

343751 - Is making a promise to oneself the same as making a vow or oath?

the question

If you say 'I promise myself I won't do such and such' is this subject to the rules of a vow/oath you make to Allah, even if your intention was to make a firm resolution rather than a proper promise?

Summary of answer

Making a promise to oneself is not the same as making a vow or oath; rather it is simply a statement of one's resolve and decision to do that deed.

Detailed answer

What is meant by an oath or vow is committing oneself before Allah, may He be exalted, to do something. Shaykh al-Islam Ibn Taymiyah (may Allah have mercy on him) said:

A vow is a type of oath, and every vow is an oath. So when the one who makes a vow says: I owe it to Allah to do such and such, it is the same as his saying: I swear by Allah that I will surely do such and such. What is implied by these two phrases is the committing oneself before Allah to do that action". (*Majmoo' al-Fataawa* 35/258).

Another form of oath or vow is making a promise to Allah, may He be exalted, such as saying: I promise Allah that I shall do such and such. Shaykh al-Islam Ibn Taymiyah said:

"Promises and pledges are similar, or the same, in meaning. So if someone says: I promise Allah that I shall do Hajj this year, this is a vow, a pledge and an oath".

See the answer to question no. [38934](#).

But making a promise to oneself is not regarded as a kind of vow or oath; Rather it is a statement of one's resolve and decision to do that deed.

And Allah knows best.