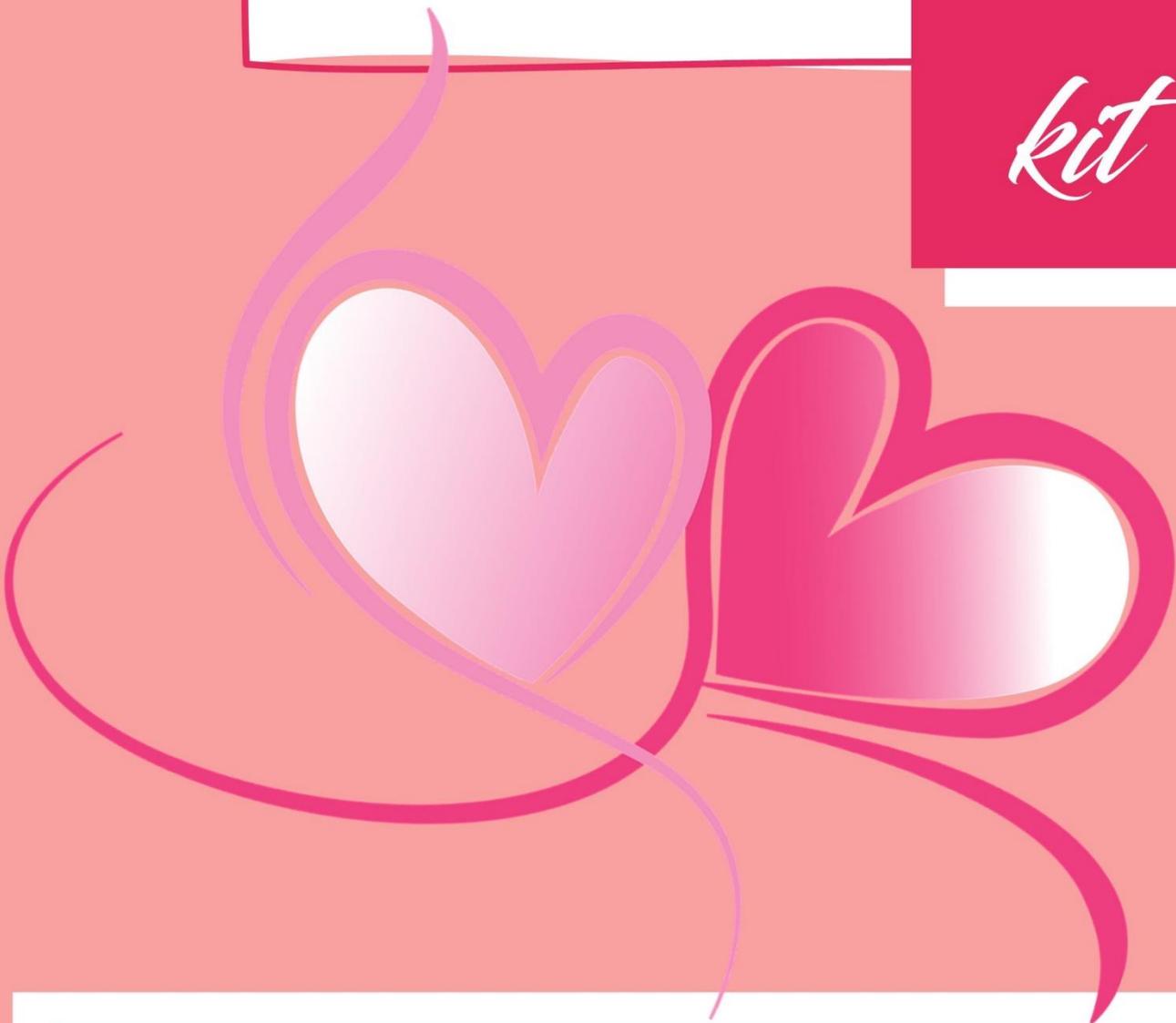


the

*Love
Connection*

kit



RELATIONSHIP QUIZ SET

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



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The Love Connection Kit

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.

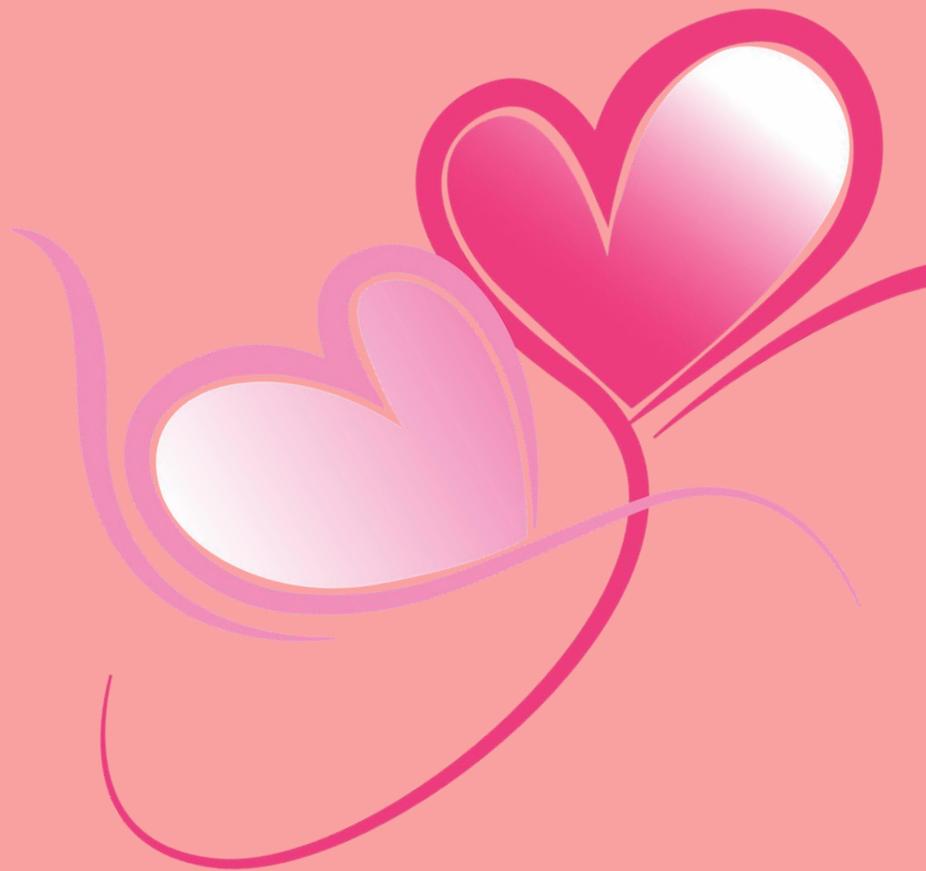
From our research and coaching, Muslima Coaching has discovered that almost every successful marriage is thriving due to their strength in a few key areas. From analyzing these relationships, we've deduced that these couples are often excelling in love because they've established a powerful:

- Spiritual Connection
- Emotional Connection
- Communication Connection
- Conflict Connection
- Physical 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 spouse 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 try our best to read the Qur'an often and say *dhikr* and *salawat*. We strive to emulate the noble *sunna*. Our household is an Islamic haven.

___ Total Your Score

The Results

EIGHT POINTS OR HIGHER

Alhamdulillah, it seems like your relationship's scale is heavy with good works and you have a strong spiritual connection together! Even if you may not agree on the same issues, you both maintain a certain level of respect and love for each other.

It's important to thank Allah Most High for gifting you with a marriage in which you encourage and support each other to do the good. Surely this is a blessing that He has bestowed upon you.

As for any weak areas or differences, it may be helpful to discuss with your spouse what they think about these statements. Do they agree with how you've assessed your relationship from a spiritual perspective? Do they have any suggestions of how to make things better?

It may be a good idea to let your spouse know what you desire for yourself as a righteous Muslim **without** telling them how they should be religiously. Make your aim to work together to strengthen your weak areas and to benefit from the other person's strengths inshaAllah.

EIGHT POINTS OR LESS

It seems like you and your spouse are not completely connected in a spiritual sense. This gap can vary in degrees depending on how many points you're missing from the ten statements.

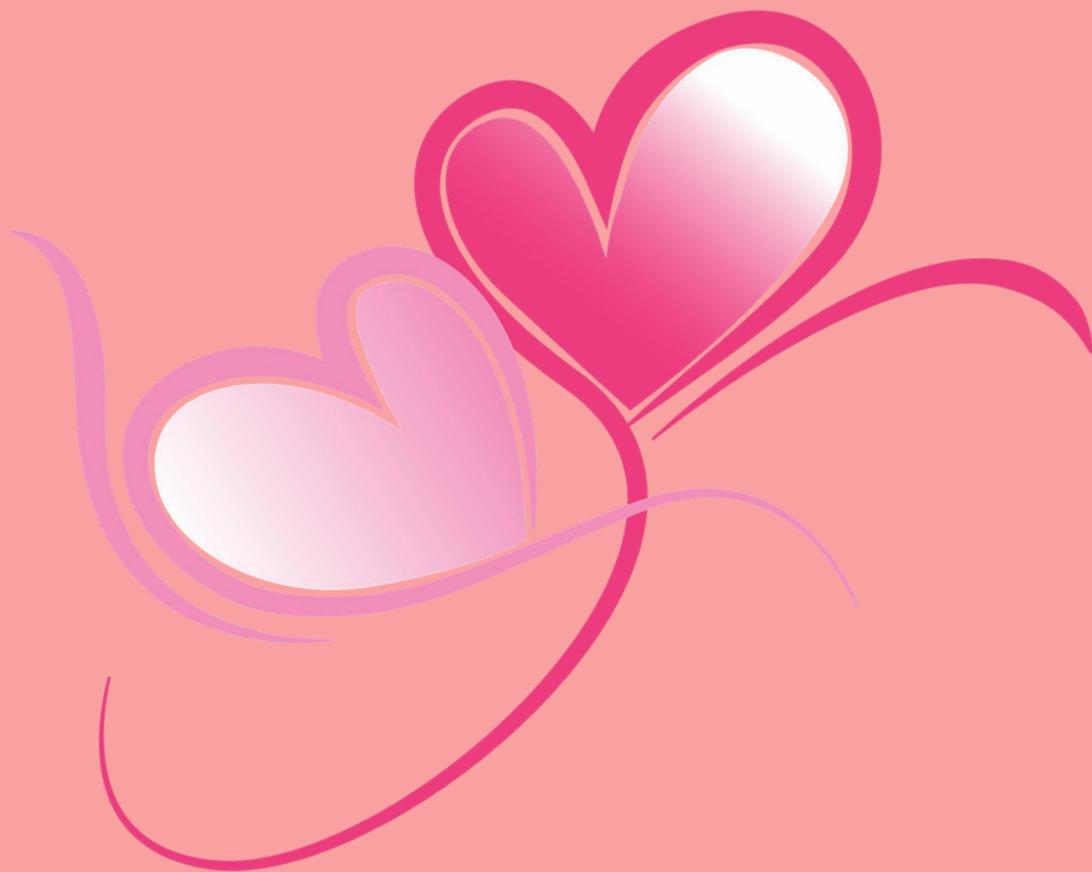
Before speaking to your spouse about your relationship's possible problem areas, we suggest that you first look at your own weaknesses as a person.

How connected are you with Allah Most High, the Messenger of Allah ﷺ, and the message that was brought to mankind? Which areas can you improve upon as a Muslim who is longing to go to Paradise? Be an example for your spouse first before thinking that they are the source of the problem inshaAllah.

It may also be that your relationship is struggling in more than one area. Finish completing all of the quizzes in order to gain an overall understanding of where you stand as a couple. It could be that you do not have a strong connection in communication or conflict, and this is contributing to your spiritual disconnection.

Make a lot of *du'a* for Allah Most High to create an opening for your marriage. InshaAllah He Most High will come to your aid and grant you ease in your affair.

Emotional Connection Scorecard



Rank your friendship with your spouse 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.

Directions: *On the line to the left, write a 1, 2, or 3 for each statement.*

1 = sometimes (less than 50% of the time), 2 = most of the time (51% to 89% of the time), and 3 = almost always (90% to 100% of the time)

___ We know each other's likes and dislikes related to daily routines and lifestyle habits, and we try our best to be accommodating towards them.

___ We respect each other's differences in relation to our personal needs, preferences, and boundaries, and help each other to fulfil them.

___ We listen to each other until we both feel understood.

___ We both speak in a way that the other person feels supported and respected.

___ We are not too afraid, shy, or angry to express our disappointments with each other.

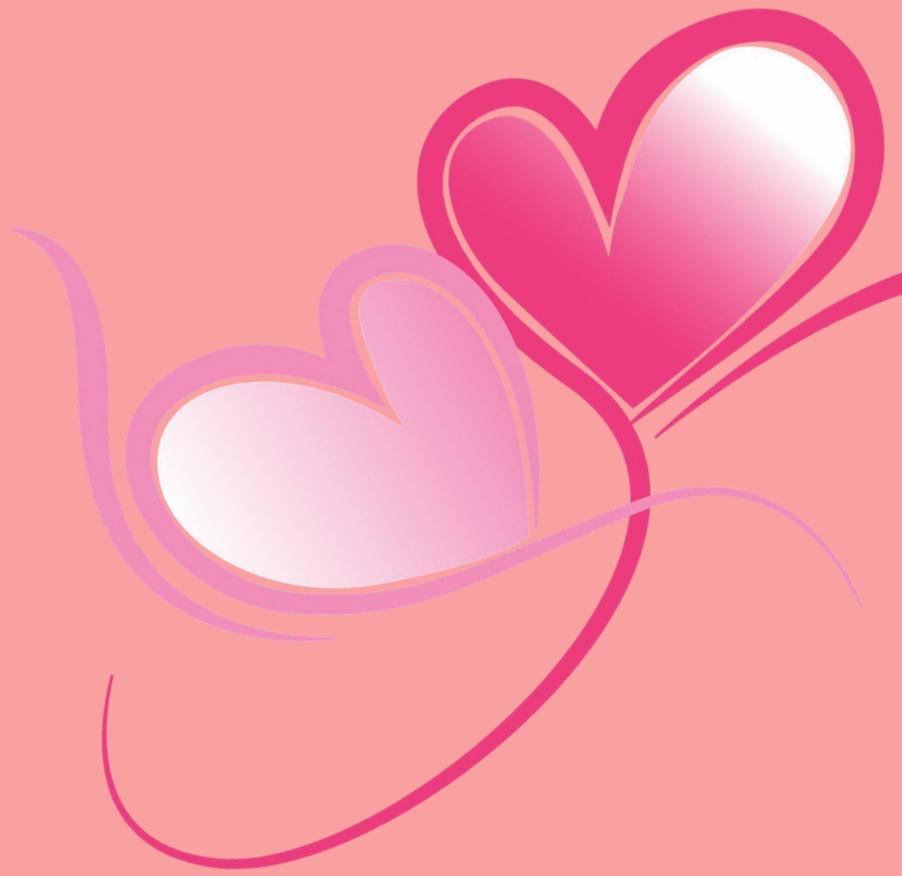
___ When one of us gets upset, the other knows how to be helpful.

___ We makeup with each other relatively quickly after one of us gets hurt or upset.

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Communication Connection Quiz

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

Directions: Select which answer best describes the way that you communicate and behave with your spouse. Then tally the number of A's, B's, and C's.

1. When your spouse talks to you, are you truly listening?

- a) Yes, I'm fully engaged in what he/she is saying to me.
- b) Usually, although sometimes my mind wanders because I'm typically thinking of other things.
- c) No, I'm way too busy with too much on my mind.

2. How often do you interrupt your spouse?

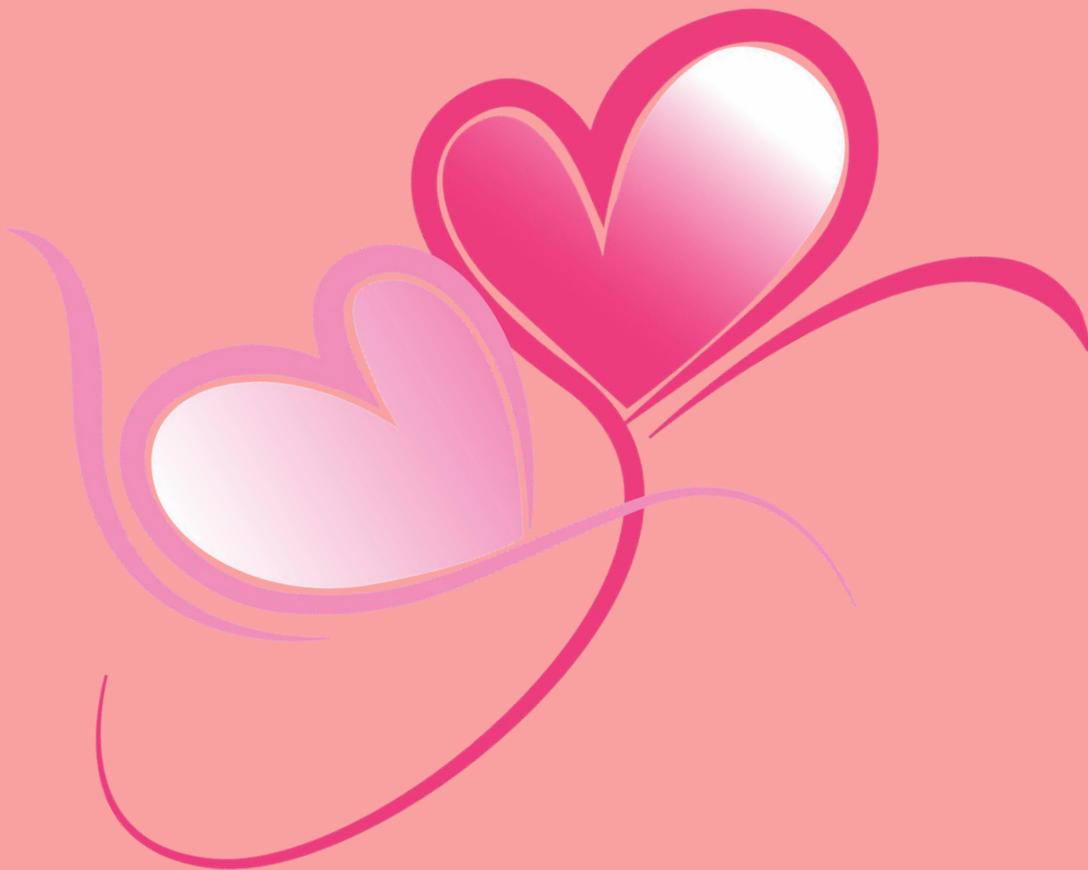
- a) Rarely.
- b) Occasionally.
- c) All the time.

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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.

Directions: Place a checkmark by each statement that best describes how you both act during conflict **MOST OF THE TIME**, and then tally up your score for each category.

- Category A -

- You both remain calm while you're discussing issues and exercise self-control.
- You both tend to cooperate and work together while working through your problems.
- You are both willing to compromise and seek mutually satisfying results.
- Your arguments are free from name-calling, blame, hurtful accusations, and sarcasm.
- You usually empathize with each other and exert yourselves to understand each other's points of view.
- You do not say or do things that you later regret or makes you lower your 'good character' standards.

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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 [coaching session](#) with us. We offer [wife coaching](#) and [couples coaching](#).