

SPEND TIME AWAY

Time away from each other occasionally is healthy for the relationship. But it should be for short durations only.

FREE TIME

Try and spend free time together, especially the evenings and weekends. Do fun things together. Enjoy each others company.

PIETY

Come onto Deen fully. Perform Salah, Zikr, Tilawah. Attend Deeni programmes. Start Taleem at home even for few minutes. Avoid sins. Adopt a Sunnah lifestyle. Connect with pious personalities. Follow their advices.

MONEY MATTERS

Money matters must be dealt through consultation. Save and be thrifty. Do not be extravagant nor miserly. Take the middle part. Spend generously on ones family.

MEDICAL CHECK UPS

Have regular medical check ups for hypertension, diabetes, etc. which can cause anger and frustration, without realising it. Go for counseling to deal with psychological issues, if required. In some cases even psychiatric assessment may be required. Drug abuse is a serious problem that requires major intervention and rehabilitation.

SIHR

Do not attribute all problems to Sihr (Jadu). Avoid doubts and suspicion. If necessary consult only an authentic Aamil. Read Manzil daily for protection. Resign oneself to Allah's decree with dignity.

INTROSPECTION

When things go wrong, always ask: Where have we gone wrong? Rectify wrongs. Give up sins. Repent. Seek advice. Allah's help is near for those who are dear.

ACCOUNTABILITY

Each one will go to his own grave and stand alone before Allah Ta'ala to answer for himself, not for others. With this in mind, do one's duty, forgo one's right and leave the rest to Allah Ta'ala.

DUA

Never underestimate the power of Dua. Ask Allah Ta'ala for His help at all times, especially when things are not right. Read Salat-ul-Hajah. Engage in abundant Istighfaar & Durood.



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DON'T BE A PERFECTIONIST IN MARIAGE

No marriage is perfect. All marriages could have some problems, till the end. This should be regarded as a test from Allah which requires Sabr (patience), tolerance and forgiveness.

BE POSITIVE

Always focus on the positive aspects of marriage and regard it as a blessing from Allah Ta'ala which requires Shukr (gratitude). Many only realise when it is too late.

YOUR PARTNER IS ORDAINED

Regard your partner as someone ordained for you by your Creator, so accept His decree willingly.

ACCEPT DIVERSITY

Realise that people are different in temperament, habits and background. The challenge of marriage is learning to accept and adapt. Don't force one's ways on the others.

RECOGNISE DIFFERENT GENDERS

Realise that Allah Ta'ala has made man and woman different. Man is to be the kind and compassionate protector of a woman, not her tormentor. Don't expect the traits of men in women and vice-versa.

FULFIL RIGHTS & FORGO ONE'S RIGHTS

Each partner must try to fulfil rights of the other and forgo his/her own rights. No partner must fight for and demand rights. Both must be willing to compromise.

BE REALISTIC

Accept that no person is perfect. All have some faults. Focus on one's own faults not on the next person's faults. Do not look for faults or highlight the next person's faults all the time.

MAKE A FIRM COMMITMENT

Make a firm commitment to make the marriage work. Do not say or do things that may damage the marriage. Do not regard the institution of marriage lightly. Marriage is not a disposable commodity.

BE CONSIDERATE

Be considerate of one's partners feelings. Be sensitive to one's partners likes and dislikes. Do not hurt feelings.

APPRECIATE

Appreciate each other and express it regularly. Do not take the next person for granted. Be grateful for every good act.

BE OBJECTIVE

Always be objective, not emotional. Be rational, balanced and just. Don't be unreasonable and uncompromising.

AVOID SUSPICIONS

Avoid assumptions, suspicions and a negative perception of one's partner. Always give benefit of the doubt. Verify facts before jumping to conclusions or making accusations.

GIVE OPPORTUNITY

Gradually work towards overcoming of weaknesses. Give the next person a chance to change. Be accommodating, not harsh nor hasty.

AVOID JUSTIFICATION

Never be defensive of your mistakes. Allah Ta'ala alone is perfect. Avoid cynicism, pessimism, aggression, negativity and justification if you are wrong. Accept when you are at fault.

ANGER

Anger is dangerous. It is also Haram. Control it by reading, drinking water, making Wudhu, etc. Work towards the reformation of anger.

MAKE UP QUICKLY

Do not walk away in anger for more than a few hours. Try to make up as quickly as possible with loving messages and gestures. The longer the delay, the greater the harm.

LISTEN ATTENTIVELY

Listen to the next person attentively, calmly and patiently. Do not comment right away. Think it over. Take time to respond. Do not stifle the next person.

GOOD COMMUNICATION

Lots of communication is required in a successful marriage. Communication requires skill, tact and wisdom. Say the right thing at the right time in the right tone.

COMPROMISE

Compromise is essential. Marriage is not a one way street. Give and take is necessary.

DO CONSULTATION

Consultation in a friendly manner in all major issues is important. Do not take unilateral decisions. Mashwara is a great Sunnah.

BALANCE RIGHTS

Balance the rights of everyone. Help one another to fulfil rights. Parents, siblings, in-laws, relatives - all have rights that must be fulfilled along with the rights of the spouse.

HUMOUR

Learn to relax and unwind. Be humourous, not tense and uptight all the time. This is healthy for the body, mind and marriage.

ROMANCE

Romance is necessary for the marriage. Display loving gestures. Send loving messages. It is an important Sunnah.

ADOPT POLITENESS

Be polite and courteous in speech. Do not be rude and abrupt. Do not scream, shout or be vulgar.

FORGIVE & OVERLOOK

Forgive and forget. Everyone makes mistakes. Allah loves to forgive and loves those who forgive. Be big hearted.

FORGET THE PAST

Do not bring up the past. Look forward, not backward. Let bygones be bygones. Just as we want Allah Ta'ala to forgive us, forgive others.

SHOW RESPECT

Mutual respect is important. Never run down one's partner, especially in front of others.

ASSIST EACH OTHER

Help each other in housework and domestic chores. This is a great Sunnah. It strengthens the bond of marriage. The wife is not a servant. Maintain a high level of hygiene. Maintain a neat and attractive appearance.

TAKE INTEREST

Take interest in the next person's matters. Do not be selfish and self-centred. This will impact negatively on the marriage.

NO ABUSE

Physical, mental, verbal, financial and psychological abuse is absolutely unacceptable. This is tantamount to Zulm (oppression) which is a major sin.

MAINTAIN CONFIDENTIALITY

Confidentiality is important. Never discuss your personal life with unrelated people. Maintain strict confidentiality between spouses. Consult a pious elder or learned Alim if problems occur. Go for counseling if necessary.