UMM ABBAD ACADEMY

# MAWADDAH WA RAHMAH

# TRANSFORMING MY MARRIAGE INTO A PLACE OF AFFECTION AND TRANQUILITY



*Presented by*
*Muallima Shakirah Hunter*

RAMADHAN 2025

# HOW DOES THE QUR'AAN SPEAK ABOUT MARRIAGE ?

Ar-Rum 30:21

وَمِنْ ءَايَٰتِهِۦٓ أَنْ خَلَقَ لَكُم مِّنْ أَنفُسِكُمْ أَزْوَٰجًا لِّتَسْكُنُوٓا۟ إِلَيْهَا وَجَعَلَ بَيْنَكُم مَّوَدَّةً وَرَحْمَةً ۚ إِنَّ فِى ذَٰلِكَ لَءَايَٰتٍ لِّقَوْمٍ يَتَفَكَّرُونَ

*And of His signs is that He created for you from yourselves mates that you may find tranquillity in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought.*

Maryam 19:96

إِنَّ ٱلَّذِينَ ءَامَنُوا۟ وَعَمِلُوا۟ ٱلصَّٰلِحَٰتِ سَيَجْعَلُ لَهُمُ ٱلرَّحْمَٰنُ وُدًّا

*Indeed, those who have believed and done righteous deeds - the Most Merciful will appoint for them affection.*

*What is affection?*

*Doesn't affection sound like an action or a feeling? Merriam-Webster defines it as:*

*A feeling of liking and caring for someone or something*

*A tender attachment*

*In this definition, affection is a noun. It's a substance of something. That sounds strange. When we think about "showing" someone affection, we are displaying something to them. I believe we can have affection for someone, but isn't that still a state or a substance of something?*

*When we are affectionate or showing affection to our spouse, we give them a picture of our care and concern for them. That is affection. We are giving them the understanding that we like them or care for them. So affection is that state of liking or caring for someone and showing affection is the action of letting someone know you like them or care for them.*

# HOW DOES THE QUR'AAN SPEAK ABOUT MARRIAGE ?

How does affection help marriage?

Showing care and concern helps the spousal relationship in several ways:

- Showing Affection decreases the ability to become offended.
- Affection reminds a spouse or partner of the love that is felt towards them.
- One of a spouse's needs can be a need for affection.
- Affection produces a sense of safety.
- The expression of affection helps communication.
- Affection produces a calmer response in loved ones.

# HOW DOES THE QUR'AAN SPEAK ABOUT MARRIAGE ?

*Al-Ahzab 33:70*

يَٰٓأَيُّهَا ٱلَّذِينَ ءَامَنُواْ ٱتَّقُواْ ٱللَّهَ وَقُولُواْ قَوۡلٗا سَدِيدٗا

*O you who have believed, fear Allah and speak words of appropriate justice.*

*Al-Ahzab 33:71*

يُصۡلِحۡ لَكُمۡ أَعۡمَٰلَكُمۡ وَيَغۡفِرۡ لَكُمۡ ذُنُوبَكُمۡۗ وَمَن يُطِعِ ٱللَّهَ وَرَسُولَهُۥ فَقَدۡ فَازَ فَوۡزًا عَظِيمًا

*He will [then] amend for you your deeds and forgive you your sins. And whoever obeys Allah and His Messenger has certainly attained a great attainment*

قوله تعالى : يا أيها الذين آمنوا اتقوا الله وقولوا قولا سديدا أي قصدا وحقا . وقال ابن عباس : أي صوابا . وقال قتادة ومقاتل : يعني قولوا قولا سديدا في شأن زينب وزيد ، ولا تنسبوا النبي إلى ما لا يحل . وقال عكرمة وابن عباس أيضا : القول السداد لا إله إلا الله . وقيل : هو الذي يوافق ظاهره باطنه . وقيل : هو ما أريد به وجه الله دون غيره . وقيل : هو الإصلاح بين المتشاجرين .

*Allah Almighty says: O you who have believed, fear God and speak words that are right, that is, with intention and truth. Ibn Abbas said: That is correct. Qatada and Muqatil said: Meaning, say something right about Zainab and Zaid, and do not attribute to the Prophet anything that is not permissible. Ikrimah and Ibn Abbas also said: The correct saying is: There is no god but Allah. It was said: It is the one whose outward appearance agrees with his inwardly. It was said: It is what I seek for thepleasure of Allah and nothing else. It was said: It is reconciliation between quarrels.*

# HOW DOES THE QUR'AAN SPEAK ABOUT MARRIAGE ?

*'By Allah! Among all of you I am the most God-fearing, and among you all, I am the super most to save myself from the wrath of Allah, yet my state is that I observe prayer and sleep too. I observe fast and suspend observing them; I marry woman also. And he who turns away from my Sunnah has no relation with me". (Bukhari)*



UMM ABBAD ACADEMY

# CHALLENGING NEGATIVE MINDFRAMES:

# BREAKING THE NARRATIVE

*Presented by*
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# UNDERSTANDING THE NEGATIVITY BIAS

New research shows that the best thing we can do keep our relationships alive and well is understand the negativity bias, recogn how it undermines our relationships, and develop the skills to control how our brains focus on the negative.

According to neuroscientist Dr. Rick Hanson, the brain is like Velcro for negative expe
riences and Teflon for positive ones. When you have a negative, fear based, shameful experience or an insecure thought, your mind wraps around it like Velcro. When you have a positive experience, for example – when you plan a romantic dinner with your wife and you are sure she will love you forever, it slides off like butter on a Teflon skillet. Our brains are hardwired to remember negative experiences and quickly forget positive ones.

Negativity often works like a slow poison between married partners.
Small, unloving interactions repeated over days, months, and years damage the sense of physical and emotional intimacy between two people. This hinders a couple's ability to trust each other and paves the way for the four c's of negativity to flood the relationship: criticism, contempt, defensiveness, and stonewalling. Eventually, the toxic impact of negativity can be so great that the catastrophic failure of a relationship can occur.



# WHY NEGATIVITY MATTERS ?

*“The worse matters far more than the better in marriage or any other relationship,”*
*say Drs. Baumeister and Tierney.*
*“A slight conflict can have ruinous consequences when the power of bad overwhelms judgment, provoking you to actions that further alienate your partner. The negativity effect magnifies their faults, real or imagined, starting with their ingratitude, because you’re also biased by that internal overconfidence that magnifies your own strengths. So you wonder how your partner can be so selfish and so blind to your virtues—to all that you’ve done for them.”*





# WHY IS IT SO COMMON TO BE HARD ON OUR SPOUSES?

- WE'RE HOLDING ONTO PAST SLEIGHTS
- WE'RE NOT PROPERLY EXPRESSING OUR NEEDS OR TAKING CARE OF OUR OWN MENTAL AND PHYSICAL WELL-BEING
- WE HAVE UNFAIR EXPECTATIONS OF OUR SPOUSE'S BEHAVIORS
- OUR SPOUSES KNOW US WELL ENOUGH TO "PUSH OUR BUTTONS"
- WE PROJECT OUR OWN STRESSES ONTO THEM OR WE SIMPLY MAY JUST START TAKING OUR SPOUSES FOR GRANTED

# RECOGNIZE THAT NEGATIVITY IS INVISIBLE ABUSE.

- NEGATIVITY IS NOT DETERMINED BY YOU AND YOUR IDEA OF WHAT IS ACCEPTABLE
- WE ALL DO IT : WE CONSTANTLY SCRUTINISE EACH OTHER THROUGH A NEGATIVE LENSE
- MONITOR YOUR 'JUST JOKING MOMENTS' - YOUR FACIAL EXPRESSIONS AND RESPONSES

Al-Fath 48:29

مُّحَمَّدٌ رَّسُولُ ٱللَّهِۚ وَٱلَّذِينَ مَعَهُۥٓ أَشِدَّآءُ عَلَى ٱلْكُفَّارِ رُحَمَآءُ بَيْنَهُمْۖ تَرَىٰهُمْ رُكَّعًا سُجَّدًا يَبْتَغُونَ فَضْلًا مِّنَ ٱللَّهِ وَرِضْوَٰنًاۖ سِيمَاهُمْ فِى وُجُوهِهِم مِّنْ أَثَرِ ٱلسُّجُودِۚ ذَٰلِكَ مَثَلُهُمْ فِى ٱلتَّوْرَىٰةِۚ وَمَثَلُهُمْ فِى ٱلْإِنجِيلِ كَزَرْعٍ أَخْرَجَ شَطْـَٔهُۥ فَـَٔازَرَهُۥ فَٱسْتَغْلَظَ فَٱسْتَوَىٰ عَلَىٰ سُوقِهِۦ يُعْجِبُ ٱلزُّرَّاعَ لِيَغِيظَ بِهِمُ ٱلْكُفَّارَۗ وَعَدَ ٱللَّهُ ٱلَّذِينَ ءَامَنُواْ وَعَمِلُواْ ٱلصَّٰلِحَٰتِ مِنْهُم مَّغْفِرَةً وَأَجْرًا عَظِيمًا

*Muhammad is the Messenger of Allah ; and those with him are forceful against the disbelievers, merciful among themselves. You see them bowing and prostrating [in prayer], seeking bounty from Allah and [His] pleasure. Their mark is on their faces from the trace of prostration. That is their description in the Torah. And their description in the Gospel is as a plant which produces its offshoots and strengthens them so they grow firm and stand upon their stalks, delighting the sowers - so that Allah may enrage by them the disbelievers. Allah has promised those who believe and do righteous deeds among them forgiveness and a great reward.*

# BREAKING THE BLAME GAME

Ibrahim 14:22

وَقَالَ ٱلشَّيۡطَٰنُ لَمَّا قُضِيَ ٱلۡأَمۡرُ إِنَّ ٱللَّهَ وَعَدَكُمۡ وَعۡدَ ٱلۡحَقِّ وَوَعَدتُّكُمۡ فَأَخۡلَفۡتُكُمۡۖ وَمَا كَانَ لِيَ عَلَيۡكُم مِّن سُلۡطَٰنٍ إِلَّآ أَن دَعَوۡتُكُمۡ فَٱسۡتَجَبۡتُمۡ لِيۖ فَلَا تَلُومُونِي وَلُومُوٓاْ أَنفُسَكُمۖ مَّآ أَنَا۠ بِمُصۡرِخِكُمۡ وَمَآ أَنتُم بِمُصۡرِخِيَّ إِنِّي كَفَرۡتُ بِمَآ أَشۡرَكۡتُمُونِ مِن قَبۡلُۗ إِنَّ ٱلظَّٰلِمِينَ لَهُمۡ عَذَابٌ أَلِيمٞ

*And Satan will say when the matter has been concluded, "Indeed, Allah had promised you the promise of truth. And I promised you, but I betrayed you. But I had no authority over you except that I invited you, and you responded to me. So do not blame me; but blame yourselves. I cannot be called to your aid, nor can you be called to my aid. Indeed, I deny your association of me [with Allah ] before. Indeed, for the wrongdoers is a painful punishment."*

RECOGNISE THE TRIGGER ACTION OR STATEMENT

LATENESS MIGHT TRIGGER YOU , OR CONSTANT NAGGING AND COMPLAINING

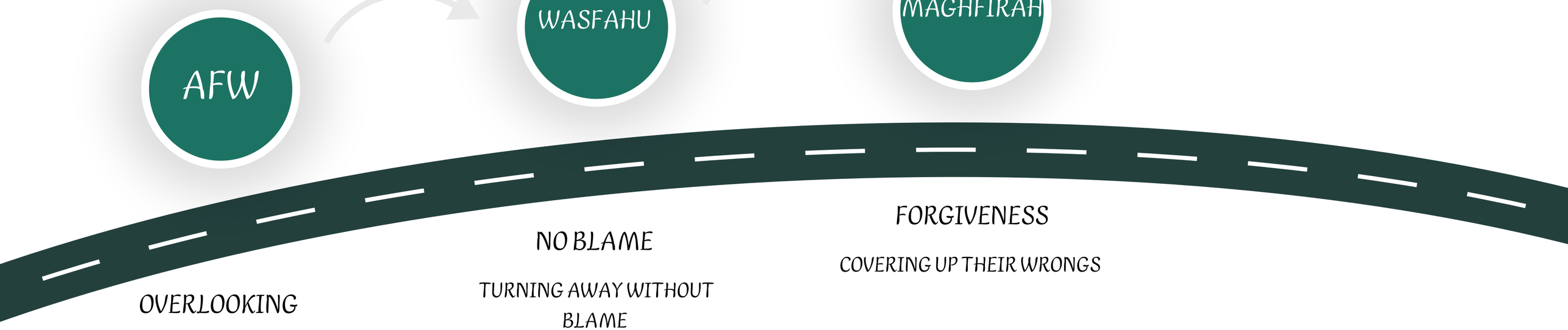
PRACTICE I'TIZAAR

BUILDING THE EXCUSE MINDFRAME FOR YOUR SPOUSE

REMOVAL OF SHAHNAA

GET UNCOMFORTABLE WITH THE HATEFUL THOUGHTS FESTERING BELOW THE SURFACE

# INTRODUCING THE SUNNAH INTERPERSONAL ACTIONS




## OVERLOOKING

TO LEAVE THE SCRUTINISING OF SINS O R ERRORS

## NO BLAME

TURNING AWAY WITHOUT BLAME

## FORGIVENESS

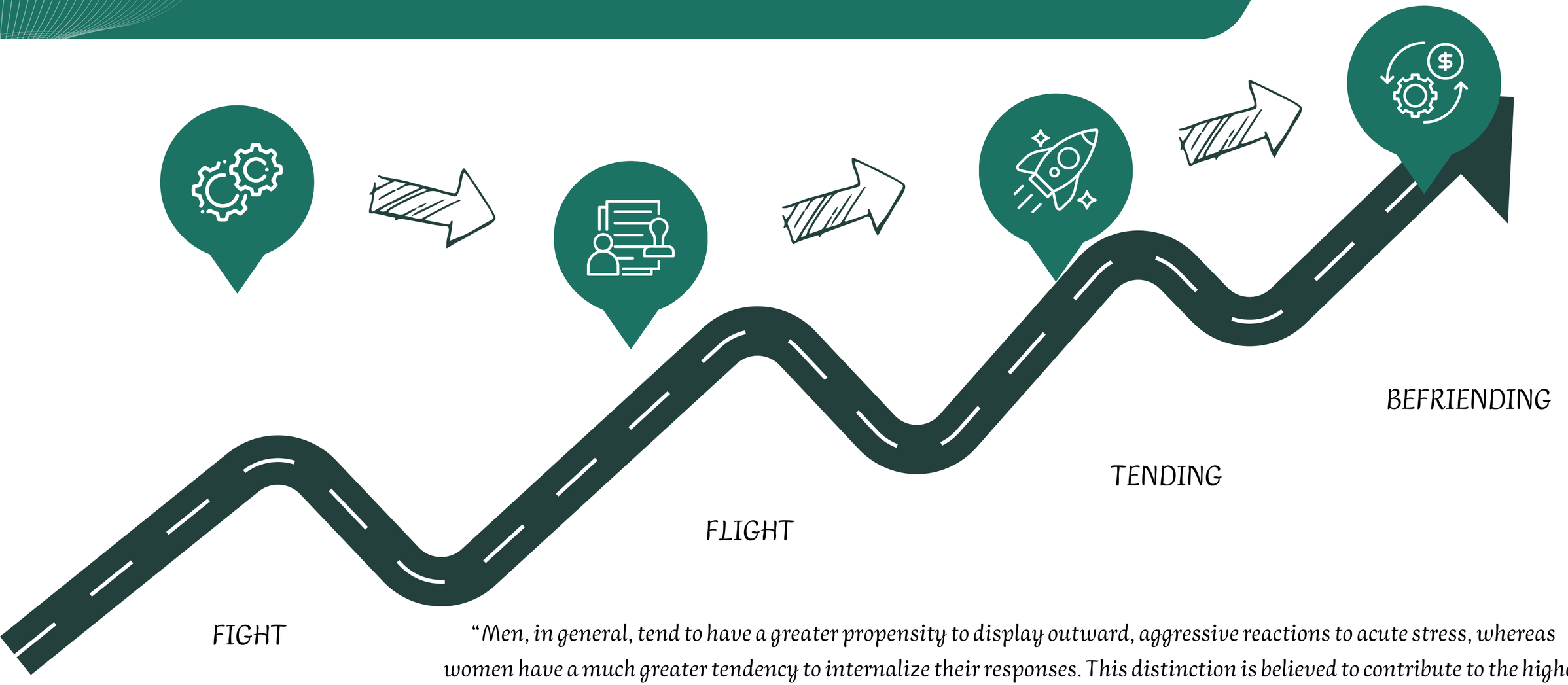
COVERING UP THEIR WRONGS

At-Taghabun 64:14

يَٰٓأَيُّهَا ٱلَّذِينَ ءَامَنُوٓاْ إِنَّ مِنۡ أَزۡوَٰجِكُمۡ وَأَوۡلَٰدِكُمۡ عَدُوّٗا لَّكُمۡ فَٱحۡذَرُوهُمۡۚ وَإِن تَعۡفُواْ وَتَصۡفَحُواْ وَتَغۡفِرُواْ فَإِنَّ ٱللَّهَ غَفُورٞ رَّحِيمٌ

*O you who have believed, indeed, among your wives and your children are enemies to you, so beware of them. But if you pardon and overlook and forgive - then indeed, Allah is Forgiving and Merciful.*

# RECOGNISE MALE VS FEMALE RESPONSE SYSTEMS




*"Men, in general, tend to have a greater propensity to display outward, aggressive reactions to acute stress, whereas women have a much greater tendency to internalize their responses. This distinction is believed to contribute to the higher female prevalence of anxiety and depression," said Marco Bortolato, M.D., Ph.D., a professor of pharmacodynamics*

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Womanhood

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