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Connection

Kit

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Everyone wants a good marriage, but several of us hardly know what a good one looks like. We're often shooting in the dark, guessing how to please our spouse, or ignoring the reality of our circumstances.

From our research and coaching, Muslima Coaching has discovered that almost every successful marriage is thriving due to their strength in a few key areas. From analyzing these relationships, we've deduced that these couples are often excelling in love because they've established a powerful:

- Spiritual Connection
- Emotional Connection
- Communication Connection
- Conflict Connection

The Muslima Coaching's Love Connection Kit is a series of quizzes that will help you to determine how to assess the state of your marriage. There's no need to wonder anymore why your marriage is so different from everyone else's relationship.

With this kit, you can discover your relationship's strengths and weaknesses, and gain insight on where your main problem areas may lie. Simple solutions will also be suggested based on your scores.

InshaAllah this kit will guide you in taking the right steps towards improving and bettering your marriage. May Allah Most High give you *tawfiq* in your journey inshaAllah.

Spiritual Connection Scale

Your husband and you will naturally have different spiritual strengths, ambitions, and goals. You will also each have your own weaknesses. All of this can work in your benefit and make your spiritual connection stronger if you encourage and support each other to do the good inshaAllah.

Directions: Read each statement and circle which of them apply to your marriage.

1. We both pray our obligatory prayers, and we help each other to pray on time.
2. We both fast our obligatory fasts, and we help each other to complete our fasts, as well as making up any fasts missed due to a lawful excuse.
3. We both give our obligatory zakat (if we owe it), and we remind each other to pay it whenever it is due.
4. We both have an interest in learning the *deen*, and we encourage each other to learn, even when we're not interested in learning the same religious topics.
5. We each have a scholar(s) or teacher(s) that we rely upon for religious knowledge, guidance, and advice. We support each other's choice to follow this person, even if the other person chooses to follow someone else.
6. We both agree upon what is considered lawful (*halal*) and unlawful (*haram*), as well as when it is okay to take a dispensation (*rukhsa*) or not. We help each other to stay in the realm of the lawful and avoid the unlawful.
7. We motivate each other in our own respective ways to excel in the *deen* with doing more supererogatory works (giving charity, praying *sunna/nafl*, fasting *sunna/nafl*, *da'wah* work, community service, etc). In general, neither of us feels like the other person is pressuring, criticizing, or annoying them to do these extra acts.
8. We support each other in keeping family ties with our parents, immediate family members, and extended relatives.
9. We agree in principle on how to raise our children religiously. We try our best to uphold these ideas, even if we may slip or make mistakes.
10. We read the Qur'an daily and say daily *dhikr* and *salawat*. We try our best to emulate the noble *sunna*. Our household is an Islamic haven.

___ Total Your Score

This answer key is not available for viewing.

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Emotional Connection Scorecard

Rank your friendship with your husband by filling out the following scorecard. This is an easy way to assess your ability to understand each other, support each other's vulnerabilities, and create emotional safety in your marriage inshaAllah.

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Communication Connection Quiz

Gain insight on how good you are at communicating your feelings, disappointments, and needs to your husband. Your communication habits are an essential pillar for establishing a strong love connection with him.

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Conflict Connection Checklist

This checklist will help to assess your relationship's strength at handling conflict when you're both upset at each other, disagree on an issue, or are trying to reach a solution through discussion. Please note that it is possible for each person to fall into more than one category. The goal is to assess your dynamic as a couple when you're in conflict.

This quiz and answer key is not available for viewing.

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Reflective Questions

- How did you do in each category?
 - spiritual connection
 - emotional connection
 - communication connection
 - conflict connection
- Which is the strongest area for your marriage? What do you think contributes to its strength?
- Which is the weakest area for your marriage? What do you think contributes to its weakness?
- What steps do you think that you can take to improve upon your weak areas?
- What steps do you think that you can take to continue maintaining your areas of strength?
- Do you need help or ideas? Sign up for a session with Muslima Coaching inshaAllah.