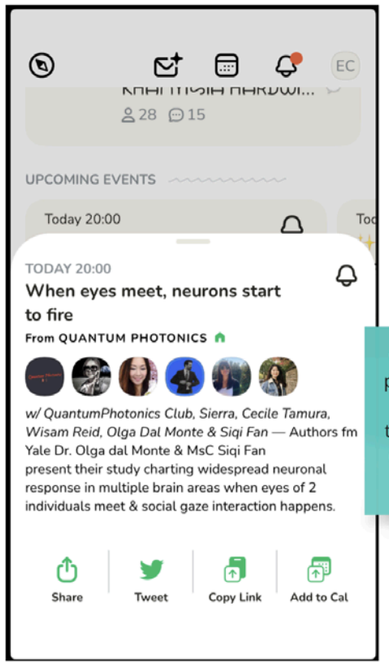


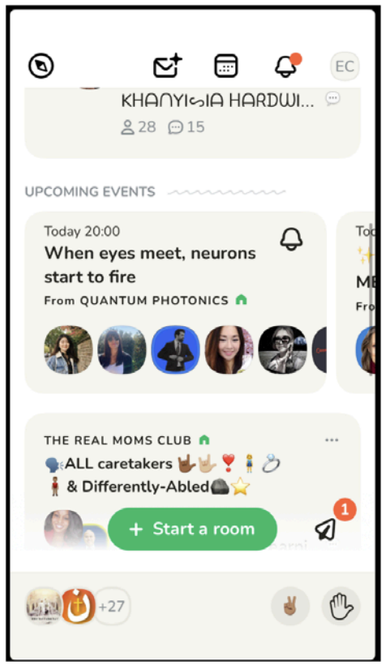


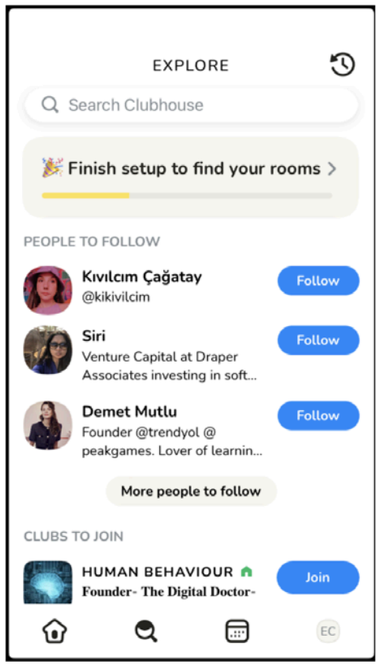
when tab on the planned talk - see the talk details, time, participants (their profile will be accessible)

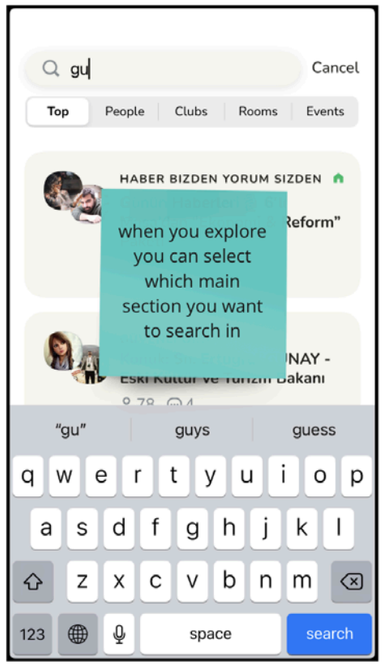
you can save the talk to your calendar - or somewhere else

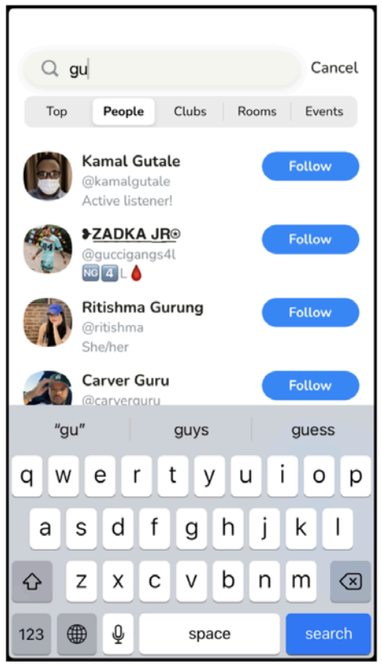
alert me when it starts or alert me -- min before...

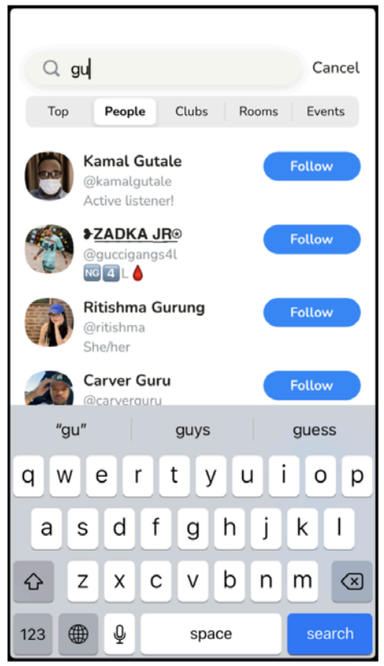
next to the talks topic there might be tags relevant to talk so that others can find the talk by searcing

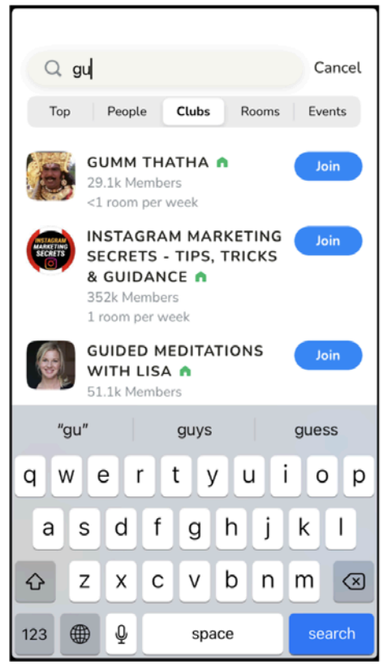






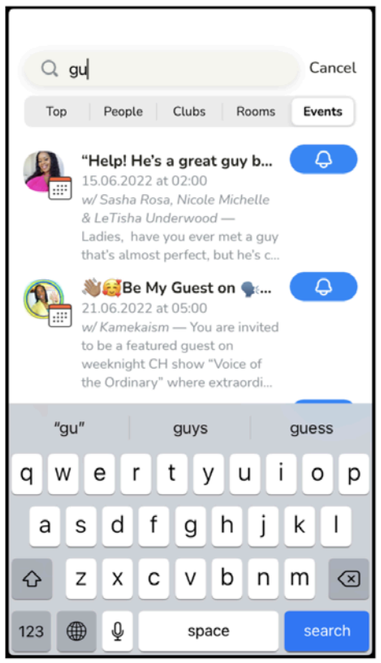


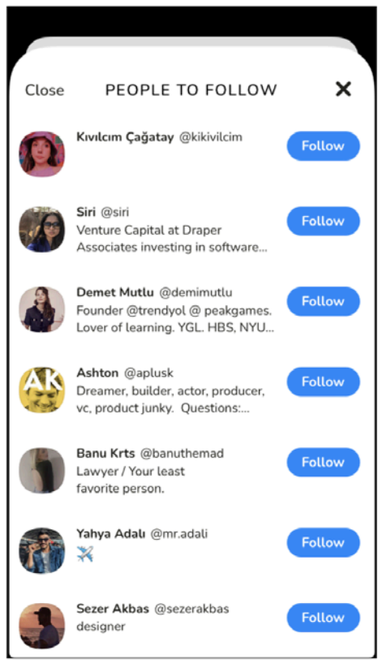


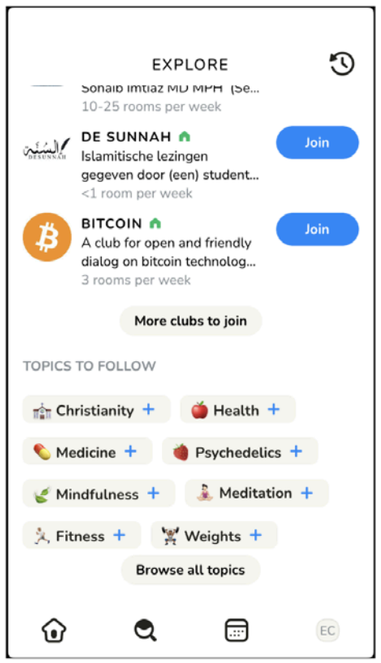


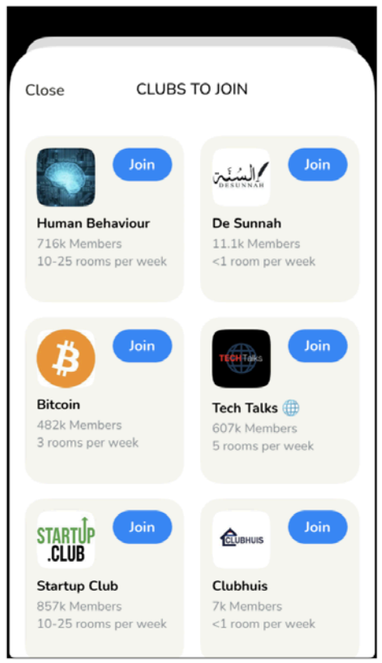
Appendix I

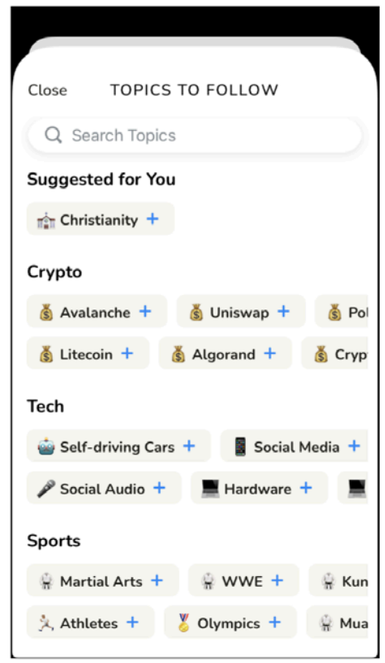
gu
Cancel
Top
People
Clubs
Rooms
Events
HABER BIZDEN YORUM SIZDEN
Günün Haberleri 🗞️ 6'lı Masa'dan "Ekonomi & Reform" Paketi
62 15
GÜVENLI ODA
Konuk: Sn. Ertuğrul GÜNAY - Eski Kültür ve Turizm Bakanı
"gu"
guys
guess
space
search


gu
Cancel
Top
People
Clubs
Rooms
Events
"Help! He's a great guy b...
15.06.2022 at 02:00
w/ Sasha Rosa, Nicole Michelle & LeTisha Underwood — Ladies, have you ever met a guy that's almost perfect, but he's c...
Be My Guest on 🗣️...
21.06.2022 at 05:00
w/ Kamekaism — You are invited to be a featured guest on weeknight CH show "Voice of the Ordinary" where extraordi...
"gu"
guys
guess
space
search

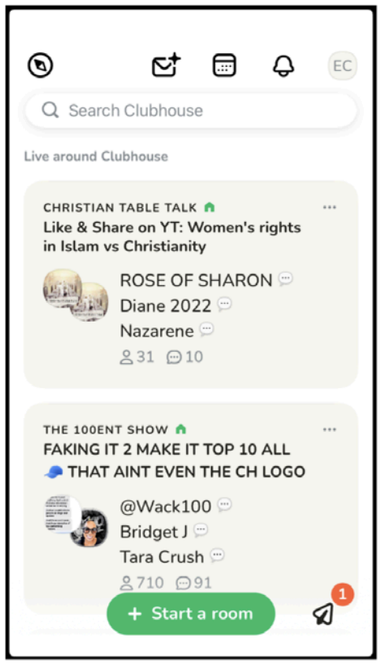

Close
PEOPLE TO FOLLOW
Kıvılcım Çağatay @kikivilcim
Follow
Siri @siri
Venture Capital at Draper Associates investing in software...
Follow
Demet Mutlu @demimutlu
Founder @trendyol @ peakgames. Lover of learning. YGL. HBS, NYU...
Follow
Ashton @aplusk
Dreamer, builder, actor, producer, vc, product junky. Questions:...
Follow
Banu Krts @banuthemad
Lawyer / Your least favorite person.
Follow
Yahya Adalı @mr.adali
Follow
Sezer Akbas @sezerakbas
designer
Follow


EXPLORE
10-25 rooms per week
DE SUNNAH
Islamitische lezingen gegeven door (een) student...
<1 room per week
Join
BITCOIN
A club for open and friendly dialog on bitcoin technolog...
3 rooms per week
Join
More clubs to join
TOPICS TO FOLLOW
Christianity
Health
Medicine
Psychedelics
Mindfulness
Meditation
Fitness
Weights
Browse all topics

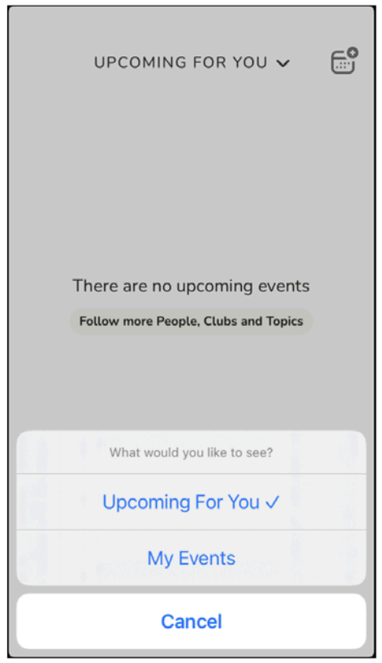

Close
CLUBS TO JOIN
Join
Human Behaviour
716k Members
10-25 rooms per week
Join
De Sunnah
11.1k Members
<1 room per week
Join
Bitcoin
482k Members
3 rooms per week
Join
Tech Talks
607k Members
5 rooms per week
Join
Startup Club
857k Members
10-25 rooms per week
Join
Clubhuis
7k Members
<1 room per week

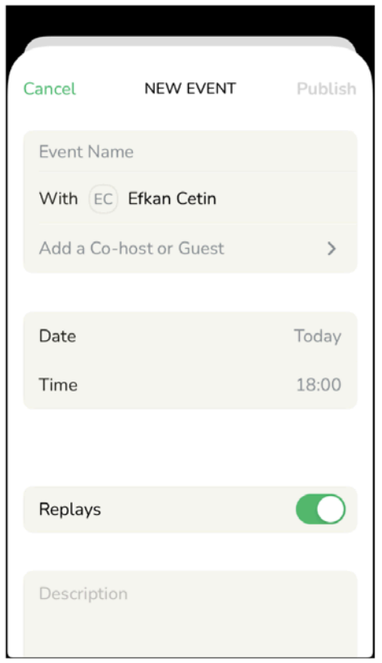

Close
TOPICS TO FOLLOW
Search Topics
Suggested for You
Christianity
Crypto
Avalanche
Uniswap
Litecoin
Algorand
Tech
Self-driving Cars
Social Media
Social Audio
Hardware
Sports
Martial Arts
WWE
Athletes
Olympics

Appendix I

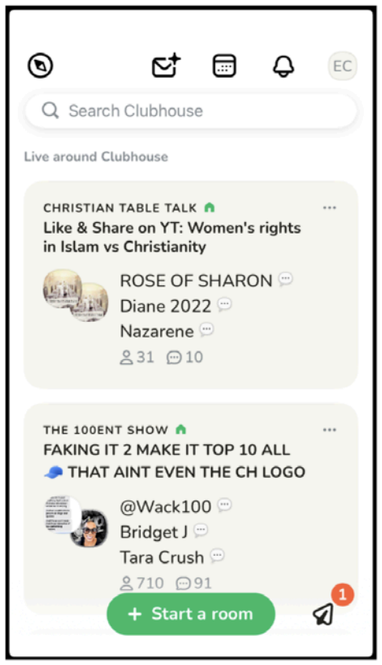

EC
Search Clubhouse
Live around Clubhouse
CHRISTIAN TABLE TALK
Like & Share on YT: Women's rights in Islam vs Christianity
ROSE OF SHARON
Diane 2022
Nazarene
31 10
THE 100ENT SHOW
FAKING IT 2 MAKE IT TOP 10 ALL
THAT AINT EVEN THE CH LOGO
@Wack100
Bridget J
Tara Crush
710 91
+ Start a room
1

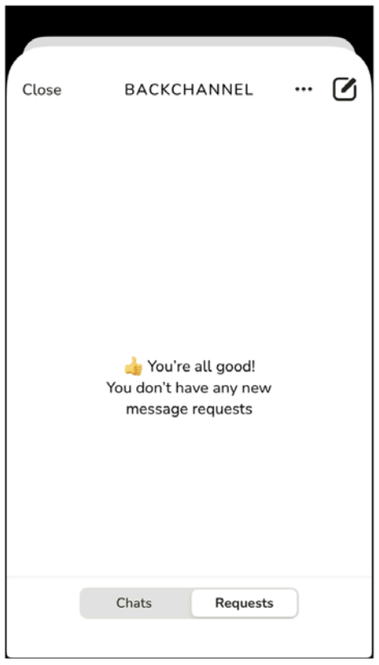
UPCOMING FOR YOU
There are no upcoming events
Follow more People, Clubs and Topics
can be relevant for talks function
EC


UPCOMING FOR YOU
There are no upcoming events
Follow more People, Clubs and Topics
What would you like to see?
Upcoming For You ✓
My Events
Cancel


Cancel
NEW EVENT
Publish
Event Name
With EC Efkan Cetin
Add a Co-host or Guest
Date Today
Time 18:00
Replays
Description

Cancel
NEW EVENT
Publish
Date Today
Time 18:00
Replays
Description
200 characters remaining
davet olustur - kabul eden ile görüş
belki davet doubt enterisine gömülü olur?
süpheden bagimsiz da olabilir - kafana takilan bir sey var ve konusmak istiyorsun....belki ilgili topic üzerinde görünebilir
ya da explore kisminda talks > ready...just start a conversation

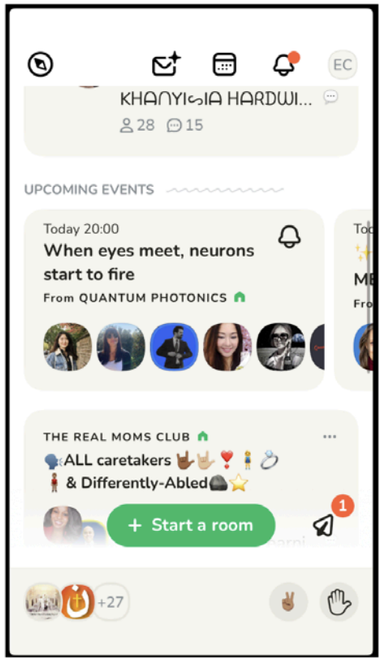

EC
Search Clubhouse
Live around Clubhouse
CHRISTIAN TABLE TALK
Like & Share on YT: Women's rights in Islam vs Christianity
ROSE OF SHARON
Diane 2022
Nazarene
31 10
THE 100ENT SHOW
FAKING IT 2 MAKE IT TOP 10 ALL
THAT AINT EVEN THE CH LOGO
@Wack100
Bridget J
Tara Crush
710 91
+ Start a room
1

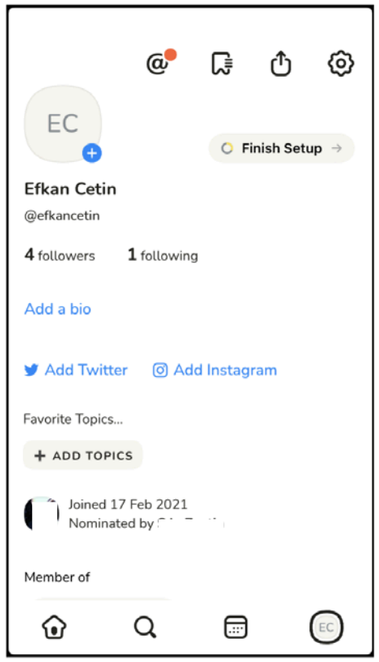

Close
BACKCHANNEL
You're all good!
You don't have any new message requests
Chats
Requests

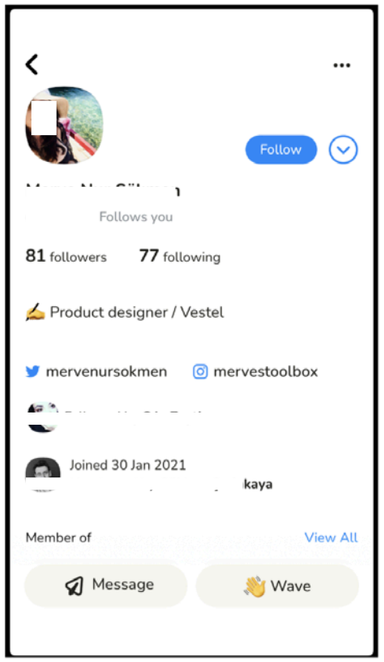
Close
BACKCHANNEL
Clubhouse
guess what? today is you...16.02.2022
message section - to keep the communication alive with the other doubters?
Chats
Requests

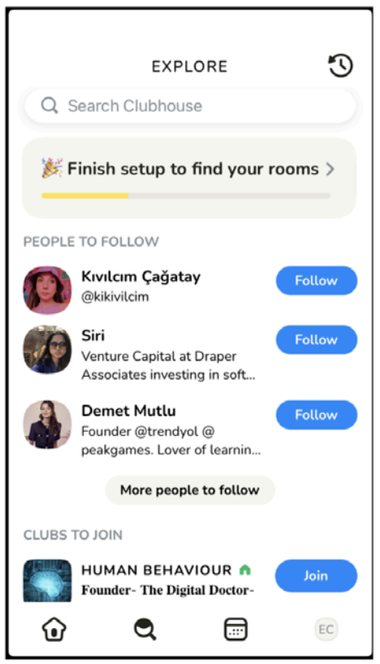
CLUBHOUSE
16 February 09:50
guess what? today is your Clubhouse anniversary! thanks for being here
Say Something...
SEND

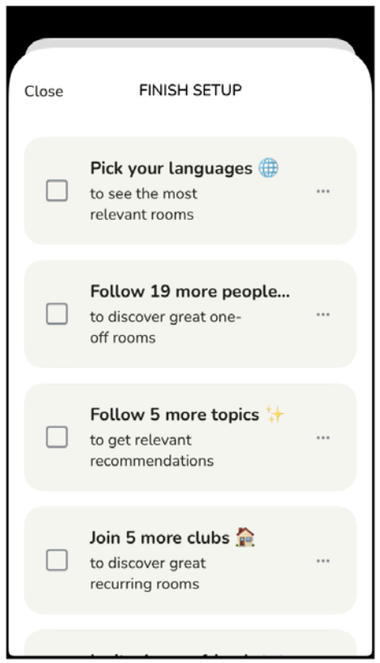
Appendix I

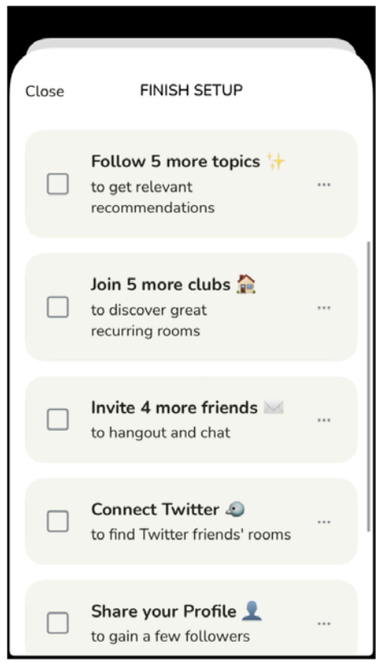

EC
KHANYISIA HARDWI...
28 15
UPCOMING EVENTS
Today 20:00
When eyes meet, neurons start to fire
From QUANTUM PHOTONICS
THE REAL MOMS CLUB
ALL caretakers & Differently-Abled
+ Start a room
1
+27

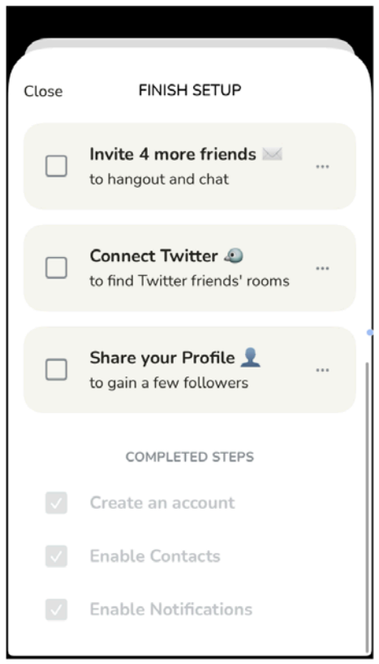

EC
Finish Setup
Efkan Cetin
@efkancetin
4 followers
1 following
Add a bio
Add Twitter
Add Instagram
Favorite Topics...
+ ADD TOPICS
Joined 17 Feb 2021
Nominated by
Member of

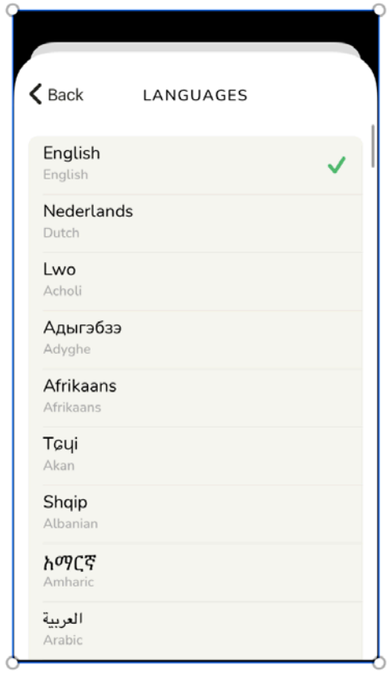

Follow
Follows you
81 followers
77 following
Product designer / Vestel
mervenursokmen
mervestoolbox
Joined 30 Jan 2021
kaya
Member of
View All
Message
Wave


EXPLORE
Search Clubhouse
Finish setup to find your rooms
PEOPLE TO FOLLOW
Kıvılcım Çağatay
@kikivilcim
Follow
Siri
Venture Capital at Draper Associates investing in soft...
Follow
Demet Mutlu
Founder @trendyol @ peakgames. Lover of learnin...
Follow
More people to follow
CLUBS TO JOIN
HUMAN BEHAVIOUR
Founder- The Digital Doctor-
Join

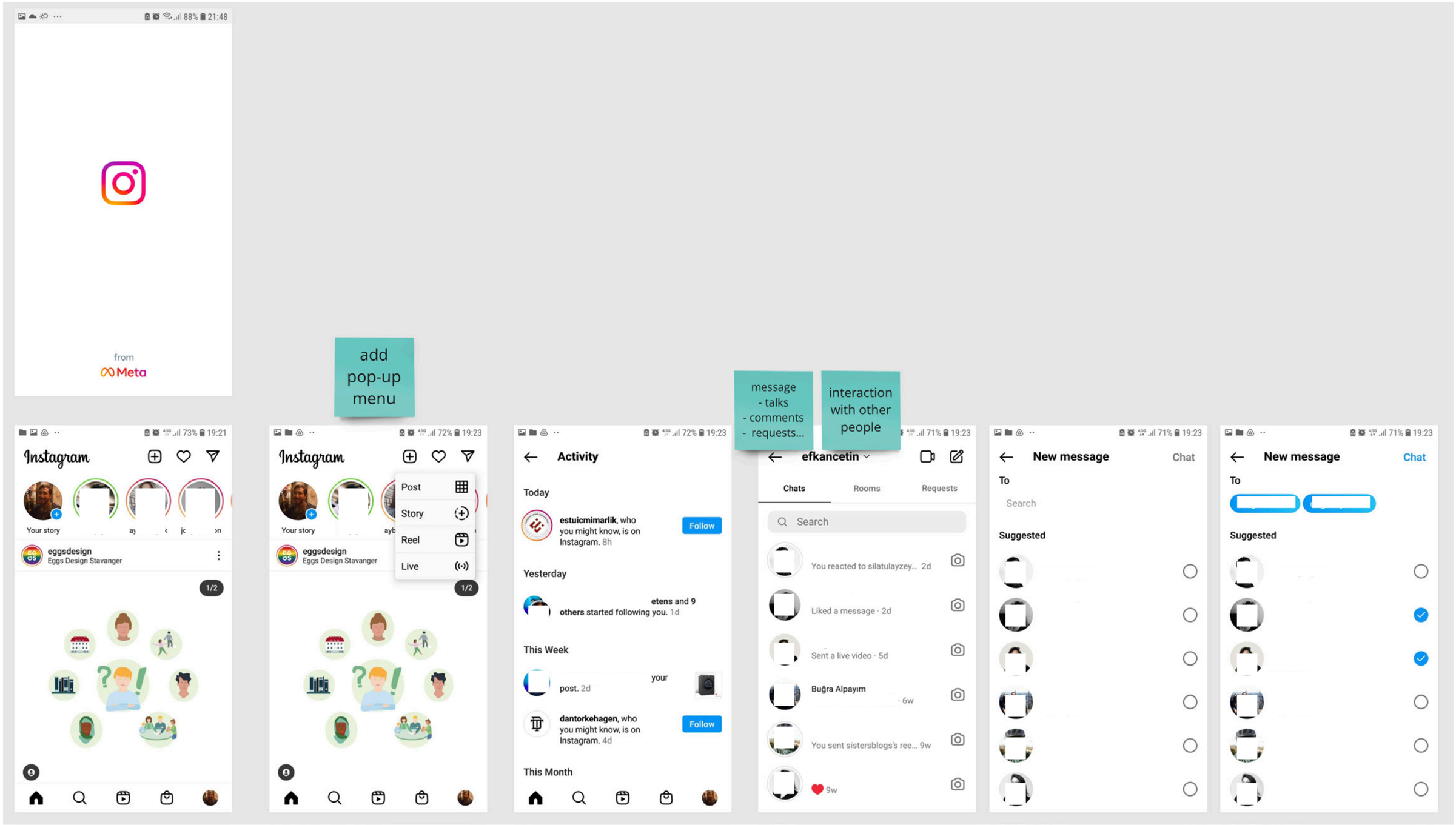

Close
FINISH SETUP
Pick your languages
to see the most relevant rooms
Follow 19 more people...
to discover great one-off rooms
Follow 5 more topics
to get relevant recommendations
Join 5 more clubs
to discover great recurring rooms


Close
FINISH SETUP
Follow 5 more topics
to get relevant recommendations
Join 5 more clubs
to discover great recurring rooms
Invite 4 more friends
to hangout and chat
Connect Twitter
to find Twitter friends' rooms
Share your Profile
to gain a few followers

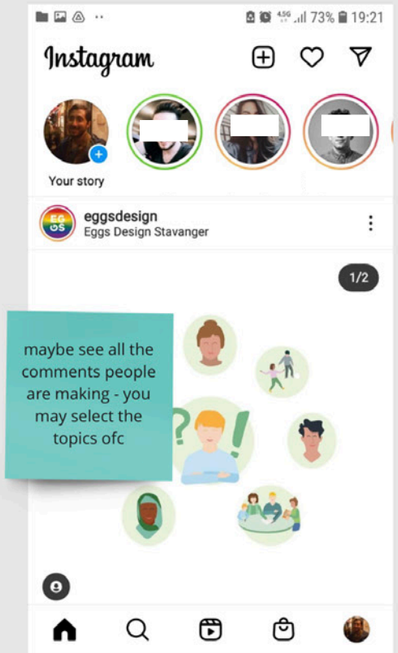

Close
FINISH SETUP
Invite 4 more friends
to hangout and chat
Connect Twitter
to find Twitter friends' rooms
Share your Profile
to gain a few followers
COMPLETED STEPS
Create an account
Enable Contacts
Enable Notifications

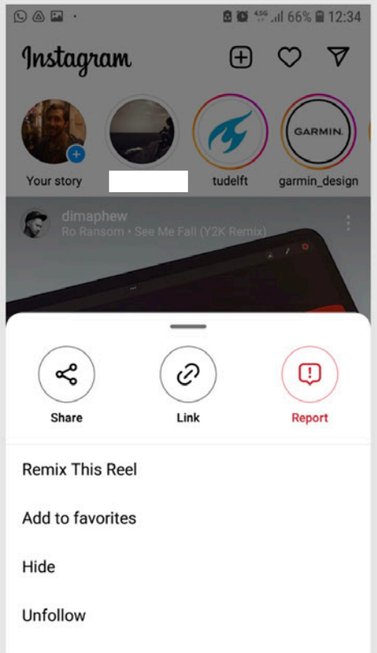

Back
LANGUAGES
English
English
Nederlands
Dutch
Lwo
Acholi
Адыгэбзэ
Adyghe
Afrikaans
Afrikaans
Tɕɥi
Akan
Shqip
Albanian
አማርኛ
Amharic
العربية
Arabic

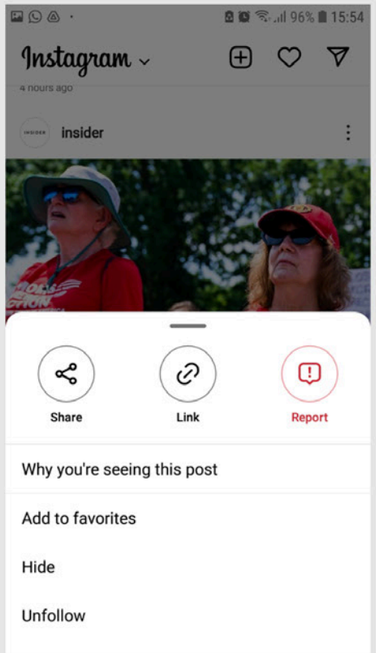
Appendix I

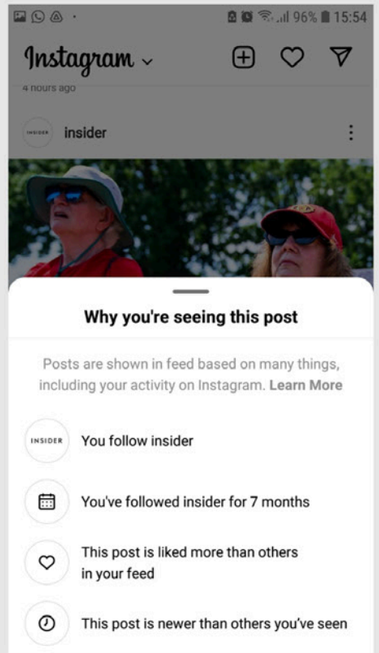

from
Meta
add pop-up menu
message - talks - comments - requests...
interaction with other people
Instagram
Your story
eggsdesign
Eggs Design Stavanger
1/2
Post
Story
Reel
Live
Activity
Today
estuicmimarlik, who you might know, is on Instagram. 8h
Follow
Yesterday
etens and 9 others started following you. 1d
This Week
your post. 2d
dantorkehagen, who you might know, is on Instagram. 4d
Follow
This Month
efkancetin
Chats
Rooms
Requests
Search
You reacted to silatulayzey... 2d
Liked a message · 2d
Sent a live video · 5d
Buğra Alpayım
· 6w
You sent sistersblogs's ree... 9w
9w
New message
Chat
To
Search
Suggested

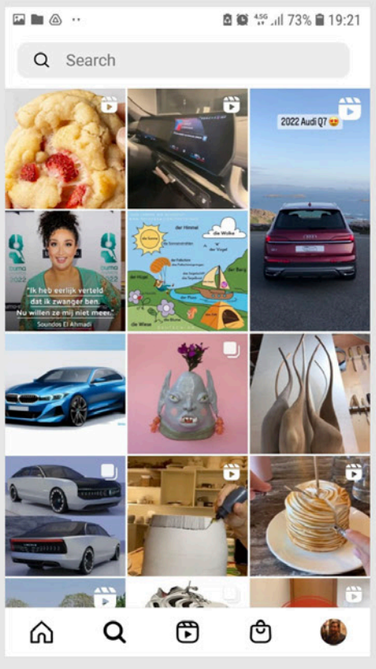
Appendix I





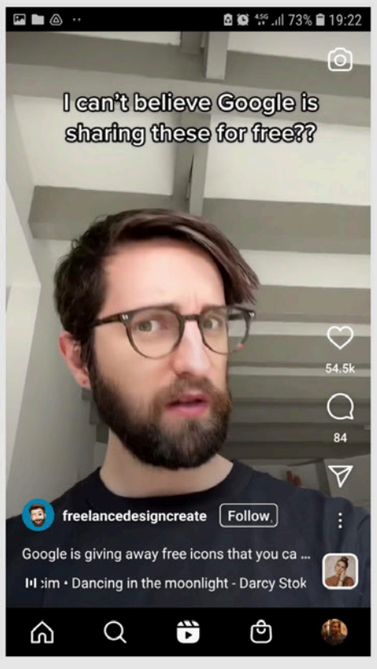






when you explore maybe see that kind of collage?

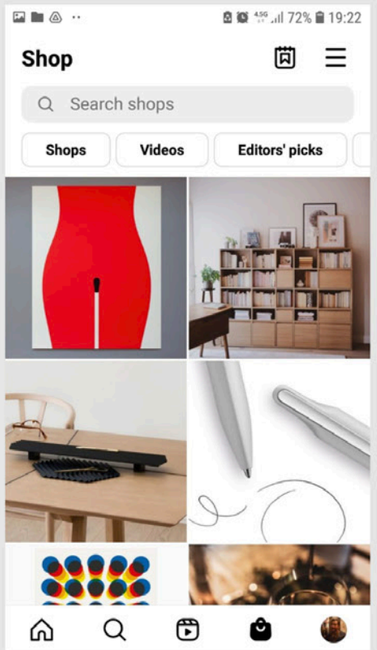
people can add visuals as inspirations?

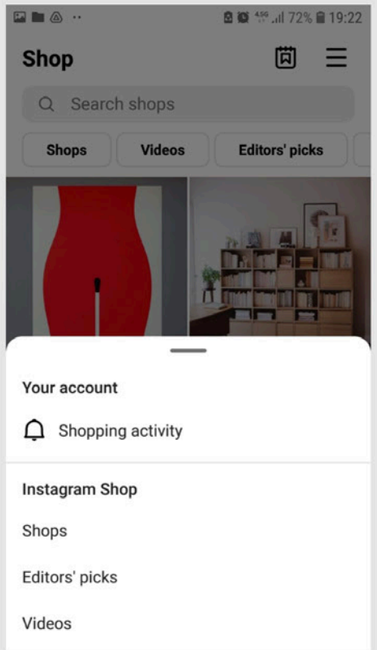


voice recordings - tell what in your mind?

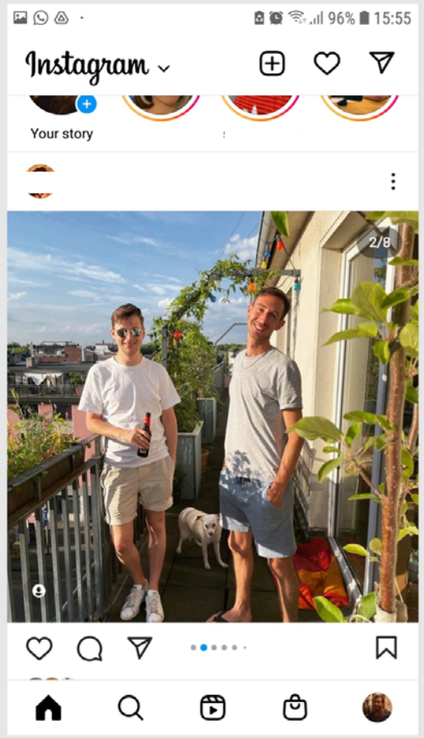
what bothers you at that moment?

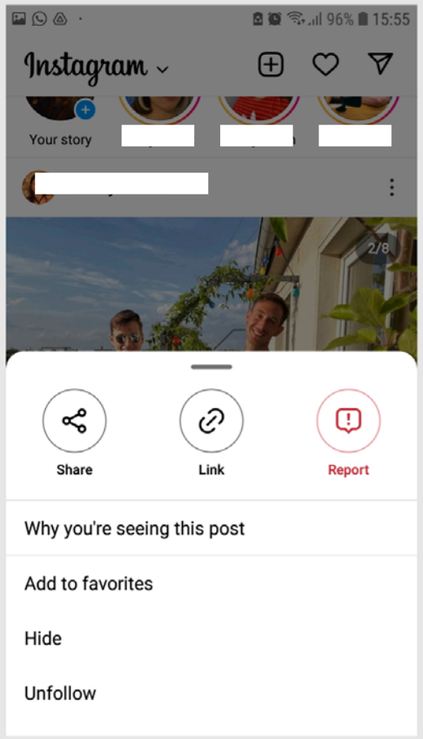
maybe more about how, what you are feeling?

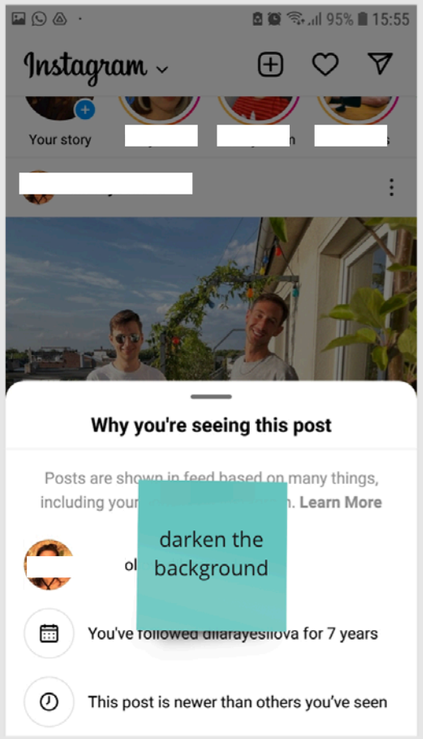


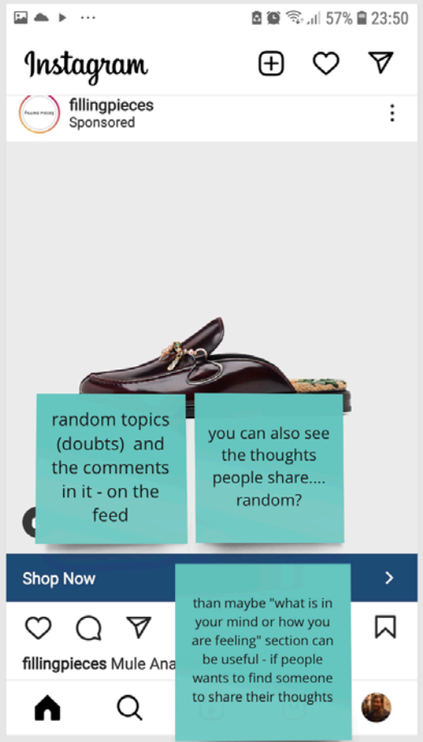


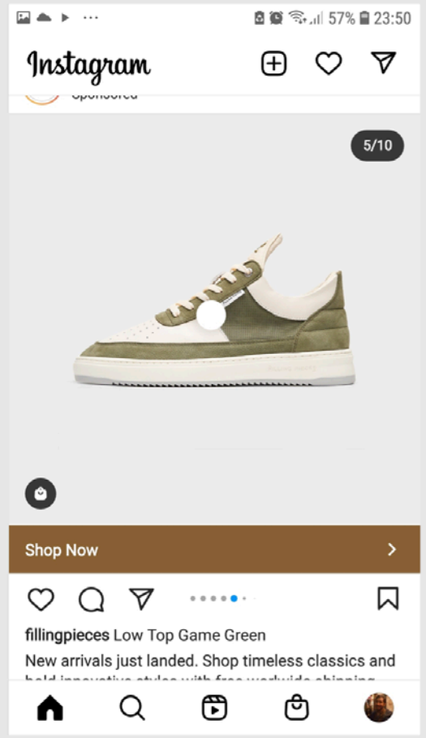
Appendix I

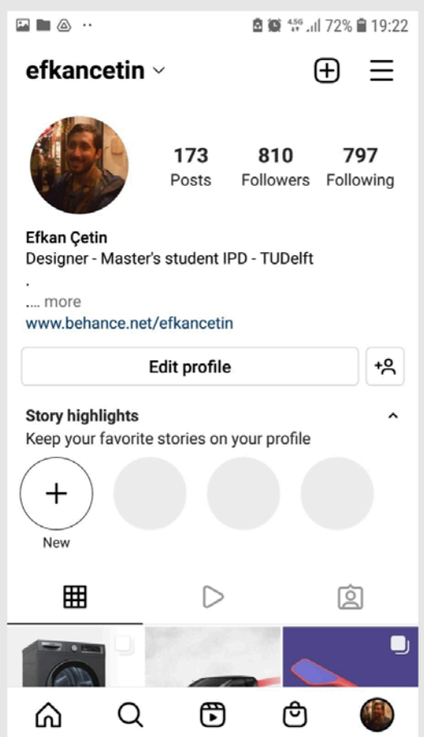

Instagram
Your story
2/8

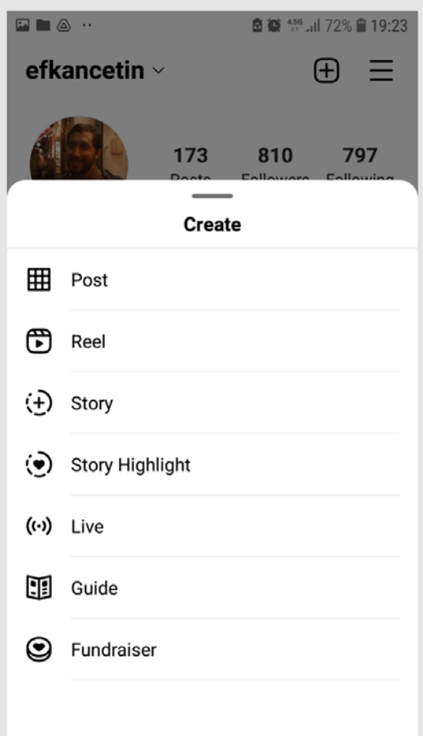

Instagram
Your story
2/8
Share
Link
Report
Why you're seeing this post
Add to favorites
Hide
Unfollow

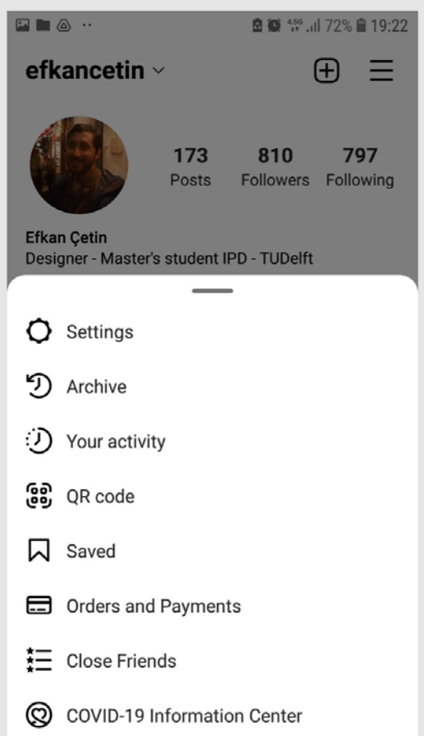

Instagram
Your story
Why you're seeing this post
Posts are shown in feed based on many things, including your
Learn More
darken the background
You've followed dilarayesilova for 7 years
This post is newer than others you've seen

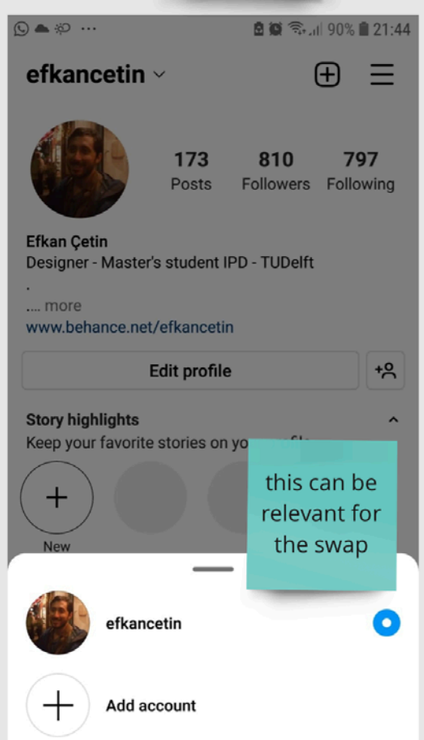

Instagram
fillingpieces
Sponsored
random topics (doubts) and the comments in it - on the feed
you can also see the thoughts people share.... random?
Shop Now
than maybe "what is in your mind or how you are feeling" section can be useful - if people wants to find someone to share their thoughts
fillingpieces Mule Ana


Instagram
5/10
Shop Now
fillingpieces Low Top Game Green
New arrivals just landed. Shop timeless classics and

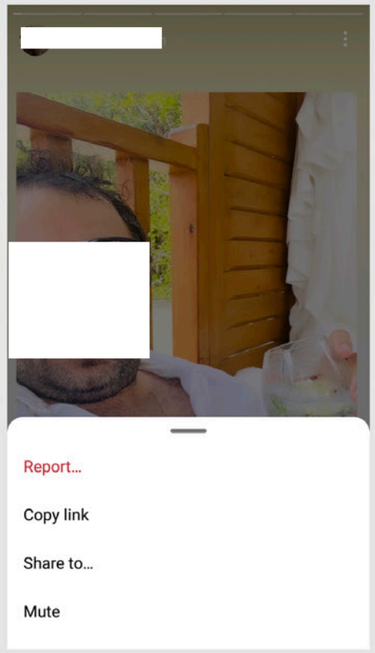

efkancetin
173 Posts
810 Followers
797 Following
Efkan Çetin
Designer - Master's student IPD - TUDelft
.... more
www.behance.net/efkancetin
Edit profile
Story highlights
Keep your favorite stories on your profile
New


efkancetin
173 Posts
810 Followers
797 Following
Create
Post
Reel
Story
Story Highlight
Live
Guide
Fundraiser

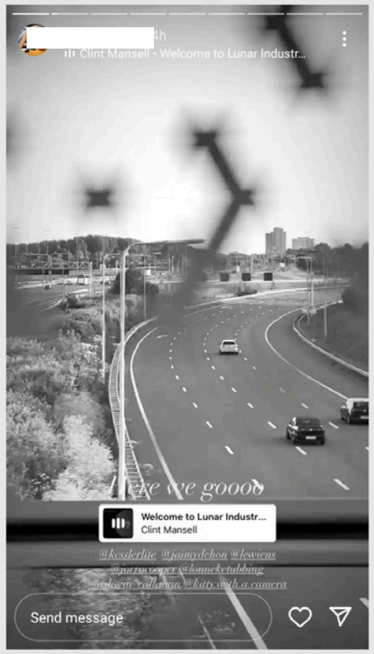

efkancetin
173 Posts
810 Followers
797 Following
Efkan Çetin
Designer - Master's student IPD - TUDelft
Settings
Archive
Your activity
QR code
Saved
Orders and Payments
Close Friends
COVID-19 Information Center

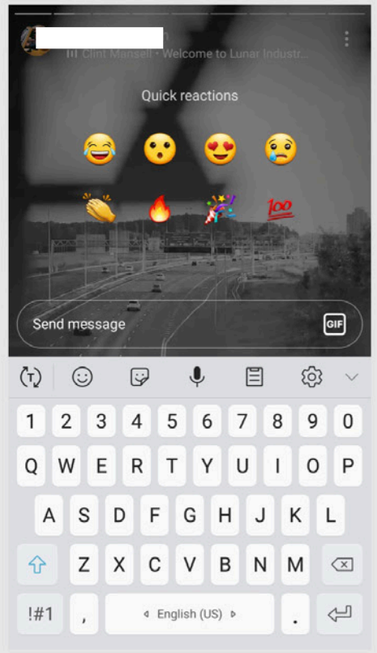

efkancetin
173 Posts
810 Followers
797 Following
Efkan Çetin
Designer - Master's student IPD - TUDelft
.... more
www.behance.net/efkancetin
Edit profile
Story highlights
New
this can be relevant for the swap
efkancetin
Add account

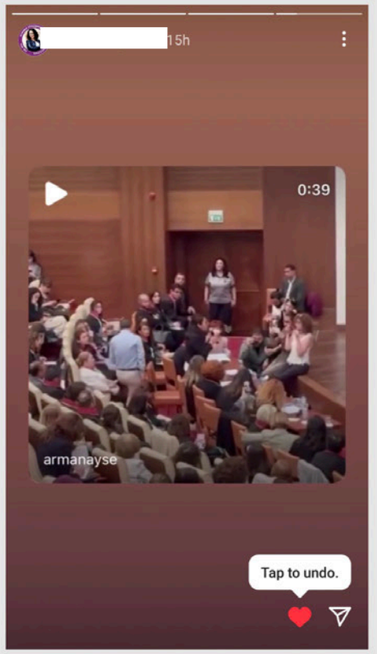
Appendix I

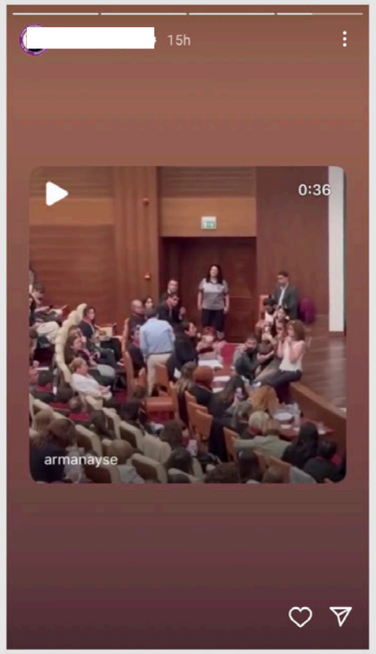

Report...
Copy link
Share to...
Mute

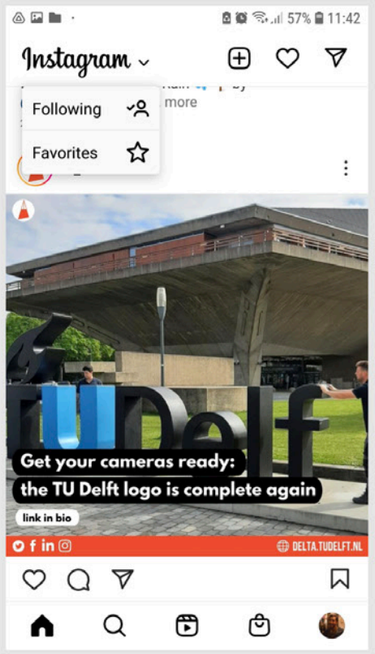
6h

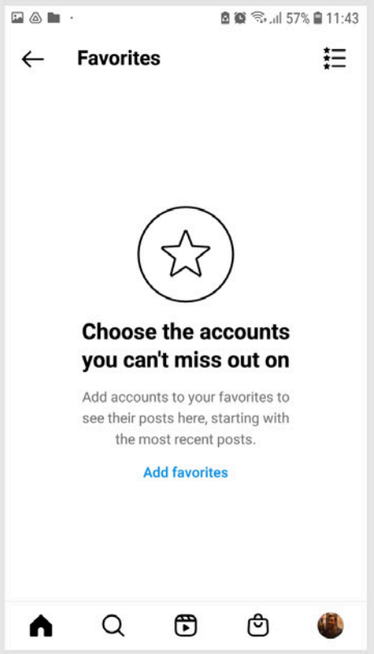

Clint Mansell • Welcome to Lunar Industr...
Welcome to Lunar Industr...
Clint Mansell
Send message

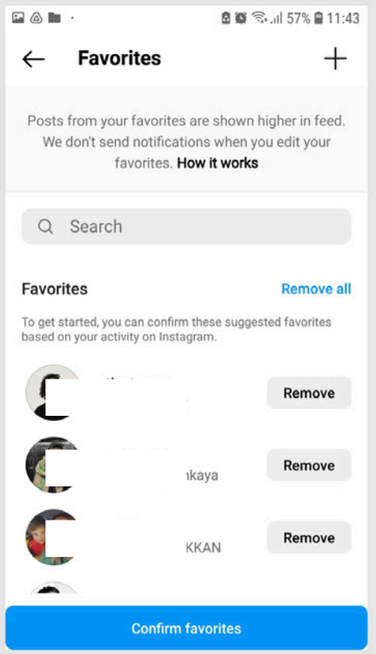

Quick reactions
Send message
GIF

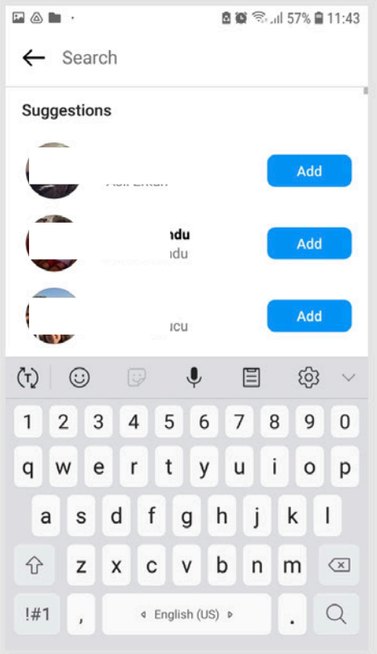

15h
0:39
armanayse
Tap to undo.

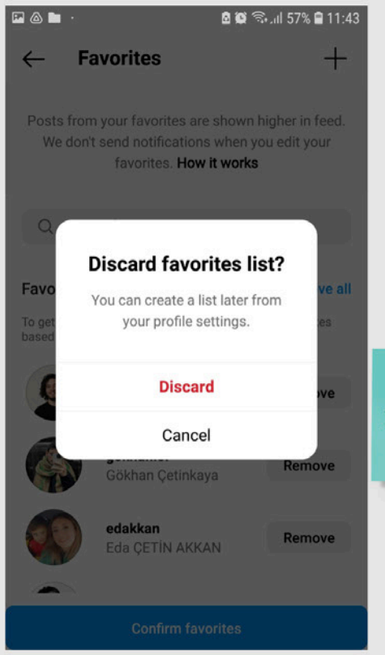

15h
0:36
armanayse

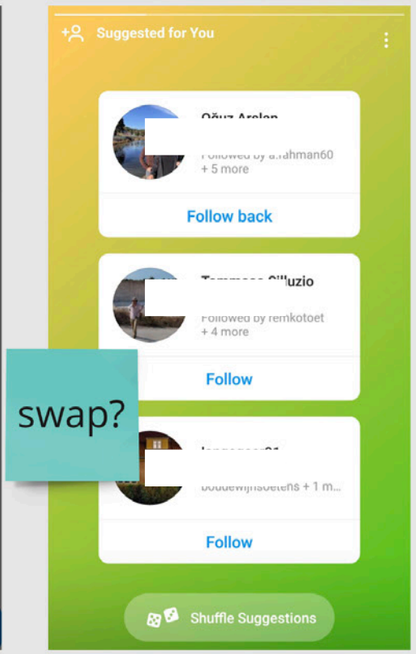

Instagram
Following
Favorites
Get your cameras ready:
the TU Delft logo is complete again
link in bio
DELTA.TUDELFT.NL


Favorites
Choose the accounts you can't miss out on
Add accounts to your favorites to see their posts here, starting with the most recent posts.
Add favorites

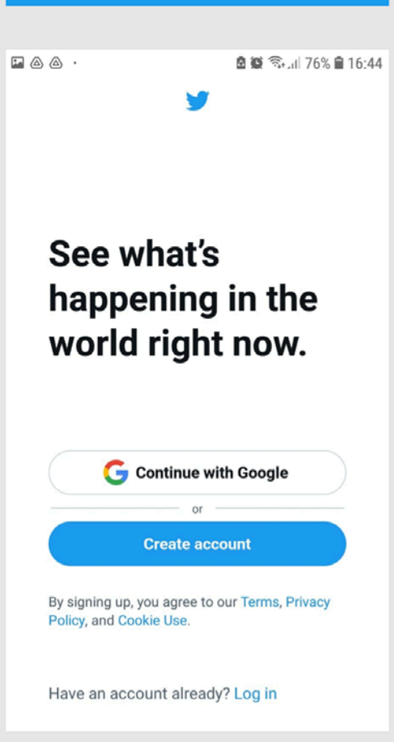

Favorites
Posts from your favorites are shown higher in feed. We don't send notifications when you edit your favorites. How it works
Search
Favorites
Remove all
To get started, you can confirm these suggested favorites based on your activity on Instagram.
Remove
Remove
Remove
Confirm favorites

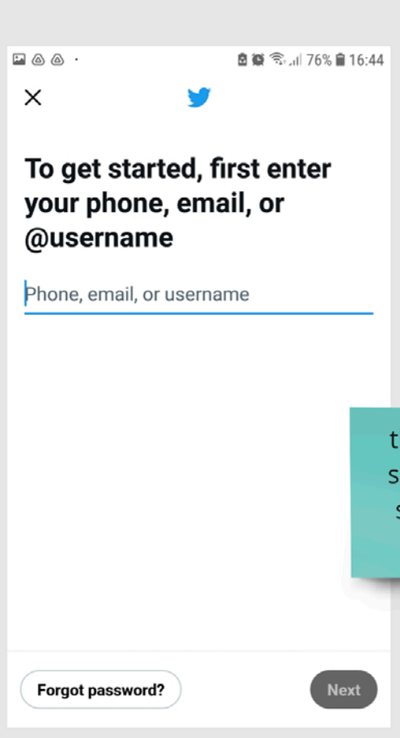

Search
Suggestions
Add
Add
Add


Favorites
Posts from your favorites are shown higher in feed. We don't send notifications when you edit your favorites. How it works
Discard favorites list?
You can create a list later from your profile settings.
Discard
Cancel
Remove
Remove
Confirm favorites


Suggested for You
Follow back
Follow
Follow
Shuffle Suggestions
swap?

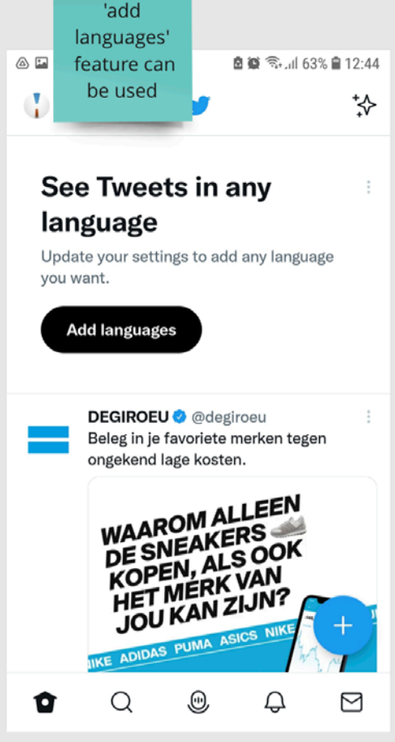
Appendix I



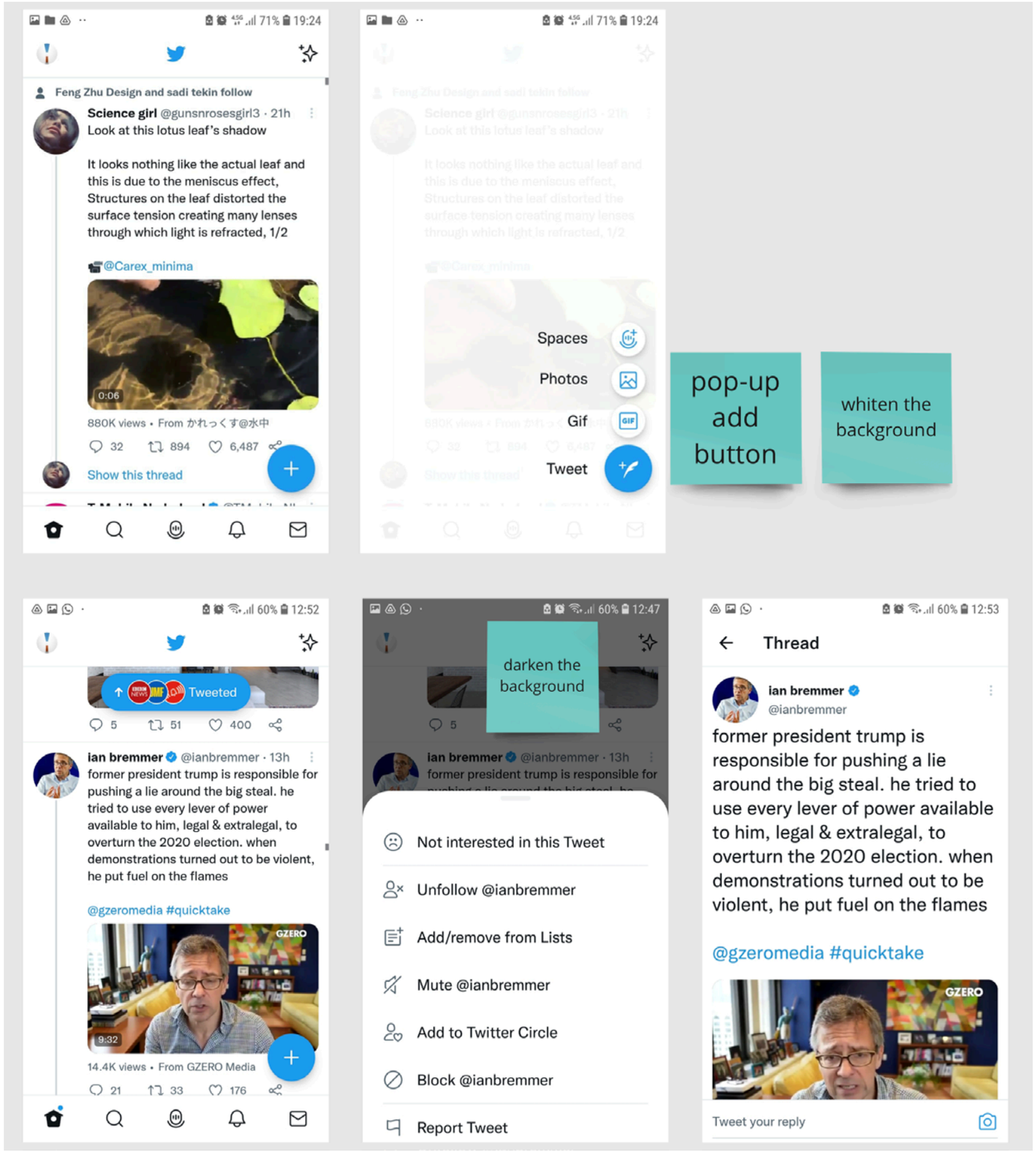


think of sign-up, sign-in page

'add languages' feature can be used

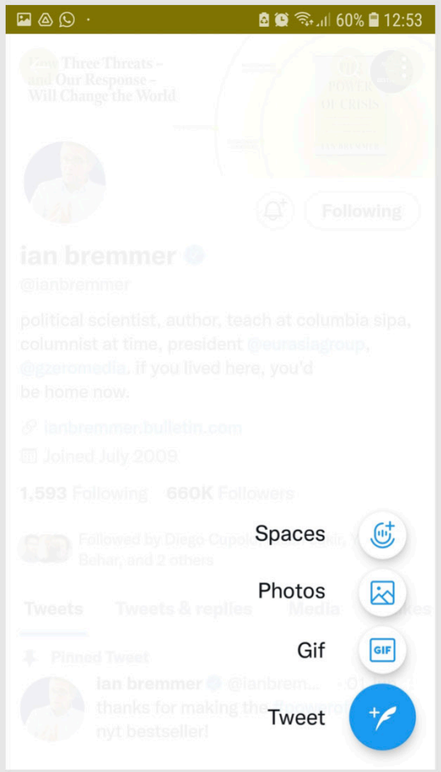


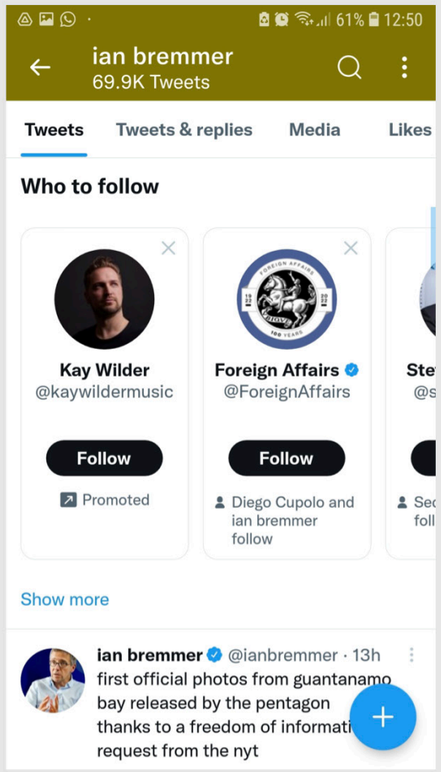
Appendix I

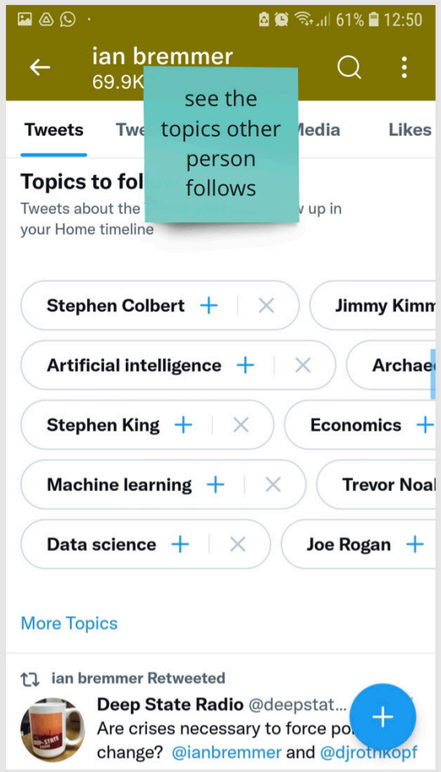

Feng Zhu Design and sadi tekin follow
Science girl @gunsnrosesgirl3 · 21h
Look at this lotus leaf's shadow
It looks nothing like the actual leaf and this is due to the meniscus effect, Structures on the leaf distorted the surface tension creating many lenses through which light is refracted, 1/2
@Carex_minima
0:06
880K views • From かれっくす@水中
32 894 6,487
Show this thread
Spaces
Photos
Gif
Tweet
pop-up add button
whiten the background
Tweeted
5 51 400
ian bremmer @ianbremmer · 13h
former president trump is responsible for pushing a lie around the big steal. he tried to use every lever of power available to him, legal & extralegal, to overturn the 2020 election. when demonstrations turned out to be violent, he put fuel on the flames
@gzeromedia #quicktake
GZERO
9:32
14.4K views • From GZERO Media
21 33 176
darken the background
Not interested in this Tweet
Unfollow @ianbremmer
Add/remove from Lists
Mute @ianbremmer
Add to Twitter Circle
Block @ianbremmer
Report Tweet
Thread
ian bremmer
@ianbremmer
former president trump is responsible for pushing a lie around the big steal. he tried to use every lever of power available to him, legal & extralegal, to overturn the 2020 election. when demonstrations turned out to be violent, he put fuel on the flames
@gzeromedia #quicktake
GZERO
Tweet your reply

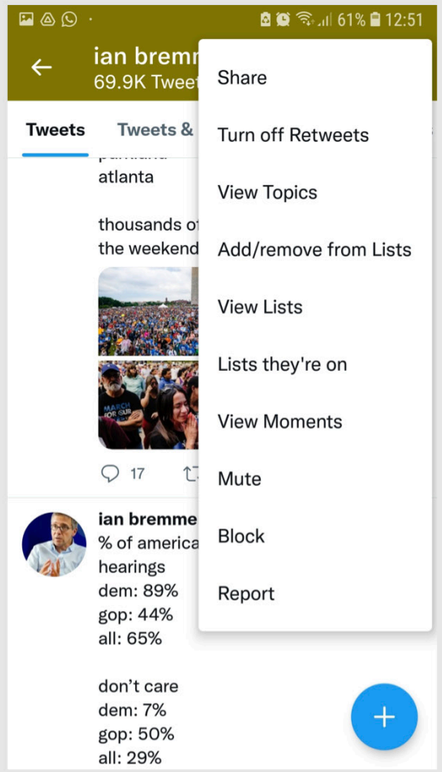
Appendix I

61% 12:47
Three Threats –
and Our Response –
Will Change the World
POWER OF CRISIS
IAN BREMMER
Following
ian bremmer
@ianbremmer
political scientist, author, teach at columbia sipa, columnist at time, president @eurasiagroup, @gzeromedia. if you lived here, you'd be home now
doubts, inspiration etc. show linearly?
ianbremm
Joined July
1,593 Followi
Followed by Diego Cupolo, rusen cakir, Yves Behar, and 2 others
Tweets
Tweets & replies
Media
Likes
Pinned Tweet
ian bremmer @ianbrem... · 01 Jun
thanks for making the #powerof
nyt bestseller!

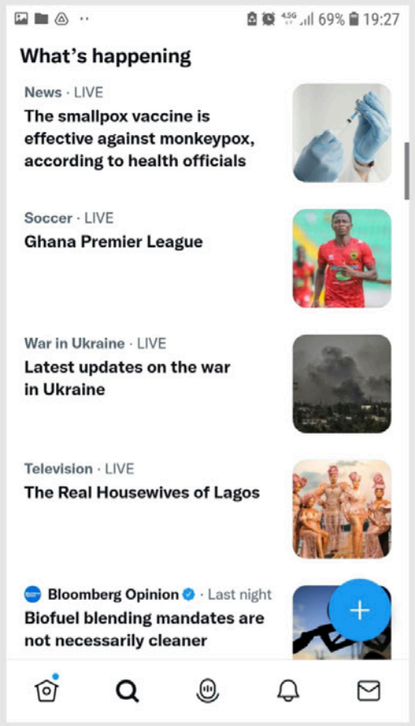

60% 12:53
Three Threats –
and Our Response –
Will Change the World
Following
ian bremmer
@ianbremmer
political scientist, author, teach at columbia sipa, columnist at time, president @eurasiagroup, @gzeromedia, if you lived here, you'd be home now.
ianbremmer.substack.com
Joined July 2009
1,593 Following 660K Followers
Followed by Diego Cupolo, rusen cakir, Yves Behar, and 2 others
Tweets
Tweets & replies
Media
Likes
Pinned Tweet
ian bremmer @ianbrem... · 01 Jun
thanks for making the #powerof
nyt bestseller!
Spaces
Photos
Gif
Tweet


61% 12:50
ian bremmer
69.9K Tweets
Tweets
Tweets & replies
Media
Likes
Who to follow
Kay Wilder
@kaywildermusic
Follow
Promoted
Foreign Affairs
@ForeignAffairs
Follow
Diego Cupolo and ian bremmer follow
Show more
ian bremmer @ianbremmer · 13h
first official photos from guantanamo bay released by the pentagon thanks to a freedom of informati
request from the nyt

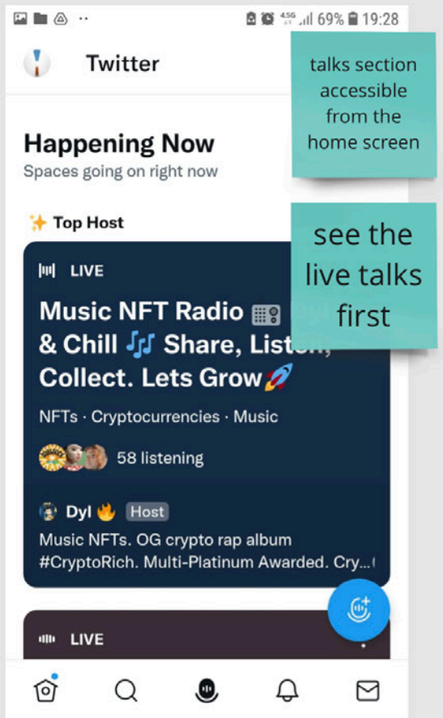

61% 12:50
ian bremmer
69.9K
see the topics other person follows
Tweets
Media
Likes
Topics to fol
Tweets about the
up in your Home timeline
Stephen Colbert
Jimmy Kimm
Artificial intelligence
Stephen King
Economics
Machine learning
Trevor Noa
Data science
Joe Rogan
More Topics
ian bremmer Retweeted
Deep State Radio @deepstat...
Are crises necessary to force po
change? @ianbremmer and @djrothkopf

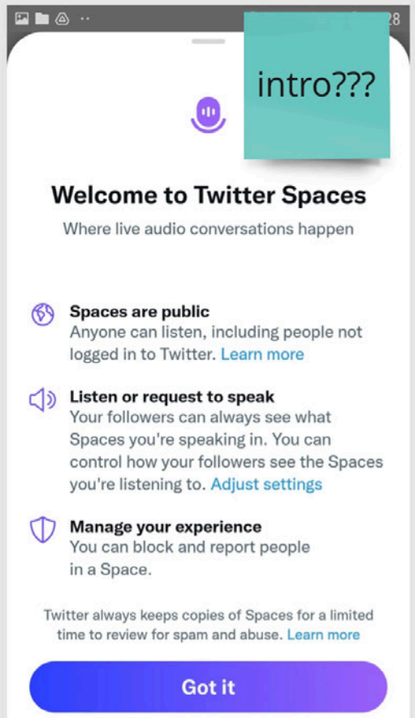

61% 12:51
ian bremm
69.9K Twee
Tweets
Tweets &
atlanta
thousands o
the weekend
17
ian bremme
% of america
hearings
dem: 89%
gop: 44%
all: 65%
don't care
dem: 7%
gop: 50%
all: 29%
Share
Turn off Retweets
View Topics
Add/remove from Lists
View Lists
Lists they're on
View Moments
Mute
Block
Report

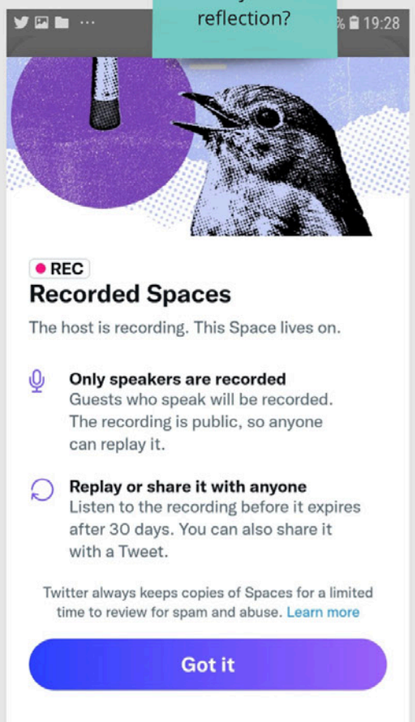
Appendix I

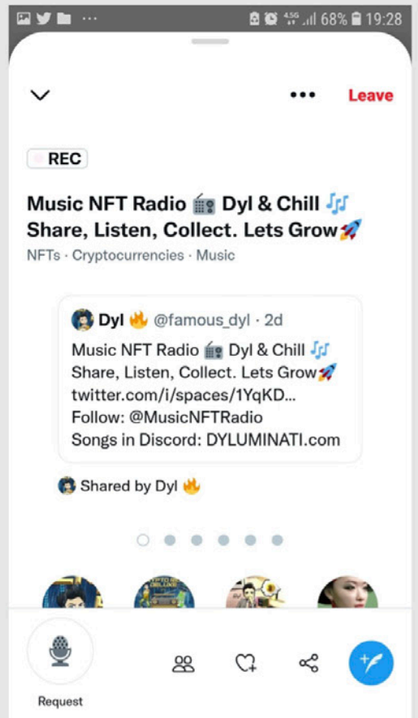


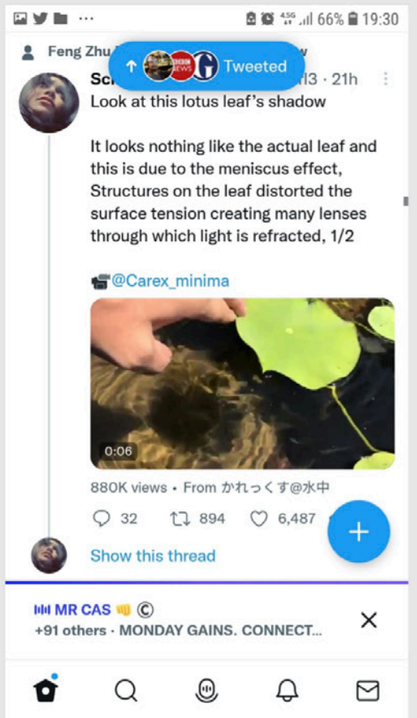
voice recording the session + trascribtion for your reflection?



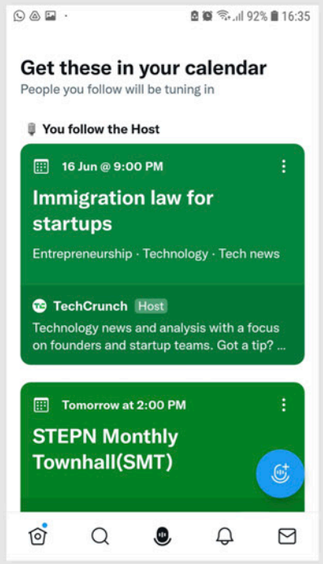


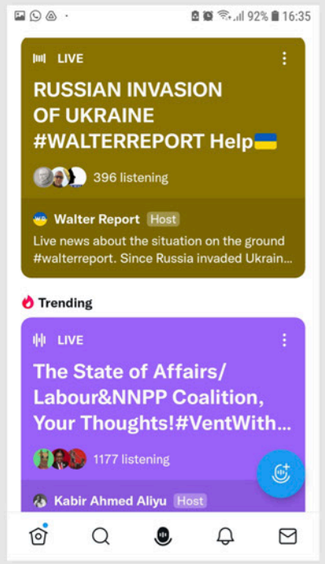


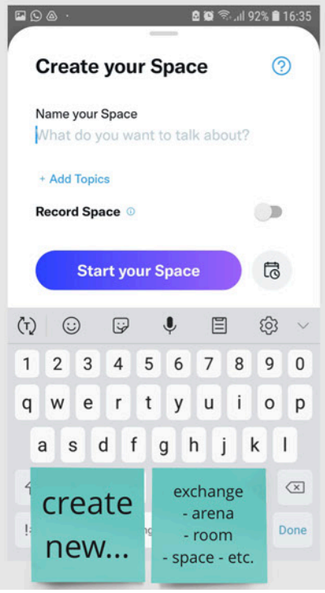


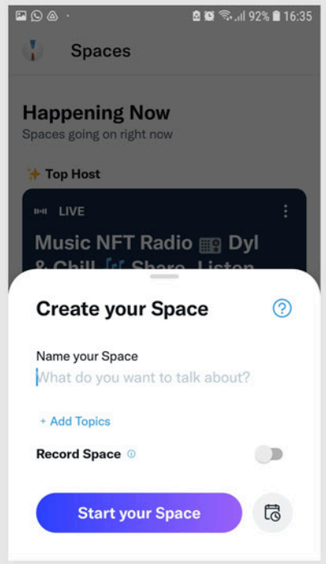


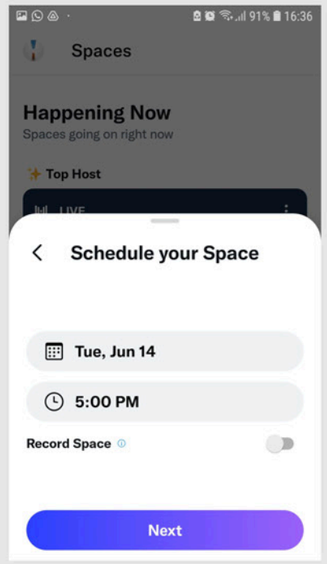
Appendix I

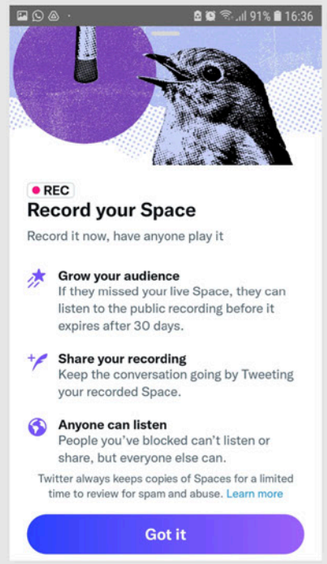

Get these in your calendar
People you follow will be tuning in
You follow the Host
16 Jun @ 9:00 PM
Immigration law for startups
Entrepreneurship · Technology · Tech news
TechCrunch Host
Technology news and analysis with a focus on founders and startup teams. Got a tip? ...
Tomorrow at 2:00 PM
STEPN Monthly Townhall(SMT)

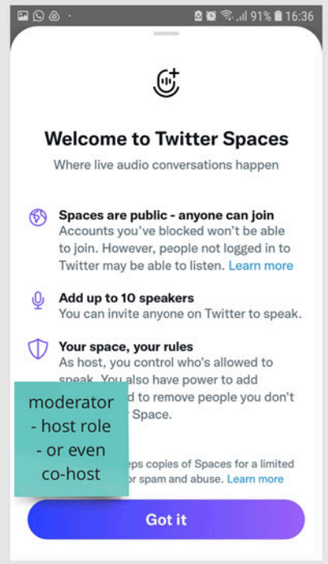

LIVE
RUSSIAN INVASION OF UKRAINE #WALTERREPORT Help
396 listening
Walter Report Host
Live news about the situation on the ground #walterreport. Since Russia invaded Ukrain...
Trending
LIVE
The State of Affairs/ Labour&NNPP Coalition, Your Thoughts!#VentWith...
1177 listening
Kabir Ahmed Aliyu Host

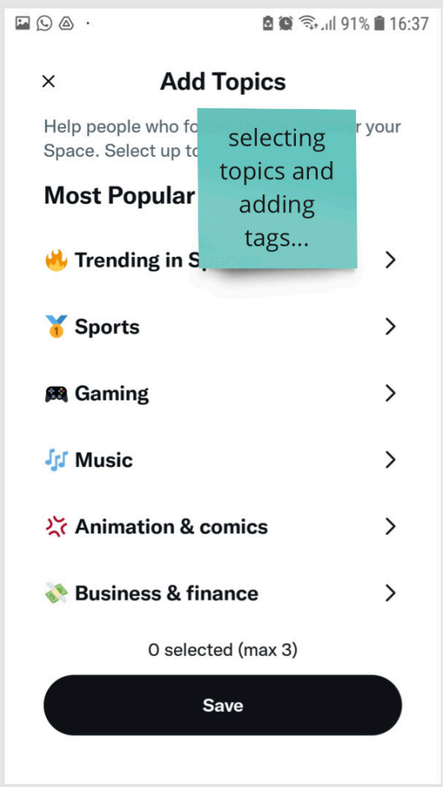

Create your Space
Name your Space
What do you want to talk about?
+ Add Topics
Record Space
Start your Space
create new...
exchange - arena - room - space - etc.

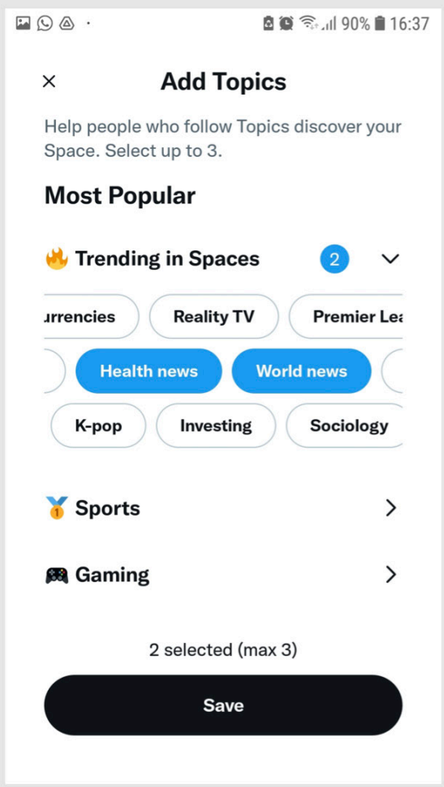

Spaces
Happening Now
Spaces going on right now
Top Host
Create your Space
Name your Space
What do you want to talk about?
+ Add Topics
Record Space
Start your Space

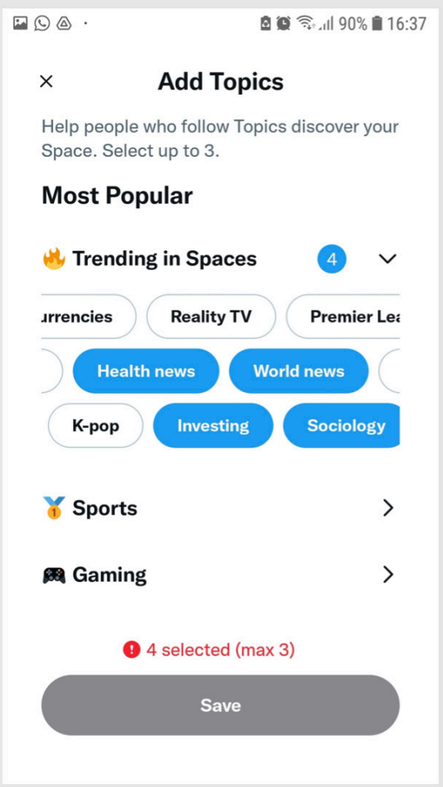

Spaces
Happening Now
Spaces going on right now
Top Host
Schedule your Space
Tue, Jun 14
5:00 PM
Record Space
Next

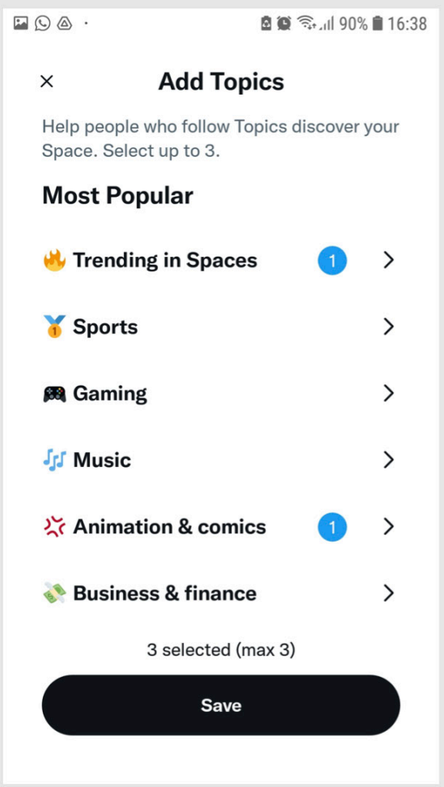

REC
Record your Space
Record it now, have anyone play it
Grow your audience
If they missed your live Space, they can listen to the public recording before it expires after 30 days.
Share your recording
Keep the conversation going by Tweeting your recorded Space.
Anyone can listen
People you've blocked can't listen or share, but everyone else can.
Twitter always keeps copies of Spaces for a limited time to review for spam and abuse. Learn more
Got it

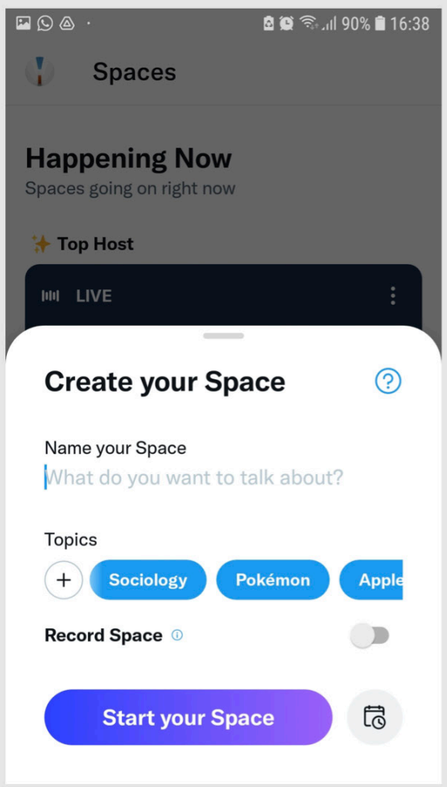

Welcome to Twitter Spaces
Where live audio conversations happen
Spaces are public - anyone can join
Accounts you've blocked won't be able to join. However, people not logged in to Twitter may be able to listen. Learn more
Add up to 10 speakers
You can invite anyone on Twitter to speak.
Your space, your rules
As host, you control who's allowed to speak. You also have power to add
Space.
moderator - host role - or even co-host
Got it


Add Topics
Help people who fo
your Space. Select up to
selecting topics and adding tags...
Most Popular
Trending in S
Sports
Gaming
Music
Animation & comics
Business & finance
0 selected (max 3)
Save

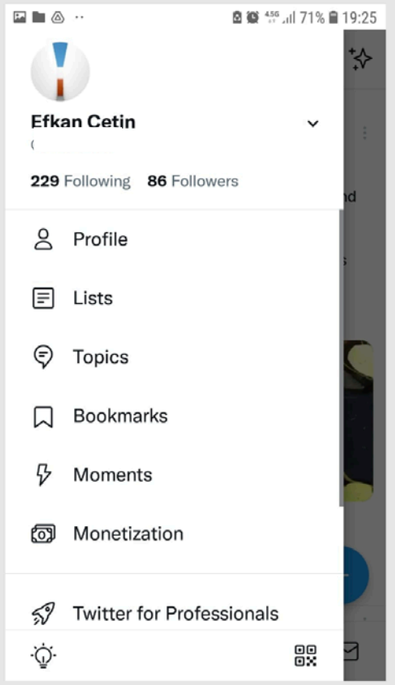

Add Topics
Help people who follow Topics discover your Space. Select up to 3.
Most Popular
Trending in Spaces 2
Reality TV
Premier Lea
Health news
World news
K-pop
Investing
Sociology
Sports
Gaming
2 selected (max 3)
Save

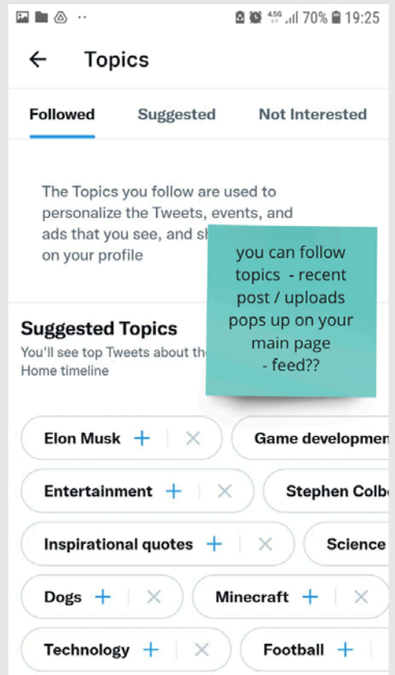

Add Topics
Help people who follow Topics discover your Space. Select up to 3.
Most Popular
Trending in Spaces 4
Reality TV
Premier Lea
Health news
World news
K-pop
Investing
Sociology
Sports
Gaming
4 selected (max 3)
Save

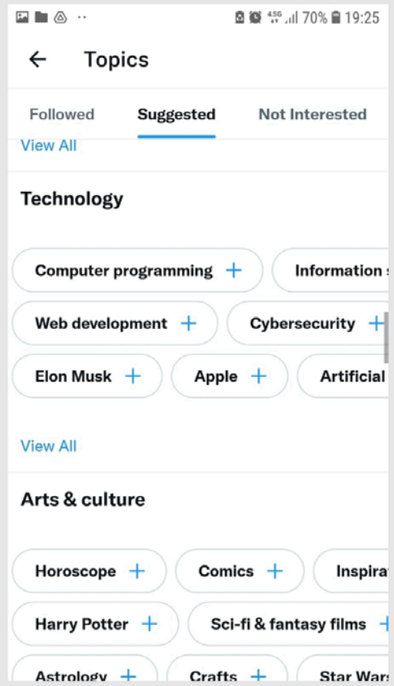

Add Topics
Help people who follow Topics discover your Space. Select up to 3.
Most Popular
Trending in Spaces 1
Sports
Gaming
Music
Animation & comics 1
Business & finance
3 selected (max 3)
Save

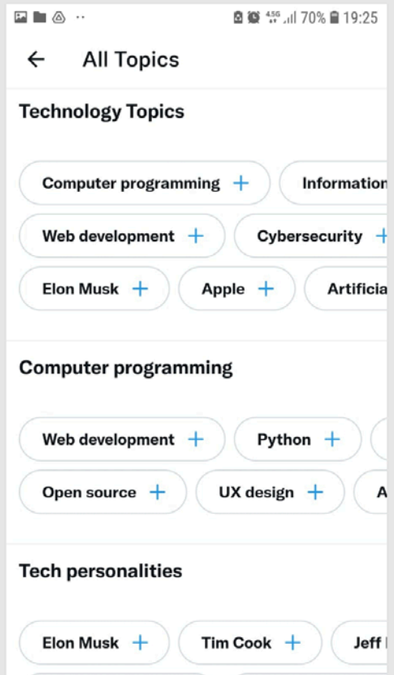

Spaces
Happening Now
Spaces going on right now
Top Host
LIVE
Create your Space
Name your Space
What do you want to talk about?
Topics
Sociology
Pokémon
Apple
Record Space
Start your Space

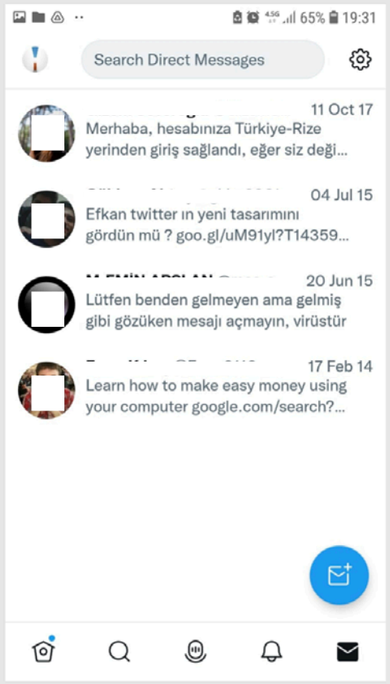
Appendix I

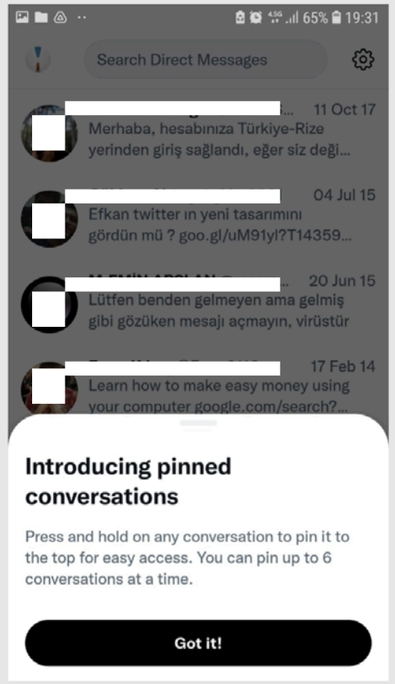

Efkan Cetin
229 Following 86 Followers
Profile
Lists
Topics
Bookmarks
Moments
Monetization
Twitter for Professionals


Topics
Followed
Suggested
Not Interested
The Topics you follow are used to personalize the Tweets, events, and ads that you see, and
on your profile
you can follow topics - recent post / uploads pops up on your main page - feed??
Suggested Topics
Elon Musk
Entertainment
Inspirational quotes
Dogs
Technology
Minecraft
Football


Topics
Followed
Suggested
Not Interested
View All
Technology
Computer programming
Web development
Cybersecurity
Elon Musk
Apple
View All
Arts & culture
Horoscope
Comics
Harry Potter
Sci-fi & fantasy films


All Topics
Technology Topics
Computer programming
Web development
Cybersecurity
Elon Musk
Apple
Computer programming
Web development
Python
Open source
UX design
Tech personalities
Elon Musk
Tim Cook


Search Direct Messages
11 Oct 17
Merhaba, hesabınıza Türkiye-Rize yerinden giriş sağlandı, eğer siz değ...
04 Jul 15
Efkan twitter ın yeni tasarımını gördün mü ? goo.gl/uM91yl?T14359...
20 Jun 15
Lütfen benden gelmeyen ama gelmiş gibi gözüken mesajı açmayın, virüstür
17 Feb 14
Learn how to make easy money using your computer google.com/search?...


Search Direct Messages
11 Oct 17
Merhaba, hesabınıza Türkiye-Rize yerinden giriş sağlandı, eğer siz değ...
04 Jul 15
Efkan twitter ın yeni tasarımını gördün mü ? goo.gl/uM91yl?T14359...
20 Jun 15
Lütfen benden gelmeyen ama gelmiş gibi gözüken mesajı açmayın, virüstür
17 Feb 14
Learn how to make easy money using your computer google.com/search?...
Introducing pinned conversations
Press and hold on any conversation to pin it to the top for easy access. You can pin up to 6 conversations at a time.
Got it!

APPENDIX J

Tasks for Usability Testing

Tasks

Explore Doubts:
1. You want to add a new doubt. How would you do that?
2. You want to search for some doubts among the Christian people on the platform. How would you search for that?
3. You wonder about the doubts related to morality and hadith; how would you access those doubts?
4. You want to learn more about the first doubt you see on the screen, and while browsing the comments, you want to reflect on the doubt. How would you go through with that?
5. You are becoming curious about the doubt owner's perspective on their doubt. Can you review their reflection on their doubt?
6. Imagine you are interested in one of the comments and want to send the commenter a message about their comments. How would you do that?
7. After reading other comments, you decide to share your comment on the doubt you are viewing.
8. You want to check the doubt among the ones you follow, especially the one that you read little comments about. How would you do that?

Explore Inspiration:
9. You want to explore what people find inspiring about their religion, and you would like to see random posts on the feed. How would you do that?
10. You open the first inspiration and find the first comment disturbing, how would you report that comment?
11. You want to know about the history of the comment you just reported. How would you reach that?
12. You want to see the profile of the person who you have just reported, especially the other comments which that person gave. How would you do that?
13. You want to add a new inspiration. How would you do that?

Explore Talks:
14. Recently, you had some questions about heaven & hell and wondering if there is anybody who is looking for someone to have a verbal conversation on this topic now. How would you find out about that?
15. You want to browse live talks created by the people you follow; while browsing these talks you see your friend 'Adnan' is hosting a talk. Can you join this talk?
16. During the talk, you hear Burak's question and find it interesting; you want to share your thoughts with him. How would you do that?
17. You leave the talk and want to check random planned talks, and you see a talk planned for this evening at 8:00 pm. Can you set a reminder for the talk?
18. You want to add a new talk to chat with someone about a subject in your mind. How would you do that?

Profile:
19. Today, you watched a documentary, and that made you think of your doubts; you don't want to forget the thoughts you have in mind; you decided to add a new reflection. How would you do that?
20. You wonder how others view your profile. You want to check on it. How would you do that?
21. You have a planned talk with Jos and Hakan tomorrow at 8.00 pm; due to your illness, you want to delete the talk. How would you do that?
22. You want people to see a certain doubt on the top of your doubt feed when they visit your profile. How would you fix a doubt on top?
23. You want to check one of your doubts and decide to reflect on it. How would you do that?
24. You want to review your activity and interactions in the last month. How would you find out about it?

APPENDIX K

Informed Consent Form for Evaluation Interviews

Dear participant,

You are being invited to participate in a research study. This study is part of my master's thesis in the Integrated Product Design program at the Delft University of Technology. The project is supervised by Marieke Sonneveld and Annemiek van Boeijen. The purpose of the study is to evaluate the final design resulted in this thesis project and gain insights about its desirability. The interview will last about an hour and a half, including a break when needed. I will be presenting the final product to you and then ask you some questions to learn what you think and feel about the product. I would like to ask you to read this form carefully and ask me any questions you might have.

Taking part in the study	**Yes**	**No**
I have read and understood the study information dated DD/MM/YYYY I have been able to ask questions about the study and my questions have been answered to my satisfaction.	☐	☐
I consent voluntarily to be a participant in this study and understand that I can refuse to answer questions and I can withdraw from the study at any time, without having to give a reason.	☐	☐
I understand that taking part in the study involves a video and/or voice-recorded interview. I agree that the interview will be transcribed and that the recording will be destroyed afterwards.	☐	☐
Use of information in the study		
I understand that information I provide will be used for the outcome of the thesis, as well as potential future scientific publications.	☐	☐
I understand that personal information collected about me that can identify me, such as my name, will not be shared by the researcher.	☐	☐

Name **Signature** **Date**

Contact details for further information

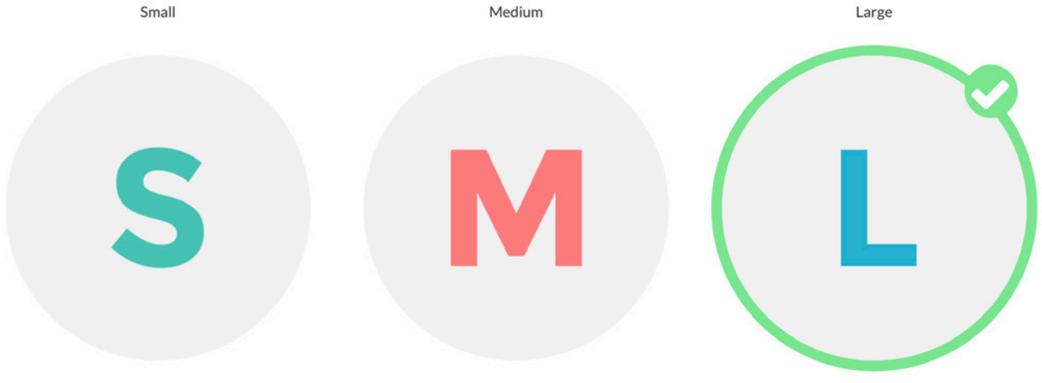
Efkan Cetin

Tel: +31 6 13114043
E-mail: E.Cetin@student.tudelft.nl

APPENDIX L

Cost Estimation

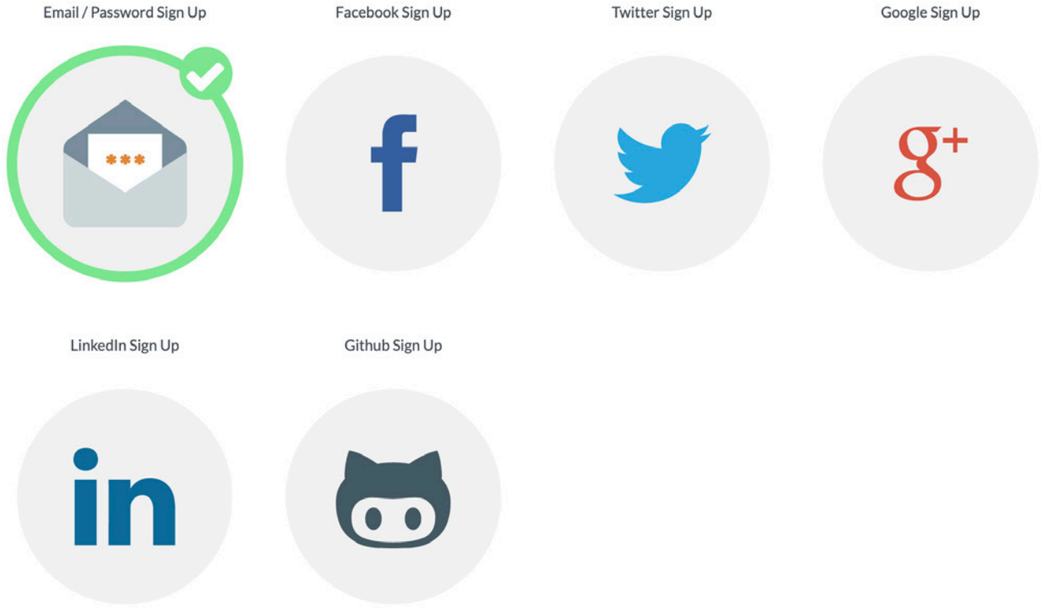
1. How big is your app?



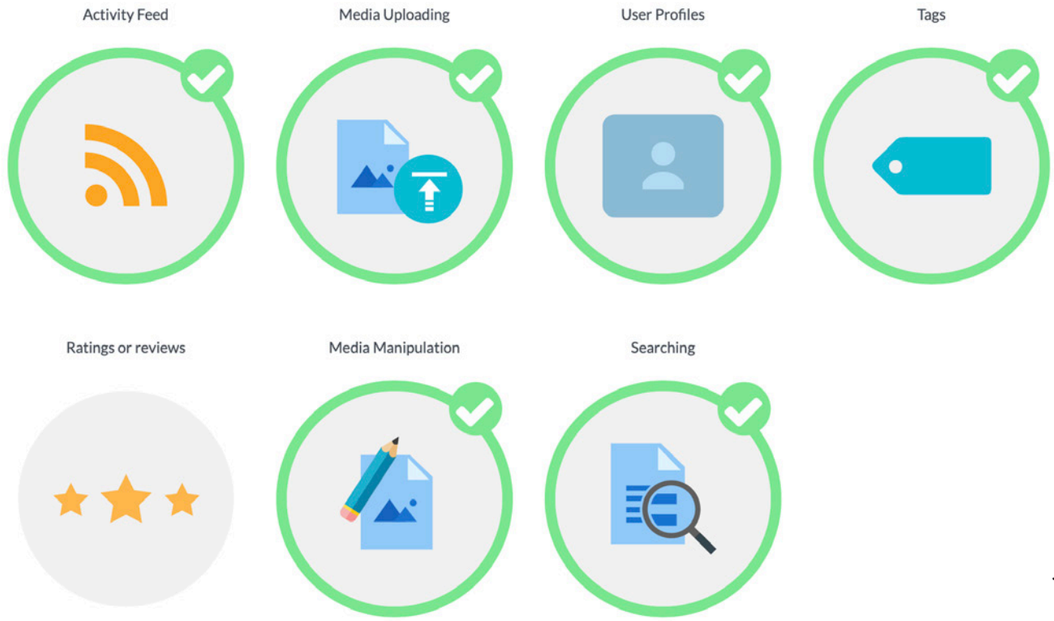
2. What level of UI would you like?

Appendix L

3. Users & Accounts



4. User Generated Content



Appendix L

5. Mobile specific features

App Icon Design

Cloud Syncing

Device Sensor Data

Barcodes or QR Codes

Health Data

Apple Watch

6. Dates & Locations

Calendaring

Display of Map data / Geolocation

Display of custom map markers/regions

Bookings

7. Social & Engagement

Messaging

Forums or commenting

Social Sharing

Push to Facebook Open Graph

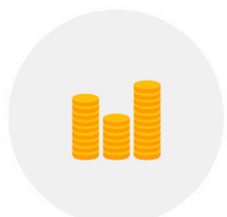
Push Notifications

8. Billing & eCommerce

Shopping Cart

In-App Purchasing

Payment Information Collection

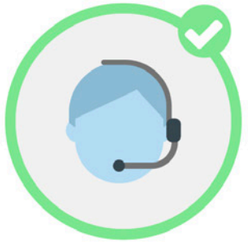


Payment processing

Appendix L

9. Admin, Feedback & Analytics

Intercom



Usage Analytics

Crash Reporting

Multilingual Support

10. External APIs and Integrations

Connect to one or more third party services

SMS Messaging

Phone Number Masking

11. Security

Two Factor Authentication

iOS App

0 Designer Days (0 Weeks)

107 Developer Days (21.4 Weeks)

$48,150

Android App

0 Designer Days (0 Weeks)

107 Developer Days (21.4 Weeks)

$48,150