




# What to do in Marital Turbulence

IMC Marriage Workshop Part VI







# Marriage Turbulence is a Fact



# Marital Turbulence is a Fact

- Islam provides a wonderful framework and valuable guidelines in marital disputes.
- Even in the most successful marriages, conflicts do happen.

# No Marriage is Perfect

Tough times are bound to happen.

ولا حزن يدوم ولا سرور  
ولا بوؤس عليك ولا رخاء

# Arguments

Nikah is a zero-sum game. If your spouse loses, then you lose too. If you really love your spouse, why would you want them to lose anything?

# Arguments

The tongue is like a torch.

# Anger

- Anger is the root cause for all marital disputes.

Allah ﷻ says,

“Those who control their anger and forgive, and Allah loves those who do good”

[Surah Al-Imran: 134]

# Anger Management

The Messenger of Allah ﷺ said:

The strong person is not the one who is strong in wrestling, but the strong person is the one who is able to restrain himself when he's angry.

[Sahih Bukhari and Muslim]



# Anger Management

The Messenger of Allah ﷺ said:

“Do not get angry”.

[Sahih al-Bukhari: 6116]

# Seek Refuge in Allah

He ﷺ suggested the individual whose anger overcame him to say:

أعوذ بالله من الشيطان الرجيم

[Sahih Bukhari and Muslim]

# Change the Position

- If standing, sit down.
- Otherwise, lie down.

This will extinguish the anger.



# Remain Silent

The Messenger of Allah ﷺ said:

“If one of you becomes angry,  
he should be silent.”

[al-Adab al-Mufrad: 245]

# Make Wudu

The Messenger of Allah ﷺ said:

“Verily, anger is from Satan. And surely, Satan was created from fire. And only water puts out fire. Therefore, if one of you gets angry, he should make Wudu.”

[Abu Dawud: 4781]

# Criticizing Each Other

- See your own shortcomings.
- Know where you have made a mistake.



# Lack of Proper Communication

- Problems arise when couples have different red lines.
- This is why communication is key.

# Lack of Tolerance for Each Other

- Be patient (Sabr)
- Be grateful (Shukr)

# Over or Unrealistic Expectations

Have moderate and realistic expectations.



# Knowing or Understanding Likes and Dislikes of Each Other

Nabi ﷺ told Aisha رضي الله عنها:

“I know when you are pleased with me, and when you are upset.

When you are pleased with me you say,

لا ورب محمد

And when you are upset with me, you say

لا ورب إبراهيم

[Sahih al-Bukhari: 6078]

# Arrogance and Self-Superiority

Humbleness and humility strengthens the relationship.

مَا تَوَاضَعَ أَحَدٌ لِلَّهِ إِلَّا رَفَعَهُ اللَّهُ

“No one humbles himself for the sake of Allah except that Allah raises his status”.

[Sahih Muslim: 2588]

# Reminding Mistakes of the Past

- Not allowing the other spouse a break for their mistakes.
- Forgive and forego each other's faults.

# Reminding Mistakes of the Past

Forgiveness is a wonderful quality and essential ingredient for a good long term relationship

# Reminding Mistakes of the Past

- The Quran guides us to forgive others and even to give up some of our rights on behalf of others.



## Gratefulness

«انظروا إلى من هو أسفل منكم، ولا تنظروا إلى من هو فوقكم؛ فإنه أجدر أن لا تزدروا نعمة الله عليكم»  
[رواه الترمذي ٢٥١٣]

“Look at the one below you, and do not look at the one above you because it will belittle Allah’s favors upon you.”

# Lack of Mutual Love

Love is invisible to the eye. The goal of marriage is to love each other.

# Lack of Mutual Love

- Hate is easy. Love takes courage.
- There is only one person responsible for the quality of your life. That person is you.

# What to do in Marital Difficulty

- Focus on the positive. If you focus on the negative, you will only see the negative.
- Positive feedback works for spouses.

# Become a Garment For Each Other

Allah ﷻ says:

"They (your wives) are your garment and you are their garment." (Surah al-Baqarah: 187)



# Spouses are a Garment:

1. Concealment
2. A Means of Protection
3. Adornment for Each Other
4. Mutual Embrace
5. Need of Each for the Other
6. Adapt for One Another
7. Dignity and Respect for Each Other

# If You Fear a Split

وَإِنْ خِفْتُمْ شِقَاقَ بَيْنِهِمَا فَابْعَثُوا حَكَمًا مِّنْ أَهْلِهِ  
وَحَكَمًا مِّنْ أَهْلِهَا إِنْ يُرِيدَا إِصْلَاحًا يُوَفِّقِ اللَّهُ بَيْنَهُمَا  
إِنَّ اللَّهَ كَانَ عَلِيمًا خَبِيرًا

[سورة النساء ٣٥]

# If You Fear a Split

Allah ﷻ says,

“If you fear a split between them (the spouses), send one arbitrator from his people and one from her people. If they desire to set things right, Allah shall bring about harmony between them. Surely, Allah is All-Knowing, All-Aware.”

[Surah al-Nisa: 19]

# Reconciliation is Best

وَإِنْ أَمْرًا خَافَتْ مِنْ بَعْلِهَا نُشُوزًا أَوْ إِعْرَاضًا فَلَا جُنَاحَ  
عَلَيْهِمَا أَنْ يُصْلِحَا بَيْنَهُمَا صُلْحًا وَالصُّلْحُ خَيْرٌ وَأُحْضِرَتِ  
الْأَنْفُسُ الشُّحَّ وَإِنْ تُحْسِنُوا وَتَتَّقُوا فَإِنَّ اللَّهَ كَانَ بِمَا تَعْمَلُونَ

خَيْرًا

[سورة النساء ١٢٨]

# Reconciliation is Best

Allah ﷻ says,

“If a woman fears ill treatment or aversion from her husband, then, there is no sin on them in entering into a compromise between them. Reconciliation is better. Avarice is made to be present in human souls. If you do good and fear Allah, then, Allah is All-Aware of what you do”.

[Surah al-Nisa: 128]



# Reconciliation is Best

لَيْسَ الْكُذَّابُ الَّذِي يُصْلِحُ بَيْنَ النَّاسِ وَيَقُولُ

خَيْرًا وَيَنْمِي خَيْرًا

[رواه مسلم ٢٦٠٥]

# Reconciliation is Best

The Messenger of Allah ﷺ said:

“A liar is not one who tries to bring reconciliation amongst people and speaks good (in order to avert dispute), or he conveys good.”

[Muslim: 1469]

# What If It Doesn't Work Out?

وَإِنْ يَتَفَرَّقَا يُغْنِ اللَّهُ كُلًّا مِّنْ سَعَتِهِ. وَكَانَ اللَّهُ  
وُسْعًا حَكِيمًا

[سورة النساء ١٣٠]

# What if it Doesn't Work Out?

The Messenger of Allah ﷺ said:

“But if they disagree (and must part) Allah will provide abundance for all from His all-reaching bounty: for Allah is He Who cares for all and is Wise.”

[Surah al-Nisa: 130]