



**JKN FATAWA**  
YOUR QUESTIONS ANSWERED



# REKINDLING LOVE AND EMOTIONAL CONNETION

## PRACTICAL TIPS

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By

**Mufti Abdul Waheed**

**Date 31-8-22**

# Agenda

Time	Session No:	Topic
12:00pm	Introduction	JKN Fatawa Department
12:05- 1:20pm	1 -2	EMOTIONAL NEEDS, COMMON MISTAKES & REKINDLING LOVE
<b>BREAK for 10 minutes and Salah</b>		
1:30 - 2:00pm	3	CASE STUDIES
2:00pm	Conclusion	Further references and closing remarks

# Home

## Important Announcements

Assalaamu alaikum Warahmatullahi wa barakatuhu

Alhamdulillah it has been almost two years since the launch of the JKN Fatawa website. With your duas, and support we were able to deliver many webinars and able to maintain the website so to benefit the masses. However, this is just the beginning of our journey. Our long-term project is to

## Latest Articles



### Nasal Flu Vaccination: Halal or Not?

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### Islamic Ruling on Alcohol Contained Products

Download Article: Islamic Ruling on

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Jazakallah khair

Mufti Abdul Waheed

Researcher at JKN FATAWA

DEPARTMENT

4th December 2021

- Doubts About Impurity 12 July 2022
- Arafat Fast Falling on a Friday 7 July 2022
- Permanent Retainers and Ghust 6 July 2022
- A Mutamatti' Travelling to Madinah After Performing Umrah and Returning For Hajj 20 June 2022
- Can I Combine My Prayers Whilst Travelling As a Hanafi? 15 June 2022
- Does Same Sex Relationship Necessitate the Prohibition of Musaharat? 2 June 2022
- Deceased Leaving Behind a Wife, 4 Sons, 2 Daughters & Siblings 20 May 2022
- Semen Exiting After Urinating 18 May 2022
- Divorce in Menses 16 May 2022
- Deceased's Estate Distributed after Many Years 11 May 2022



# Important Areas Covered in this Workshop



1: Recognising our differences & Emotional Needs

*Soul mates*

2. Common Mistakes, rekindling love & Defusing Toxicity

*ANGER  
MANAGEMENT*

3. Case Studies on Relationship Problems

## Exercise for married couple

1. What does emotional connection mean to you?
2. What are the most common disruptors in emotional connection?

# SECTION 1:

1: Recognising our Differences

2: What Should men and Women know about each other

3: Discovering our Emotional Needs

# 1: Recognising our Differences

# Exercise

Identify some common differences between men and women.



***“Men are from Mars, women are from Venus” (John Gray)***

***“When men and women are able to respect and accept their differences then love has a chance of blossom” (John Gray)***

# Common Differences

Communication

Sharing vs  
problem solving

Attraction

Aggression vs  
diplomacy

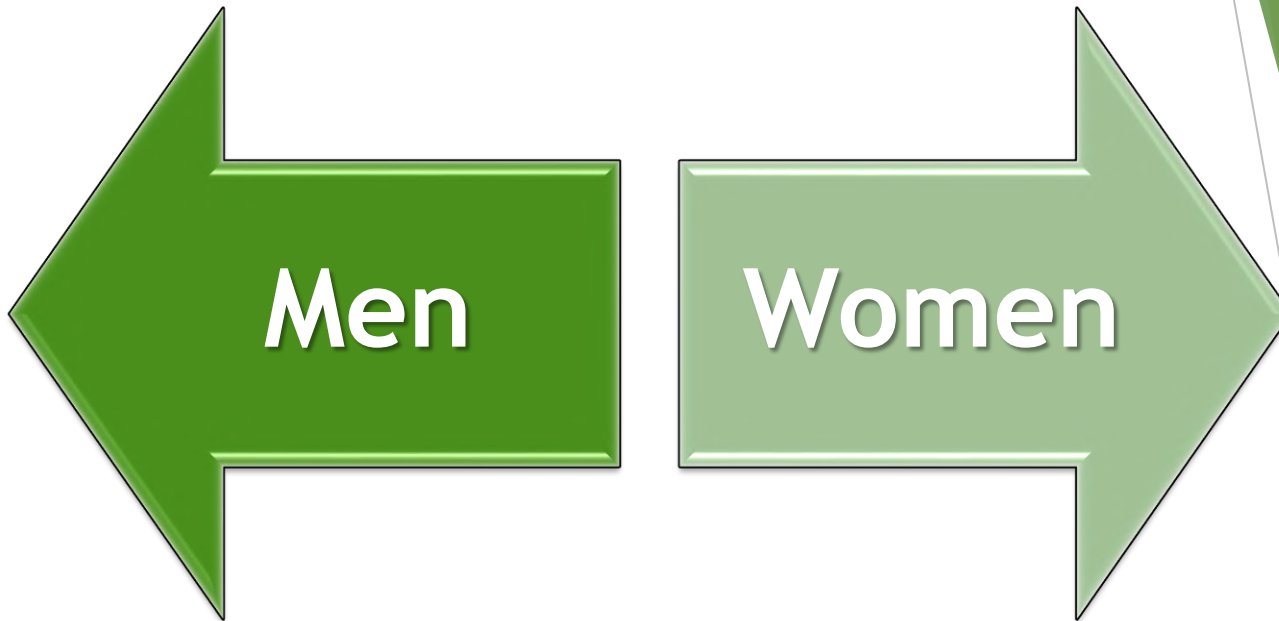
Logical thinking  
vs emotional  
thinking

Michael, G. Conner, D. *Understanding The Difference Between Men And Women*,  
<http://oregoncounseling.org/ArticlesPapers/Documents/DifferencesMenWomen.htm> [Accessed 19th August 2019],

M. Farouk Radwan, MSc, *Psychological differences between men and women*,  
[https://www.2knowmyself.com/psychological\\_differences\\_between\\_men\\_and\\_women](https://www.2knowmyself.com/psychological_differences_between_men_and_women). [Accessed 19th August 2019].

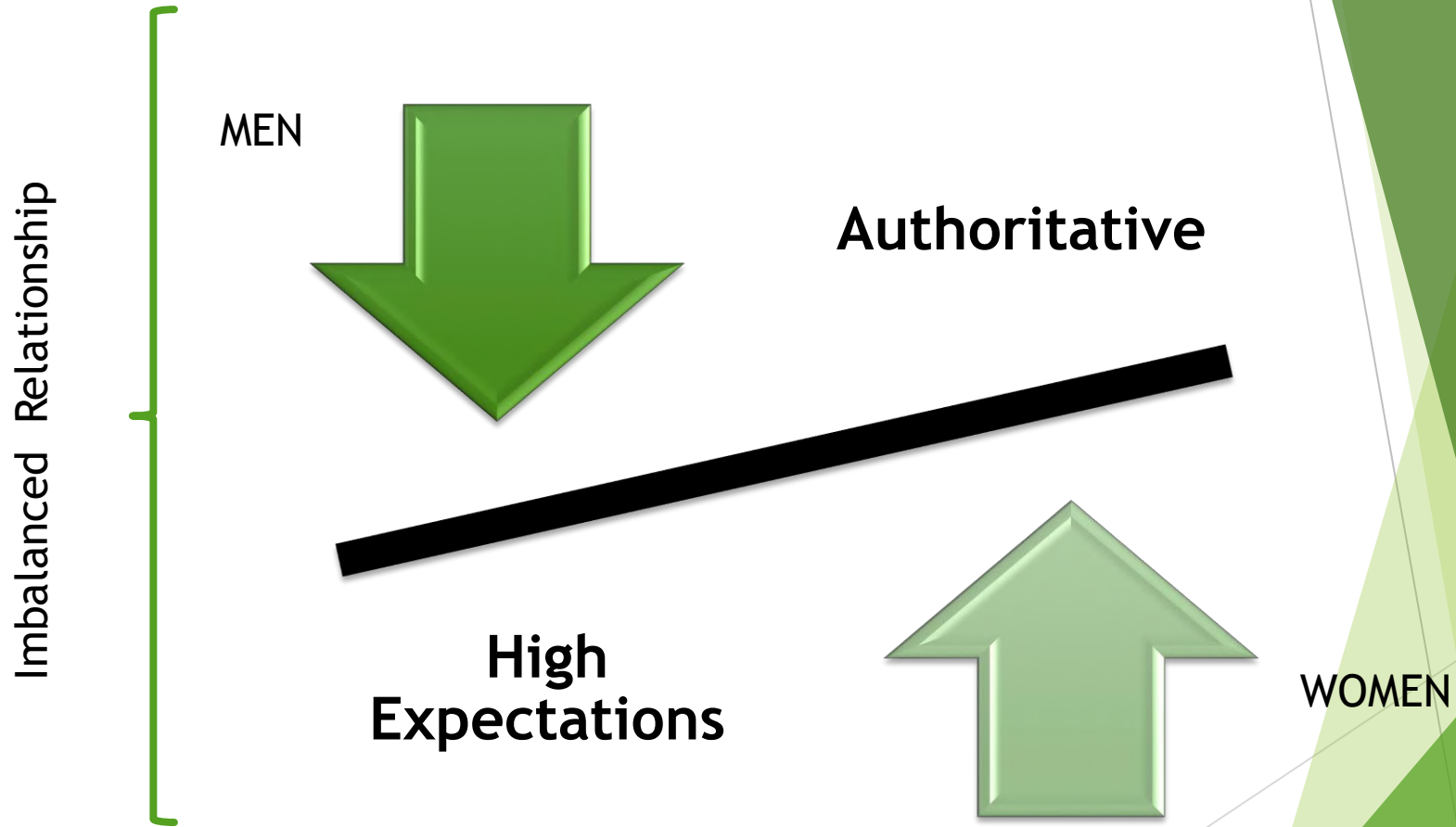
## 2: What Should Men and Women Know about each other?

# This is How Marriage Relationship Begins



- Different Understanding of one another
- Not Knowing what to expect
- Risk and hesitation

# When the couple don't understand each other



# What should women know about men?

## Personal Space

- Deal with issues by themselves
- Comfort Zone
- Don't welcome unsolicited advice

## Think Rationally

- More rational thinkers than emotion
- Try to make sense of things logically

## Independent

- Look for ways to solve their own problems
- Take charge of their own responsibilities

# What Men need to know about Women

## Emotions

- Get emotionally attached to pleasant things
- Seek to impress others
- Think with their heart and overwhelmed easily

## Talkative

- Like talking to others
- Find comfort in expressing their feelings
- Exploring detail things

## Nurturing

- Subservient, supportive, caring, altruism, concerning.

# 3: How to Identify our Emotional Needs?



***“The relationship between a husband and wife should be that of mutual friendship, not master and slave relationship. Yes a man is a leader in managing the domestic affairs but in social conduct, they are mutual friends.”***

***(Hakeemul Ummah Shaykh Ashraf Ali Thanwi)***

***Emotional needs refer to the internal feelings innately embedded in all human beings such as love, caring, appreciation, compassion, validation, happiness and love.***

# Reciprocal Relationship

CARING

TRUST

UNDERSTANDING

ACCEPTANCE

ATTENTION

APPROVAL

REASSURANCE

ENCOURAGEMENT

## **SECTION 2:**

- 1: Common Mistakes & Avoiding them**
- 2: How to Rekindle Love?**
- 3: How to deal with Toxic Relationship?**

# 1: Common Mistakes couples make & Avoiding them

# CASE EXAMPLES

1. (Sisters) A wife complains that her husband doesn't give her attention and is too lazy to do anything in the house. She gets annoyed at him and both constantly end up arguing with each other. This has been continuing for two years in their marriage and now on the verge of separation. What advice would you give?
2. (Brothers) Husband complains that his wife does not make love with him. He tells her to dress attractively for him and cook nice meals for him but she refuses. They have been constantly arguing since the last two years and now on the verge of break up. What advice would you give?

## CASE STUDY

3. (Both) A particular person suspects they spouse to be hiding something. They start to snoop around their phone, emails and constantly monitor them always. The spouse begins overreacting and use any excuses to start an argument. As a result their relationship is crippling yet they still love each other. They come to you to seek help. What advice would you give?

# Common Mistakes in Women

## WHY THE HUSBAND DISTANCES FROM HIS WIFE?

- ▶ Trying to improve him by giving him unsolicited advice
- ▶ Trying to change him or control his behaviour
- ▶ Not respecting his privacy when he needs it
- ▶ Correcting him by telling him off
- ▶ Complaining and not appreciating what he does
- ▶ To nag at him on petty issues
- ▶ Overreacting over minor issues



# SOLUTION

1. Give him his personal space when he needs it
2. Let him come to you
3. Don't try to be his mother
4. Avoid questioning him about every detail matters
5. Let him be who he is.
6. Patience and appreciation
7. Avoid being judgmental
8. Expressing vs Nagging
9. Search for the right moment to talk.

The Messenger of Allāh (saw) said,

“Any woman who prays her five Salahs, fasts the month (of Ramadhān), protects her chastity and obeys her husband shall enter paradise through whichever door she desires.” [Mishkāt]

“Any woman who dies whilst her husband is pleased with her will enter paradise.” [Tirmizi]

# Common Mistakes in Men

## WHY SHE DISTANCES HERSELF FROM HIM?

- ▶ Neglecting her feelings
- ▶ Takes her feelings literally and corrects her
- ▶ Exhibits aggression towards her
- ▶ Prioritises over her with less important things
- ▶ Being 'MR PERFECT' and always disproving her opinion
- ▶ Correcting her at all times
- ▶ Being less empathetic towards her
- ▶ Not giving her the attention she deserves

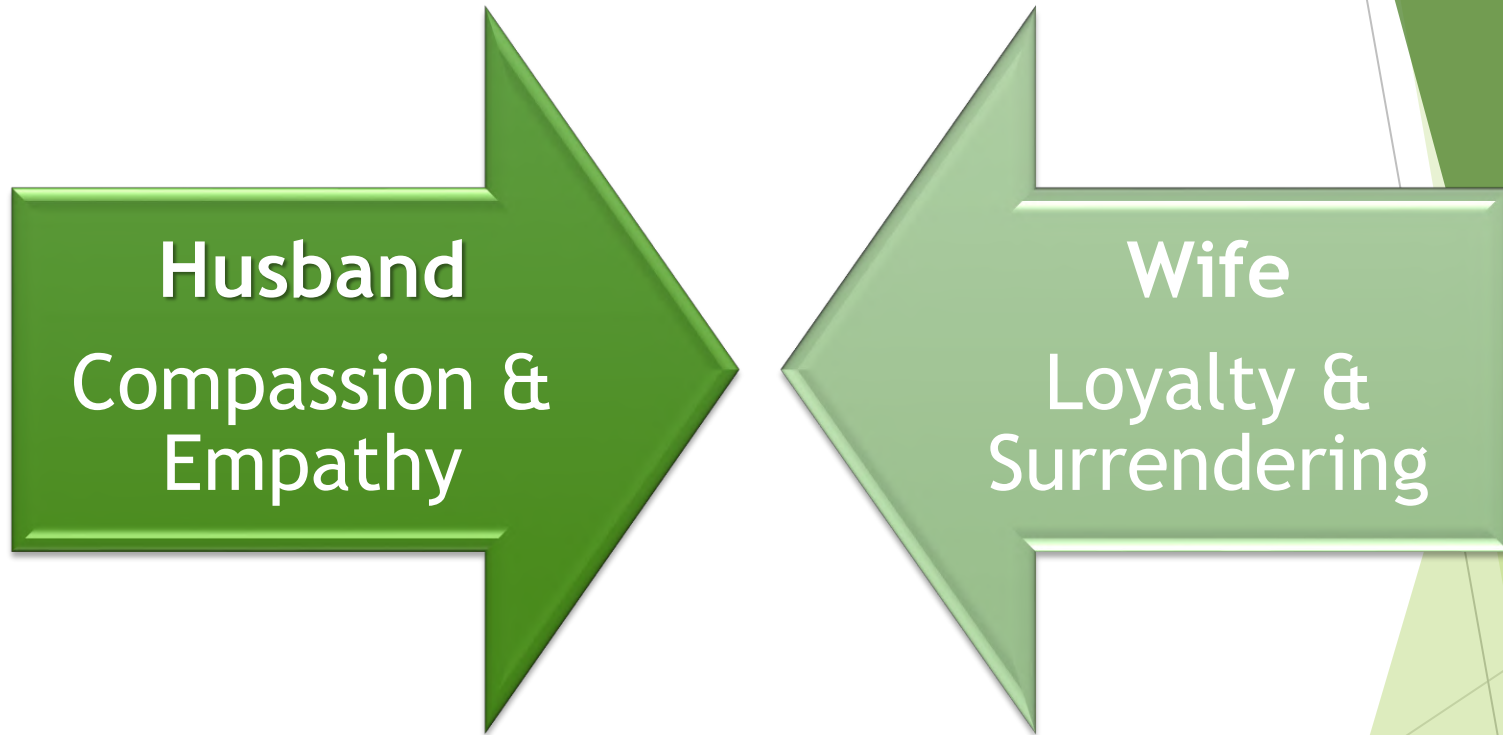
# SOLUTION

1. Listen to her when she speaks to you
2. Be soft in your tone
3. Don't neglect her when she needs you.
4. Don't be judgmental
5. Avoid unnecessary suspicion.
6. Never expect her to communicate with you on to your level.
7. Let her be herself
8. Don't seek to rectify every (natural) shortcomings in her

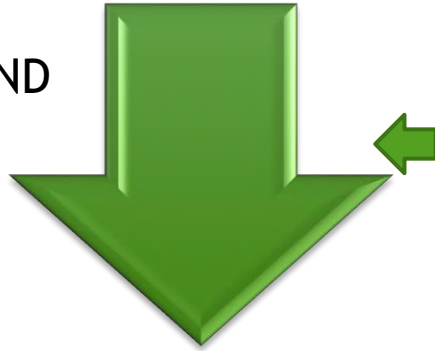
**The Messenger of Allāh (saw) said, “The best among you are those who are the best with their family (wife) and I am better than you (in treatment) in regards to my family.” [Tirmizi]**

The Messenger of Allāh (saw) said, **“I command you to take care of the women in a good manner** for they are created from a rib and the most crooked portion of the rib is its upper part; if you try to straighten it, you will break it, and if you leave it, it will remain crooked, so I command you to take care of the women in a good manner.” [Bukhari]

# How a Harmonious Relationship Builds?



HUSBAND



**Consideration**



**Loyalty** →



WIFE

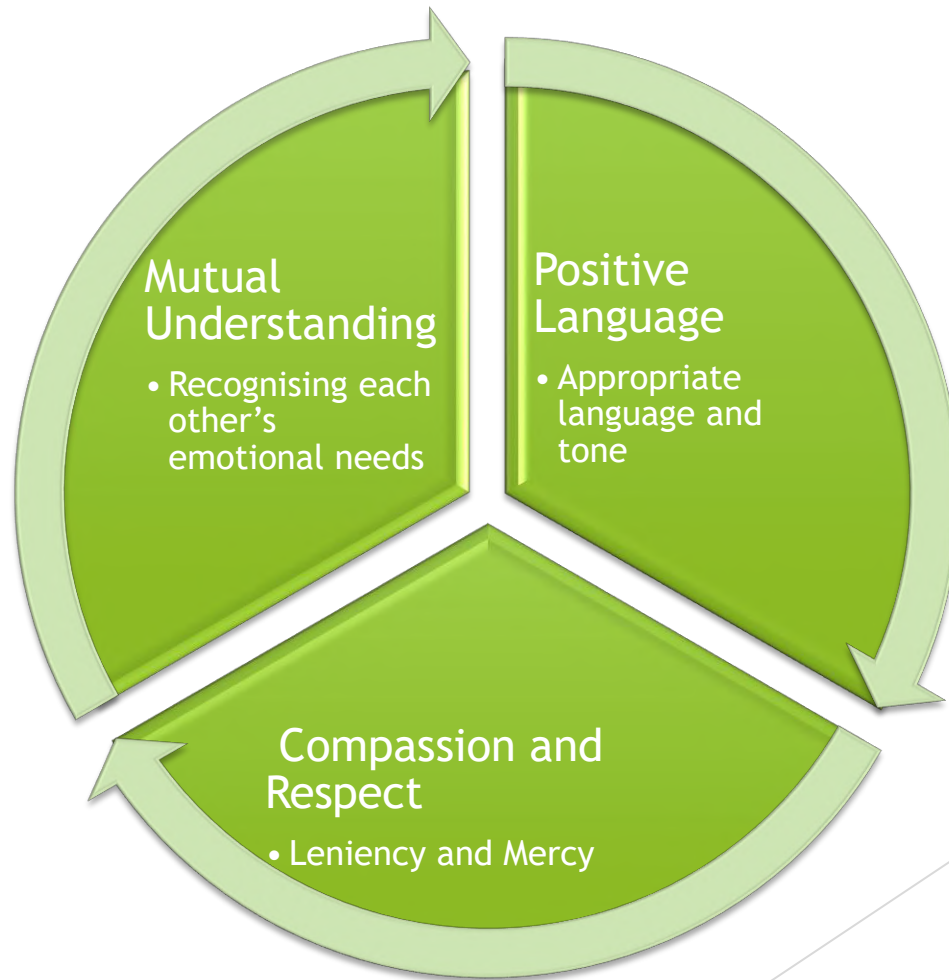


## 2: How to Rekindle Love?

عَنْ ابْنِ عَبَّاسٍ - رَضِيَ اللَّهُ عَنْهُمَا - قَالَ: قَالَ رَسُولُ اللَّهِ -  
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - : «لَمْ يُرَ لِلْمُتَحَابِّينِ مِثْلُ النِّكَاحِ»

**The Messenger of Allāh (saw) said, “No  
two mutual lovers is seen similar to  
Nikah.” [Hakim]**

# THE KEY TO LOVE IS COMMUNICATING POSSITVELY



## Tips to Inducing Love and Connection

- ▶ Care and compassion
- ▶ Quality time
- ▶ Prioritising each other's needs
- ▶ Gentleness and consideration towards each other
- ▶ Understanding each other's temperament
- ▶ Patience and gratitude
- ▶ Offering support to one another
- ▶ Use positive language and words of praise
- ▶ Never say no to intimacy
- ▶ Exchange gifts

إِنَّ اللَّهَ تَعَالَى رَفِيقٌ يُحِبُّ الرَّفْقَ، وَيُعْطِي عَلَى الرَّفْقِ مَا لَا يُعْطِي  
عَلَى الْعُنْفِ، وَمَا لَا يُعْطِي عَلَى مَا سِوَاهُ

**Verily Allāh is lenient, loves leniency and bestows (goodness) upon leniency that which does not give to harshness nor to that other than it.” [Muslim]**



Break for 10  
minutes

# 3: How to deal with Toxic Relationship?

# Exercise

List some of the common disruptors in marriage.



## **Most Common Barriers against love Relationship**

- ▶ **Poor Communication**
- ▶ **Lack of Empathy**
- ▶ **Poor Family time**
- ▶ **Cheating**
- ▶ **Interference of outsiders**
- ▶ **Lack of transparency**
- ▶ **Power struggle**
- ▶ **Suspicion**

# SUGGESTIONS

## How to defuse Toxic Relationship

### TO DO

- ▶ Focus on the RELATIONSHIP ESSENTIALS
- ▶ Converse using POSITIVE LANGUAGE
- ▶ Avoid the TRIGGERS
- ▶ RESPOND at the time of need
- ▶ RESPOND calmly
- ▶ TALK and LISTEN to each other
- ▶ Create REASONABLE BARRIERS against external influencers
- ▶ FORGIVE and TRUST
- ▶ Give SPACE to each other

### NOT TO DO

- ▶ CONFRONTATIONAL
- ▶ OVERREACT
- ▶ NEGATIVE language
- ▶ SUSPECT or HOVER
- ▶ Excessively PLEADING
- ▶ Demand unwanted ATTENTION
- ▶ STONEWALLING
- ▶ DISSCONNECT
- ▶ PROBLEM FOCUSED

# SECTION 3: Case Study Exercises

- 1: Mistrust
- 2: Wrong Priorities
- 3: Controlling
- 4: Emotional Affair

# CASE STUDY 1 - MISTRUST

Read the below case and discuss what is happening?



## Wife

*“My issue is that he never consults me about anything and whenever I find out later, he lies to me and hides the fact. Instead of talking to solve the problem, he totally ignores me. He thinks that a wife should always obey her husband and whatever he says, goes. He talks a lot about Deen but practices very little. Always into football and whenever I’m in the other room praying Salāh, he’s in the other room watching football. Never trusts me at all which upsets me and makes me angry.”*

*“I don’t think my husband cares about me. Careless and not worried about anything. His answer is that my parents only taught me about Deen and nothing else.”*

## Husband

*“My wife makes irrational decision making & thinking. She says a lot of bad things about my family and never apologises. She’s never compromising, creates problems. She’s rude and arrogant and makes a lot of fuss. About communication then I can’t talk to her openly about important things because I’m demoralised as she beats everything down every time and takes deficiencies and only wants her way. And that also has to be STRAIGHT away which is not feasible. Too demanding and not compromising. At this point I stopped answering or debating and given up as it never works or hits home. Its only one way.”*

*“She does care but food is not the only element in wellbeing. Always on about food but more to wellbeing than just eating... I feel she doesn’t understand pressures from work and madrasah and that to come home and just rest or even on a weekend. Its just non-stop one thing after another, demanding otherwise she boycott all chores and me and that has a very bad effect on the kids.”*

# Recommended Solution

- ▶ **Self-Reflection - Reflect on each of their mistakes and seek to rectify them**
- ▶ **Avoid fault finding**
- ▶ **Be more understanding and considerate**
- ▶ **Listen and communicate openly**

## CASE STUDY 2 - WRONG PRIORITIES

### Read the below case and discuss what is happening?

#### Wife

*“He is always putting his family first before me. His brothers and parents always come first and then his wife. He has never stood up and supported me when his family have been in the wrong (esp his brothers who are younger than him, but act older than him and tell him what to do and what to tell me). With me he is someone else and then in front of his family he is a different person. Hes great when it comes to helping around in the house, I have no complaints there but his thinking that the husband in Islam is someone you should worship and the way he always brings the rights of husband in Islam into things is really frustrating because he is not God. Theres many times we have had arguments where he has been unreasonable about things and laid conditions down which I do not accept, and then that creates arguments between us. Most of the time it's always when I want to go to my mum's house. The love between a husband and wife should not have conditions and he doesn't get this. All he knows is that whatever the husband says, I should listen to it even if it's wrong and unfair. Financially he is really laid back and hasn't even thought about the future...what I mean by this is since we have been married, I have been paying half for everything. It's the husband's job to provide clothes, food, shelter for his wife so my earnings/savings have all gone towards expenses.*

*“He is not understanding towards me. if he was understanding and knew how I felt, he would be making drastic moves and decisions in order to save our marriage”*

#### Husband

*“She always bad mouths about me and my family. I work long hours shifts and at least expect some food on the table. Its only been a year we are married and don't have any kids yet. My parents do most of the household chores yet she cannot even make food for me. When she gets angry, she loses control. Very disrespectful towards my parents. I care for my parents because they are old. She doesn't let go of things. What happened a year ago, she brings it up in the conversation. I do work and accept that I don't contribute enough but this is due to work issues.”*

*“I feel she has no consideration towards my feelings. I feel hurt yet always expects me to make changes for her.”*

# Recommended Solution

- ▶ **Recognising true leadership - compassion and empathy.**
- ▶ **Learn to support one another**
- ▶ **Take responsibility for each other's actions**
- ▶ **Be more understanding towards each other**
- ▶ **Give quality time to each other**
- ▶ **Manage your arguments by;**
  - Be careful in what you say
  - Learn to compromise whenever possible
  - Learn to let go of the past
  - Deal with things at appropriate times and occasions
  - Don't always take things to heart,

# CASE STUDY 3 - CONTROLLING

## Read the below case and discuss what is happening?

### Wife

*“Too controlling, emotionally and verbally hurts me using his and ex-wife’s kids. Has an extreme unhealthy love for them. Is highly over protective and has made their needs a priority over mine, neglecting my needs. Imposed rules, restrictions and placed his kids’ responsibilities on me. He told me he wants to follow a sunnah of going to bed early but this is not the case. Has left the bed 4 times to punish me if he feels I’m falling short with regards to his kids needs and responsibilities. He has threatened me with divorce, leaving and given me warnings directly and indirectly from the beginning of our marriage. Bullies me, intimidates and humiliates me with regards to his kids. Says hurtful and unkind words. Finds faults and criticizes me for the housework, care of his kids and according to him my “poor health” When there is a problem, i speak to him about it, he finds ways to blame me for it. Always tells me women are like this and that. Women can’t drive and points out women on the streets for wearing inappropriate clothes and make up. “Look at these hypocrite Muslims and the kufaar.” Has a negative mindset on women and generalises all women to be a certain way. He tells me shaytaan influences women more to break up the marriages. He tells me he knows how women work. He claims men need respect but women don’t. Due to pregnancy pains, I can’t sleep at night so I toss and turn a lot. He tells me to stay in bed and not to leave the room even though I can’t sleep. He picks and chooses parts of Islam and mostly has a cultural mindset. He pulls up hadith and lectures for his own interests and comes up with his own interpretation without any knowledge.”*

### Husband

*“She used to be quiet and respecting but now she’s loud and very argumentative. She still is loving but turns nasty when she gets a new Islamic Hadith misquoted to her to further oppress me and my rights. I have studied Islam myself for many years and know a lot myself so I can’t be duped easily by her ‘Alimah’ friends giving one sided advice for friends out of desires of friendship. My wife favours her friend’s opinions over mine and gets verbally intimidating when challenged on whether her friend has given her sound advice. She jeopardising her marriage for her friendships. Whatever the case, it is obligatory for the wife to obey her husband. The wise woman will not put the friendship of a woman before her role as a wife who is happy with her husband and children in the marital home. The husband’s preventing her from seeing a particular friend does not necessarily mean that that woman is of bad character or lacking in religious commitment; rather the pros and cons of any relationship are many and the wife may not understand these pros and cons in all cases.”*



# Recommended Solution

- ▶ Leadership is not about controlling. Its about responsibility
- ▶ Give each other some space when necessary
- ▶ Don't relate every personal thing to your friends.
- ▶ Search for positiveness in each other. If your spouse has faults then remember you are not any better.
- ▶ Learn to study Islām in the correct manner
- ▶ Avoid using negative language

## CASE STUDY 4 - EMOTIONAL AFFAIR

Read the below case and discuss what is happening?

### Wife

*Has been conversing with other women since the last 5 years of our marriage. I recently discovered that he has been secretly talking to a women he met on face book who was also married. After confronting him, he denied and became defensive about it. In the end he confessed and blames me for his actions. Never admits to his faults and blames me for everything.*

### Husband

*Does not spend quality time with me. She is always busy with her lesson planning at home (because she is a teacher). She's always on the phone talking to her friends and family. There's no communication between us. No love between us. Always bosses me around.*

# Recommended Solution

- ▶ Give quality time to each other
- ▶ If he is sorry and wants the marriage to work, you need to take that risk.
- ▶ Must communicate openly about each other's feelings.
- ▶ Be willing to take the risk if he is truly regretful
- ▶ Set reasonable safeguarding measures to prevent further affair.

# FURTHER REFERENCE

## Psychological Differences

Dr Schimit, Psychologist Ph.D, argues that **there is huge array of influences, from both inside and out, that shape all our emotions, thoughts, and behaviours and to deny men's and women's different psychologies is not merely a denial of reality; it has serious health consequences for significant segments of the population.**

He further on argues that **many psychologist have found several sex differences in the realm of emotions. For instance, they have shown that women are somewhat more empathic than men, whereas men tend to more powerfully experience the emotion of sexual jealousy.** In the cognitive realm, men tend to be better able to rotate a dimensional object in their mind and to recognize, say, an upside-down character, whereas women excel at locating an object in a visual field and remembering exactly where Big Ben is on a map of London. Behaviourally, men are more physically aggressive than women are, and women tend to choose older and wealthier partners for marriage compared with men.

Dr David P Schmitt, The Truth about Sex Differences,  
<https://www.psychologytoday.com/us/articles/201711/the-truth-about-sex-differences> [accessed 19th August 2019]

# Further references to the Prophet's (saw) Conduct with his noble wives

## 1. Love and Loyalty

The Prophet (saw) told Aisha (ra) in the long tradition of Um Zara' narrated by Al-Muslim : I am in my love and loyalty to you just like Abi Zara' and Um Zara" Aisha replied: You are dearer to me more than my father and mother, you are even more loyal and loving than Abi Zara' to Um Zara." [Sahih Muslim]

## 2. Eating and drinking with them

Aisha - May Allah be pleased with her - said: When I drink water from the pot while in menstruation period and give the pot to the Prophet - Peace be upon him - he drinks from the same place which touched my mouth, moreover, during menstruation, I was eating from the piece of meat and giving the same to the Prophet - Peace be upon him - and the Prophet puts his mouth in the same place of mine. [Sunan Al Nasai]

### 3. Not complaining about their circumstances

It was narrated from Zaynab bint Abi Salamah that Umm Salamah said: “I got my menses when I was lying with the Prophet (peace and blessings of Allah be upon him) under a single woollen sheet. I slipped away and put on the clothes I usually wore for menstruation. The Messenger of Allah (peace and blessings of Allah be upon him) said to me, ‘Have you got your menses?’ I said, ‘Yes.’ Then he called me and made me lie with him under the same sheet. (Bukhari)

### 4. Helping in the household chores

Aisha - May Allah be pleased with her - was asked about the manners of the Prophet in his home? She replied: He was helping in doing the family duties and when he hears the call of prayer he goes out. [Bukhari]

## 5. Consoling his Wife

Sayyidah Safiyah radiallahu anha was on a journey with the Prophet salallahu alaihi wasallam. She was late so the Prophet salallahu alaihi wasallam received her while she was crying. The Prophet salallahu alaihi wasallam wiped her tears with his own hands and tried his utmost best to calm her down. [Sunan Al Kubra]

## 6. Expressing Happiness upon their happiness

Aisha (r.a) said “I used to play with dolls in the house of the Prophet (peace and blessings of Allah be upon him). I had friends who used to play with me. When the Messenger of Allah (peace and blessings of Allah be upon him) came in, they would hide themselves, then he would call them to join me and play with me.” [Bukhari & Muslim]

## 7. Pleasing his wives

It was narrated that ‘Urwah ibn al-Zubayr said: “ ‘Aa’ishah said: ‘By Allah, I saw the Messenger of Allah (peace and blessings of Allah be upon him) standing at the door of my apartment when the Abyssinians were playing with their spears in the Mosque of the Messenger of Allah (peace and blessings of Allah be upon him). He covered me with his cloak so that I could watch their games, then he stood there for my sake until I was the one who had had enough. So you should appreciate the fact that young girls like to have fun.’ [Bukhaari]

## 8. Forgiving their mistakes

O ‘Aaishah, such and such [accusations regarding you] have come to my notice. If you are innocent then Allah will soon declare your innocence and if you did commit this sin then seek Allah’s forgiveness and repent, for verily when a servant confesses and repents, Allah will forgive him...”



## 9. Racing with his wife

Aisha radiAllahu 'anhaa said: That she accompanied the Prophet on a certain journey. At that time she was a mere girl and was neither fat nor bulky. The Prophet asked the people to move on, and they marched ahead. Then the Prophet said to me, 'Come on, let us have a race'. Aisha says that she ran and remained much ahead of him. The Prophet kept quiet for some time. Later on when Aisha grew fat and loose bodied, she forgot the previous incident. Again she accompanied the Prophet on some journey. The Prophet again asked the people to march ahead, and they moved ahead. Then the Prophet again asked her to have a race with him. This time the prophet defeated her and she lagged behind. Now the prophet laughed and said, 'This is in response to our previous defeat'

## 10: Kindness and Respect

The Prophet (saw) said; “The One who does not show kindness to the young nor respect the elders is not amongst us.” (Mishkat)

## 11: Positive language

The Prophet (saw) said; “Good Word is charity” (Bukhāri & Muslim)

## 12: Reconciliation and Compromise

The Prophet (saw) said, “Shall I not inform you of something more excellent in degree than (voluntary) fasting, prayer and almsgiving (sadaqah)?” The people replied, “Yes, Prophet of Allah!” He said, “**It is putting things right between people (and) spoiling relations is the shaver.**” (Abu Dawud)

## 13: Controlling the Anger & Avoiding Conflict

The Prophet (saw) said, “Whoever controls their anger [in spite of] being capable of expressing it, Allāh will fill his heart with security and faith.” [Jami Sagheer]

The Prophet (saw) said, “I guarantee a palace in the midst of Paradise for the one who forsakes conflict even if he is on the truth.” [Abu Dawood]

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Jazakallah Khayr