

Re-Attached

A WORKBOOK FOR
MUSLIMS TO HEAL
TRAUMA BEFORE
MARRIAGE



BY HANA ALASRY

Where do I start?

Congratulations...

By simply purchasing this digital workbook, you have opened up a new world for yourself.

Marriage is one of the top 3 issues Muslims face. When you've experienced trauma... it complicates the journey even further.



The purpose of this workbook is to offer a strategic guide for Muslims JUST like you to identify the exact issues that will affect their marriages (current or future).

Then, I want to help you find real solutions to those issues in a creative and fun way!

I built this workbook to be reflective yet practical. I also created it in a way that inspires this **giddy excitement** for your future!

One thing I learned while doing trauma work with Muslims since 2021 is **we need hope** and we need to feel that true transformation is *possible*.

I ask one thing! To make the most out of this workbook: think big, think deeply, & be intentional. Embrace the sticky parts and the exciting parts. Let yourself experience hope in Allah & true healing.

And, if at any point you realize "man, I really want to learn how to heal my trauma once and for all," I invite you to check out my website hanaalasry.com to explore how to work with me as your trauma coach.

Now bismillah.



New Beginnings

Our first understanding of love and connection comes from our parents. Whether we like it or not, our parents' actions shape the way we form connections with others.

The good news is, if they did a less than stellar job, we can (through intentional effort and Allah's mercy) work towards a fulfilling marriage for ourselves. But this requires some awareness to begin with. It starts with asking the difficult questions...

So let's begin:

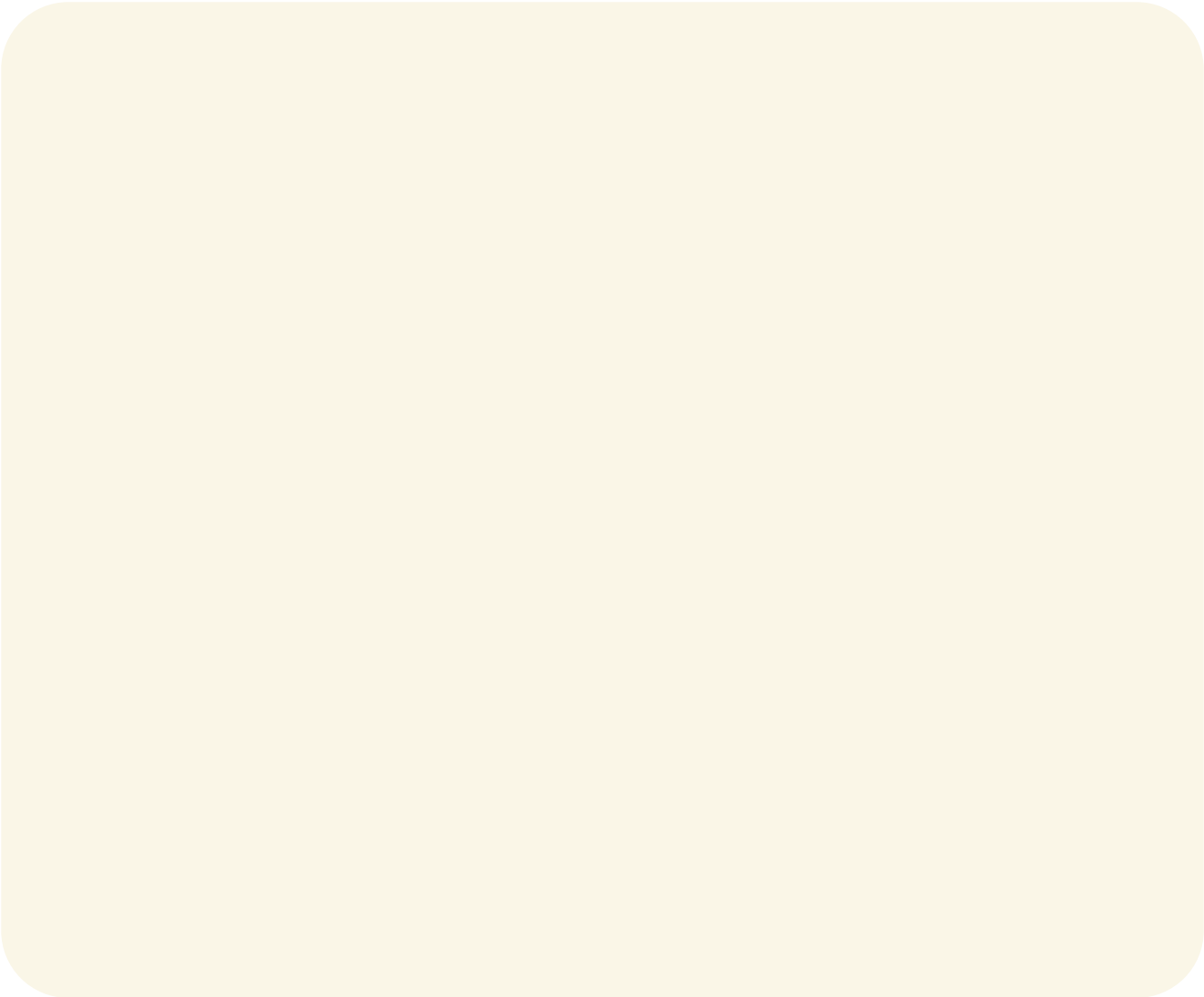
(Please note, there are extra pages for notes at the end of the workbook. Utilize them if you need more space)



*Where It All
Started! Our First
Teachers of Love*

What was the quality of your parents' marriage? What do you want to take from it? What do you want to leave behind? Be detailed in your response.

A large, empty, light yellow rounded rectangle, likely a placeholder for a response or a decorative element.



If you want deep insight into the number one predictor of how your marriage will play out, you need to learn about your “attachment style.”

Attachment styles are the way we build connections with people. They are heavily influenced by our upbringing.

And guess what? Trauma usually leads to the types of attachments that don’t do well in a marriage.

There are four main types of attachment styles... I'll emphasize three (the fourth one can be confusing and difficult to assess just by reading about it). Let's start with the first and most desirable type.

1.) Secure Attachment

This is the attachment style that we should all strive towards. Securely attached women are the embodiment of "I understand my worth." Securely attached Muslim women believe "I know my worth because Allah gave it to me."

In secure attachment, you build relationships through mutual care and benefit. You approach your relationships (such as friendships) with strong self-esteem and cooperation. You can resolve conflict without it being explosive. You can speak your mind confidently without being afraid of rocking the boat.

You see relationships as a place to be constructive. Vulnerability feels safe. You can hold boundaries and don't feel the need to people please. You can end a relationship if it is harmful to you, and though it might not be easy, you know how to not fall back into it.

Moving on to the second attachment style...

2.) Anxious Attachment

Anxious attachment is a style that usually develops after sustained emotional neglect in childhood. Anxious attachment is exactly what it sounds like– it is insecure, unstable and constantly riddled with uncertainty and worry.

Anxious attachment is the embodiment of “I’m afraid they might leave me.” It is usually underlined by a profound fear of abandonment and rejection. The anxiously attached woman can easily slip into toxic behavior even when she doesn’t mean it.

The nervous system dysregulation gets so intense it can lead to constant questioning and mistrust, clinginess, intense jealousy and insecure behavior. This behavior is noticed even if the other person in the relationship has proved themselves to be trustworthy and honest.

The anxious attachment is like a sinking boat. Anytime she gets close to security, she sabotages it with her co-dependence and fears.

The hardest thing about being the anxiously attached woman is you tend to create a self-fulfilling prophecy. The anxious behaviors make it so difficult to maintain a constructive and healthy relationship that people do tend to detach and even leave.

This leads to more anxiousness (I know, it sucks).

3.) Avoidant Attachment

Avoidant attachment is also a style that usually develops after consistent emotional neglect in childhood. But, it takes the opposite route of anxious attachment. Avoidant attachment fears connection, emotional intimacy and having to depend on others.

Avoidant attachment seems to be more common in men, but it is also very much possible in women. Avoidant attachment is the embodiment of “I want to be in a relationship but I don’t want to be vulnerable.” It is usually underlined by a profound fear of connection and vulnerability.

Don’t get me wrong, many people assume an avoidant person is just unloving, harsh or even manipulative. But actually, avoidants can be quite full of love. They just struggle to show it, and it can look like rejection. The behavior of the avoidant person can make others feel rejected and unseen. Pair an avoidant person with an anxious person, it’s like fire and gasoline.

The nervous system dysregulation for an avoidant person is intense too. They just don’t show it. They tend to suppress it, so it’s easy to see it as “they just don’t care.” Avoidantly attached women may go silent or walk out of conflict, shut down the other person’s emotions, and even struggle to commit.

The hardest thing about being the avoidantly attached woman is you tend to push away the very safe safety and security you crave deep inside.

What is your attachment style?

You might have already realized “oh, this is definitely my attachment style”. But if you are not sure, take the quiz here:

<https://attachment.personaldevelopmentschool.com/>

The BIG Question: How Is My Attachment Showing Up NOW (before marriage)?

Before we dive into the juicier questions on attachment, I want you to start practicing how to identify your insecure attachment showing up in your current relationships (with family/friends).

Put a check mark next to any of the things you do:

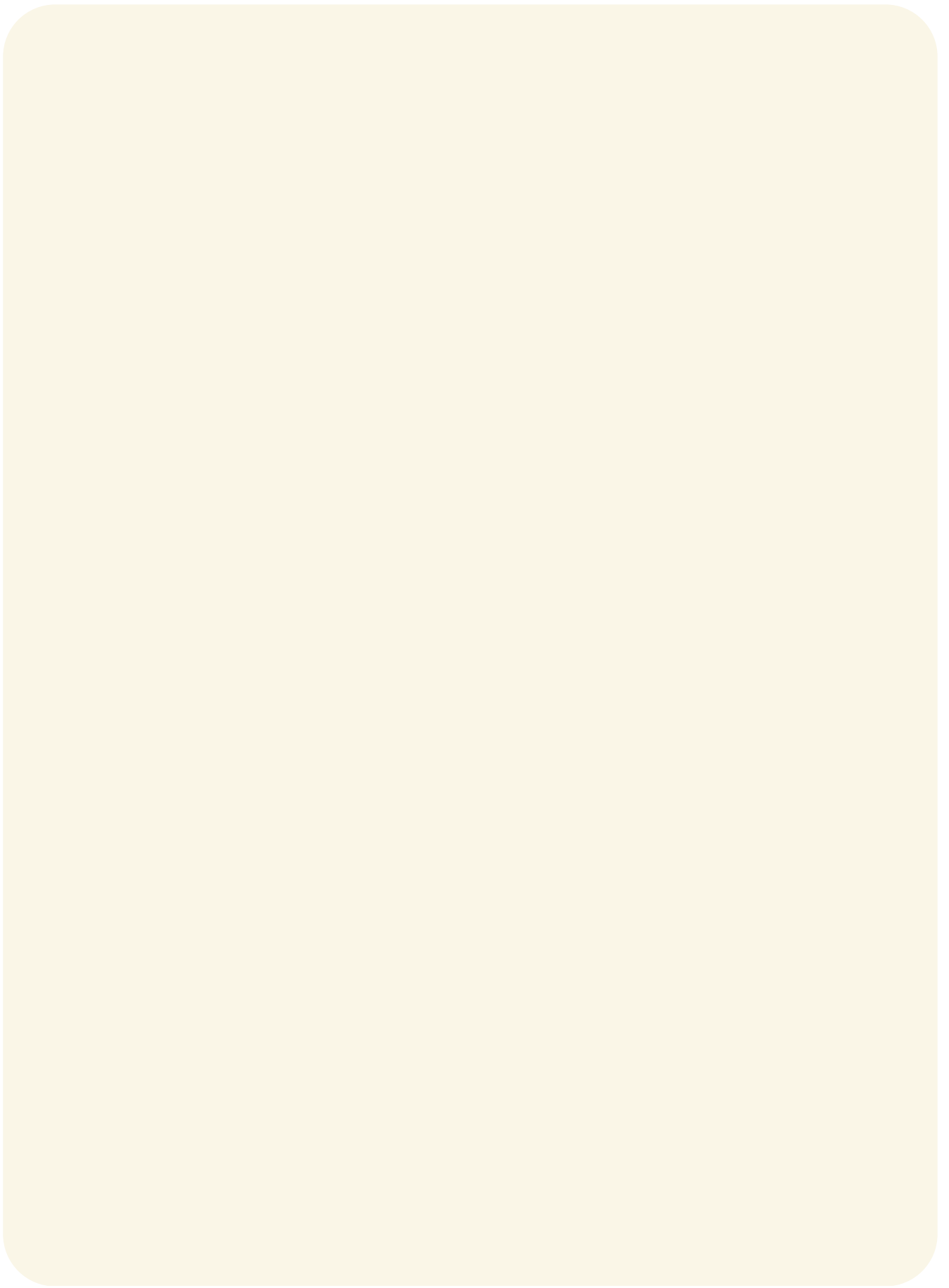
Anxious	Avoidant
“I get really nervous when someone doesn’t reply to my text message quickly.”	“If someone asks too many personal questions, I get uncomfortable.”
“It hurts me if someone cancels plans on me, even if its for a valid reason.”	“When a friend vents or needs support, I freeze or change the subject.”
“I overthink if my friend seemed ‘off’ during a conversation.”	“I rarely ask for help, even from close friends or family.”

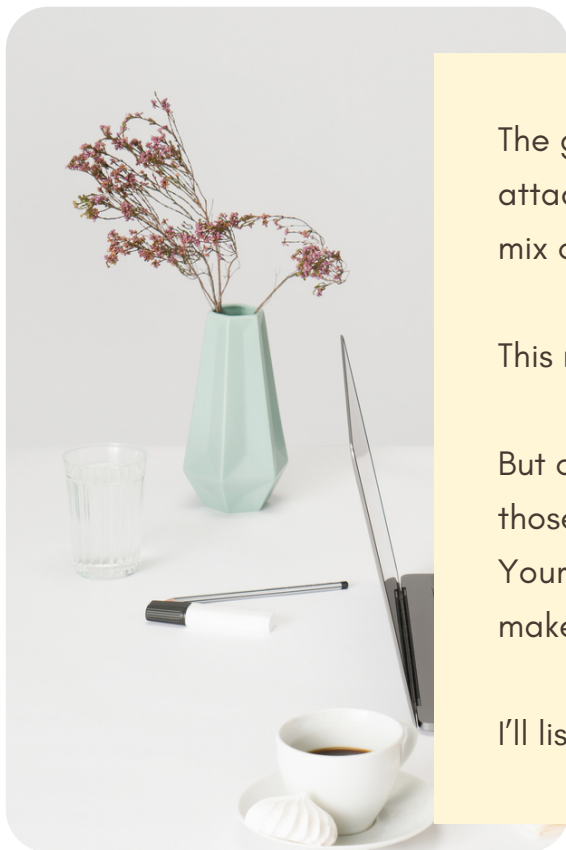
Anxious	Avoidant
"I replay conversations in my head, wondering if I sounded annoying."	"I keep conversations light or joke around to avoid anything too serious."
"If I'm not invited to a group hangout, I feel panicked (even if I wasn't close to the group)."	"I wait a long time to text back because I don't want to seem too eager."
"I tend to be the one who always reaches out first."	"If someone gets upset with me, I shut down instead of talking it through."
"I feel anxious if someone important to me seems close to someone else."	"I get annoyed when someone checks in too often or needs too much from me."
"I feel like I need to earn love or friendship by being extra helpful or available."	"I don't share much about myself, even with people I've known for years."
"I find myself needing reassurance from my close friends on the state of our friendship"	"I feel like if people know my vulnerabilities, they'll use it against me."
"I feel betrayed if my best friends spends time with someone else."	"I avoid asking for help because I don't want to owe anyone favors."



Now that you know what your insecure attachment style looks like, let's dive deeper. Attachment styles don't develop in a vacuum... What do you think contributed to your attachment developing this way?

Why do you think you turn to avoidance or anxiety in relationships? What "purpose" does it serve? Reflect below.





The good news is, even if you have an insecure type attachment (anxious, avoidant or disorganized—a mix of both), attachment is NOT fixed.

This means you CAN change it...

But one very important mindset is required to make those changes. Attachment needs **time** to shift. Your goal is to start exploring “what can I do to make me feel even 1% more securely attached?”

I’ll list some examples below.

1% More Secure...

If I have anxious attachment, I can....

- resist checking text messages immediately. (Why this works: it disrupts the anxiety-dopamine loop allowing your nervous system to practice sitting in discomfort with needing to react).
- intentionally disagree with a friend and allow minor conflict to happen. (Why this works: it lets you practice healthy autonomy without running to conflict management due to a fear of abandonment).
- sit with myself and scribble onto a piece of paper what I’m triggered about instead of expressing it anxiously to someone. (Why this works: it forces your nervous system to learn to channel anxious triggers in a safe and contained way and avoid the shame spiral that comes after a big anxious reaction).

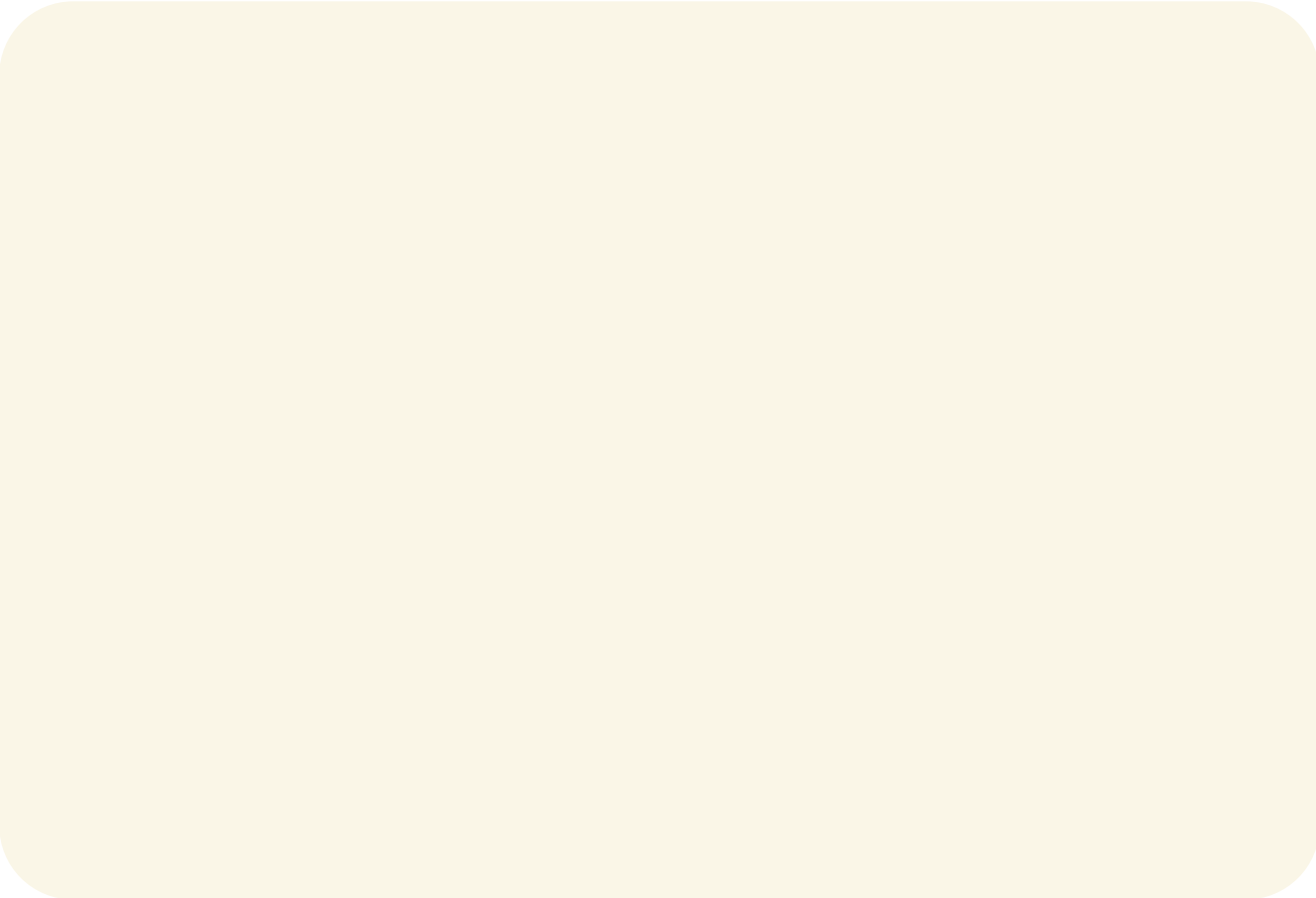
If I have avoidant attachment, I can....

- answer honestly the next time someone says “how are you” instead of answering with a generic “good”. (Why this works: it helps you practice vulnerability with something minor and conditions you to start prioritizing of your authentic emotions).
- ask someone to help me with something I know I can do myself. (Why this works: it lets you practice safe vulnerability without it being too out of your control since you know you don’t actually NEED their help).
- go to a park, coffee shop or cafe and purposely sit in an area with there are more people. (Why this works: it gives your nervous system an opportunity to practice proximity which is an important piece of connection).

Some of these may resonate with you, while others don’t. Everybody’s attachment shows up differently in their behavior..

Now it’s your opportunity to reflect on how your attachment shows up and what are the small ways you can start shifting your attachment towards a healthier and more secure type.

Write some ideas you can commit to below.



The Threads That Hold Us | Understanding How We Connect:

Throughout our lives, we develop numerous relationships, each serving different purposes. We form friendships, we find mentors, we experience platonic relationships...

These relationships become a laboratory for practicing relationships (at different levels). They can give us tremendous insights into how we form relationships. This can, in turn, give us glimpses of how we may show up in our marriages.

Let's evaluate your trust profile.

Think deeply. Do you trust people? How easily? Why or why not? Every value we have serves a purpose so...

If you trust people easily, what do you think that achieves? If you don't trust people easily, what do you think that achieves?

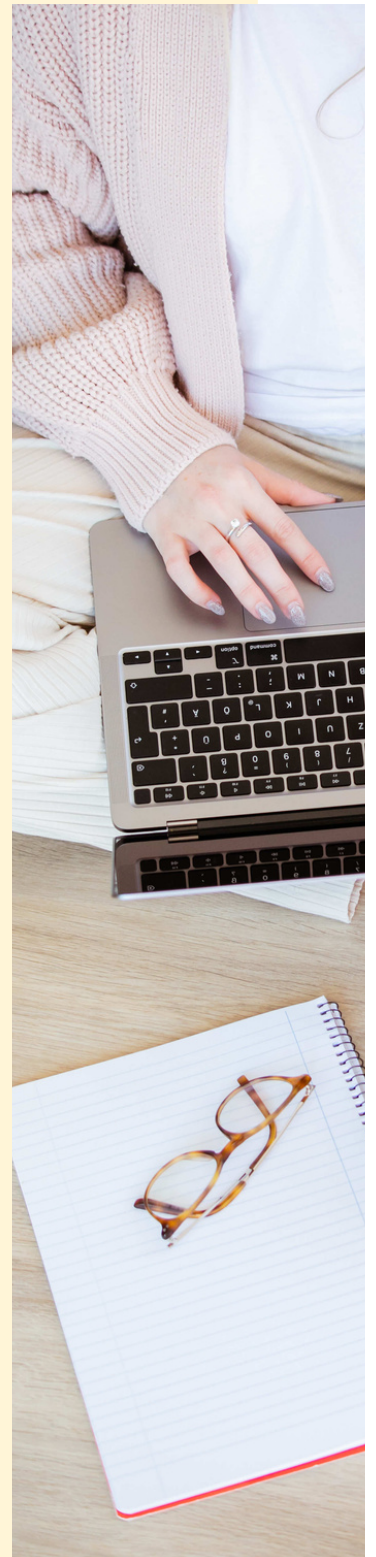


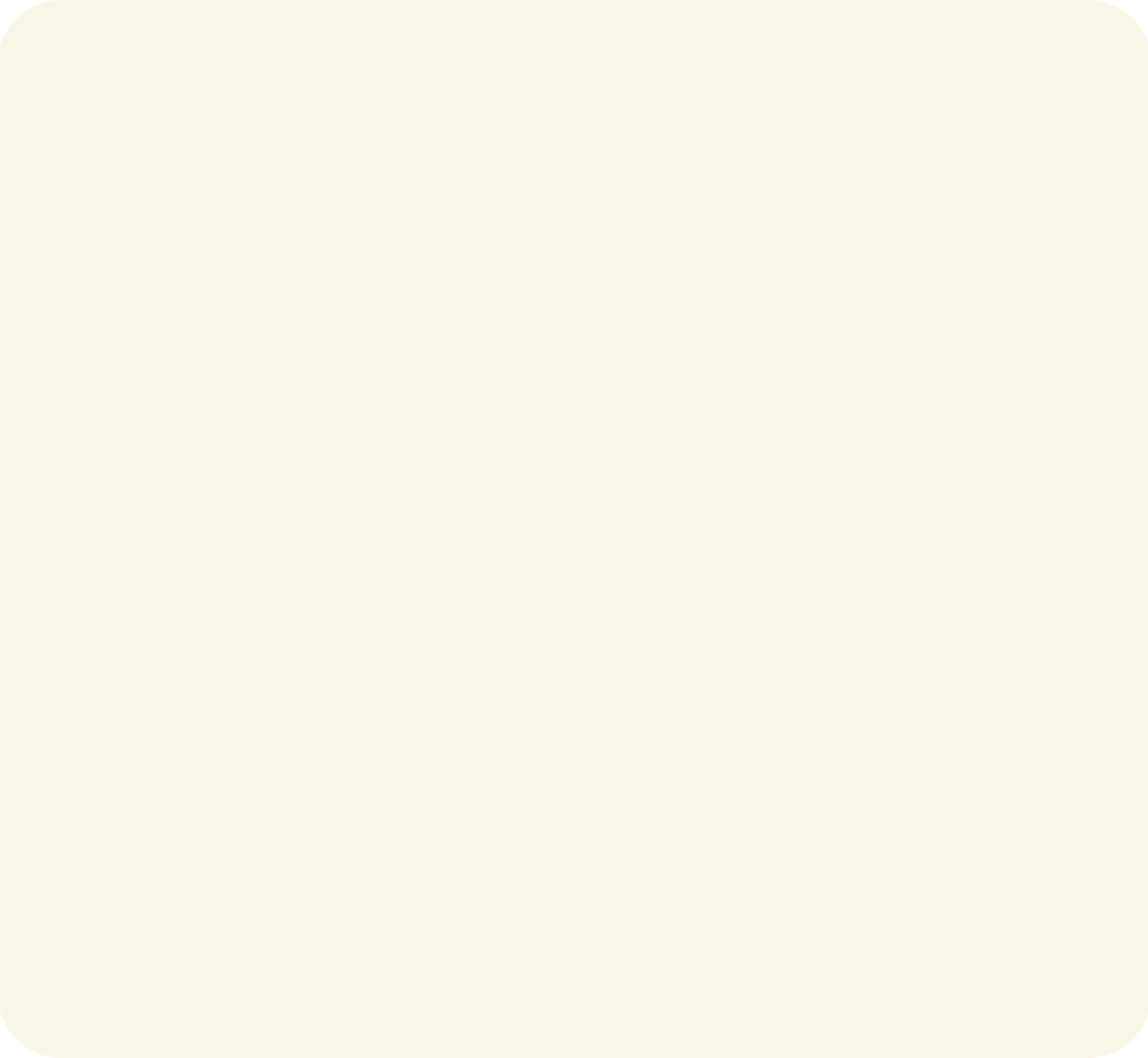
Relationships described above sometimes rupture. Meaning we were once close but something ends the relationship. It can be a fight, distance, or a disagreement on values. This can be extremely distressing to our nervous systems.

It also can condition our understanding of love to be one of fear and avoidance. If we don't heal what these ruptures did to our brain and body, we may carry the fear into future relationships, especially our marriages.

These next reflection questions may feel very vulnerable and stir up some intense emotions. This is normal when we discuss attachment ruptures. Please take a moment to take deep breaths. Remember you can stop as you please.

Think of 2 to 3 people you had attachment ruptures with. What is the story you tell yourself about these ruptures? Why did it happen? What do you still carry with you (positive or negative) from these ruptures?





Now let's explore how these ruptures can affect our future relationships.

We sometimes develop strategies to avoid future ruptures and the pain they cause. But, not all of these strategies serve us. For example, it is common that many people shut down during a distressing argument. If this is done in a way to avoid the conflict completely (without an opportunity to later reconcile), it doesn't serve you in your relationship.

What are some strategies you've developed to protect yourself from attachment ruptures? Which of these are positive and can benefit your future (or current) marriage? Which of these are damaging to your future or current marriage?



Your formula for a marriage that absolutely rocks is this combination:

spiritual resilience + true nervous system safety!

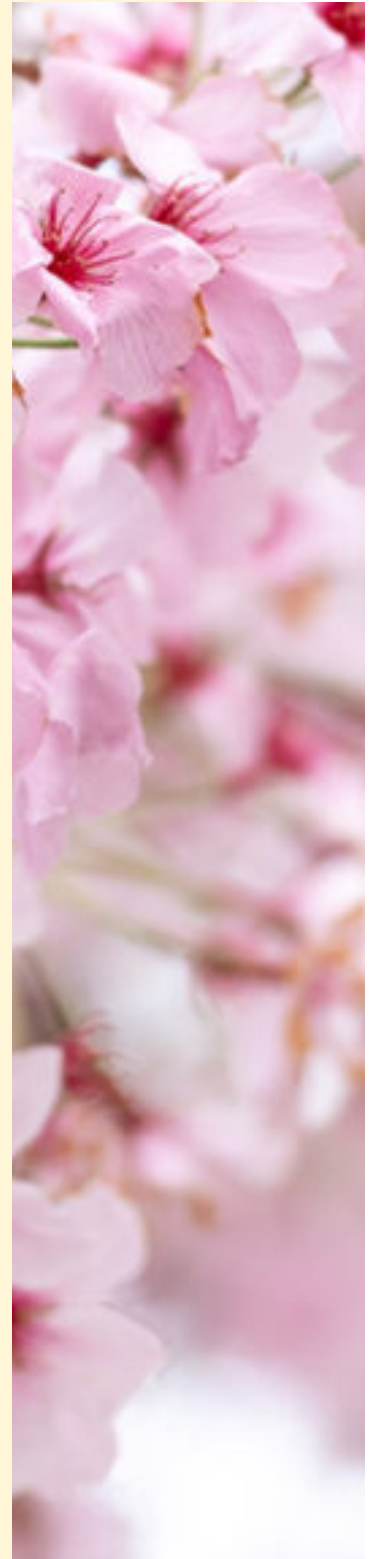
We'll discuss ways to build spiritual resilience later on in the workbook (hint: submit your ego to Allah)...

But nervous system safety is a little more complicated to understand. So to put it safely, you have a nervous system. This system in your body is meant to do one major thing: keep you alive.

If our nervous system considers something unsafe, it wants to keep you away from it by any means necessary.

But here's the issue! What is safe and unsafe to the nervous system isn't always sensical!

So if you don't understand what safety feels like to your nervous system, you might be running away from something safe (like a healthy marriage) or running to something unsafe (like a toxic marriage) and have no idea.



So we have to learn to speak the language of the nervous system...

That language is **physical sensation**. Before your mind can determine if something is safe or not, your nervous system is already sending sensations to your body to react.

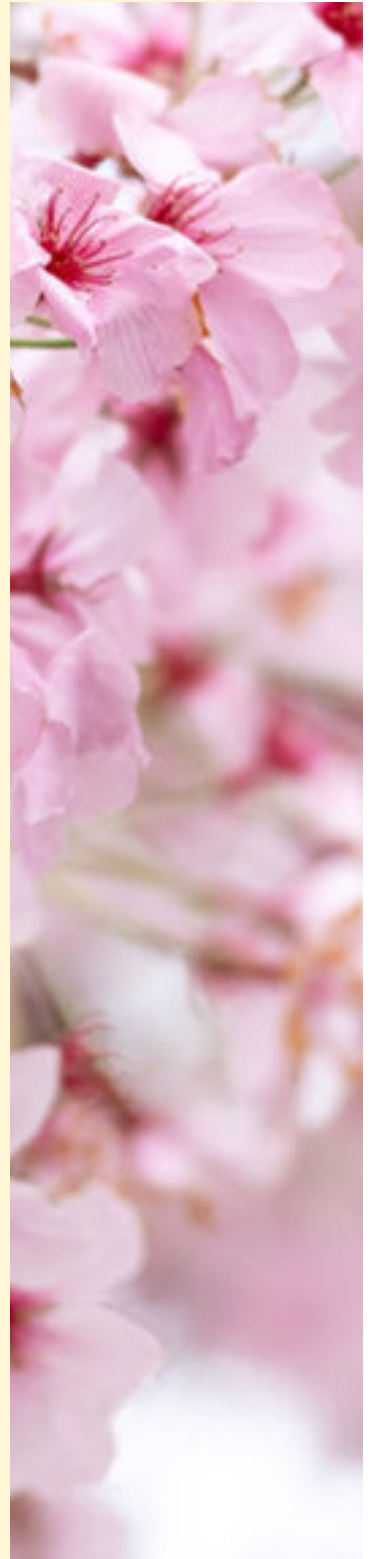
You have to learn how to read those cues so you can act accordingly. I'll often say to my clients "step out of your head and drop into your body."

When someone raises their voice at you... or if you feel criticized or hurt... even if it wasn't meant to hurt you... how does your body respond?

Do your shoulders get tight? Chest feel heavy? Does your head feel warm?

These sensations aren't random... they have meaning.

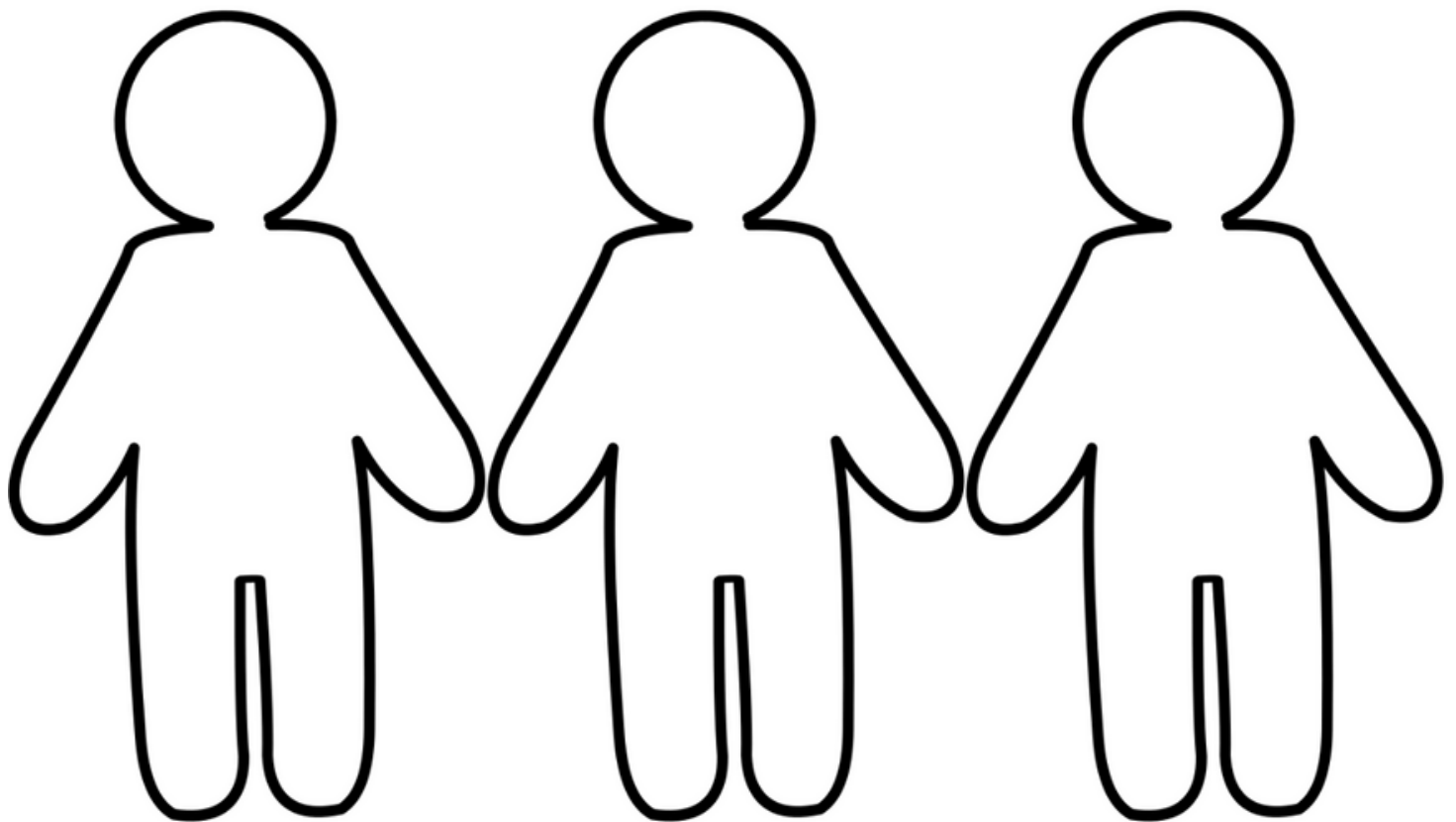
When you understand your nervous system's cues for feeling unsafe, you can counter it with cues of safety so you're not reacting from a place of trauma.



I want you to mark on these outlines where in your body you feel certain sensations in reaction to certain experiences.

Think of a time you felt 1) angry, 2) sad, and 3) excited. Where did you feel it in your body. If you had to draw it, what would it like.

By the way, “nothing” is still a sensation. For example, some people think feel “nothing”, but they are still feeling sensations in their body. They just can’t register them yet. That’s way practice is key!



Now that you know where it shows up in your body, I want you to start practicing “catching” the sensations BEFORE the emotions appear or intensify.

Don’t wait until you realize you’re angry, sad, frustrated, overwhelmed to recognize your feelings.

Notice the sensation of these experiences when they’re just starting out and you can start gaining a **way better** understanding of your triggers and your nervous system.

Here’s something interesting.

Many times, our nervous system or body is NOT reacting to our own experiences in that moment. It’s reacting to past memories, someone else’s beliefs you took on, predictions based on older trauma, and so on.

Why does this matter?

Touching into our body’s sensations allows us to start developing our own sense of autonomy and take back authority over our nervous system’s sense of safety.

Fun fact: You can start rewiring your nervous system’s responses through touch and breathing. This isn’t wackiness, haha. This is science. Here’s how.

Notice the sensation, place your hand or two on the area, and take a few deep breaths. Repeat to yourself “even though my body feel unsafe right now, I can learn how to feel safe.”

Let's discuss how our beliefs may not always be our own.

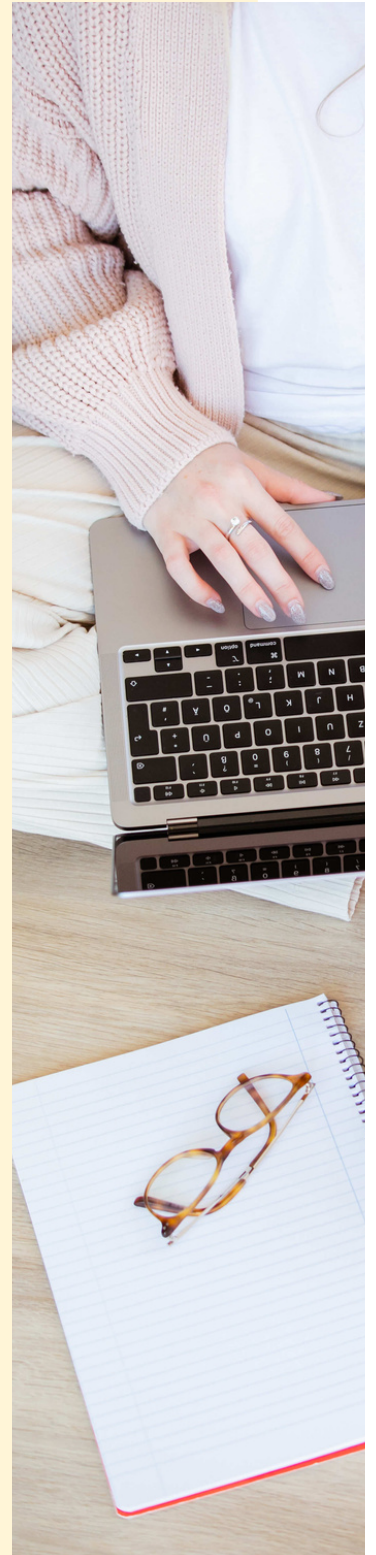
Sometimes, our view of marriage has been affected by other than our own personal convictions.

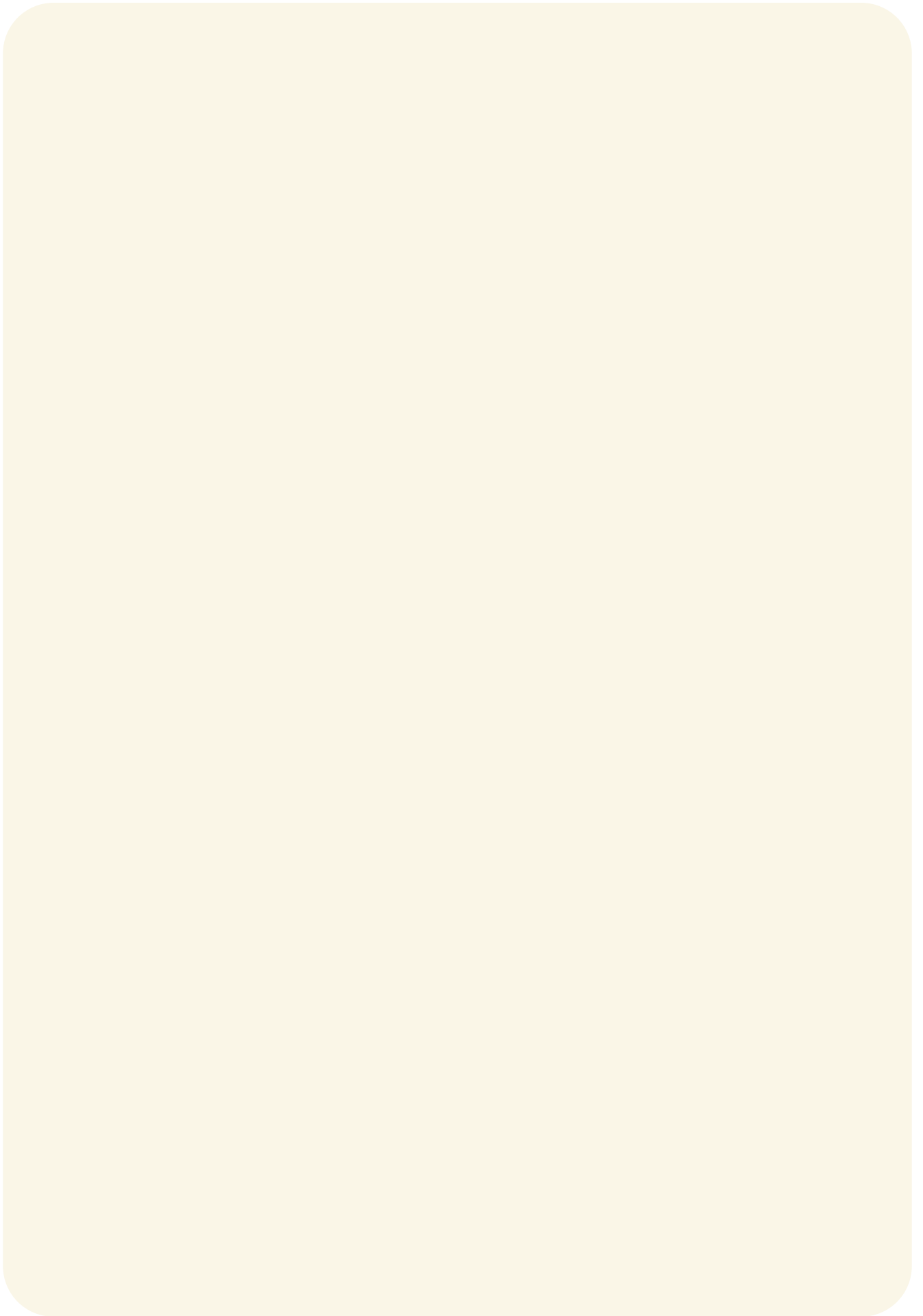
Understanding this is extremely important because what we believe will shape our actions.

We develop our understanding of relationships through the people around us, the media we consume, our religious beliefs, our cultures and more. Some of these yield more power over our view of marriage than others.

What has shaped your view of marriage? List four to five answers. Be as general or specific as you'd like.

Do you view marriage as a generally good thing? Do you view it as a generally harmful thing? Answer these questions without judgment.





Many women with trauma grew up seeing trauma play out in marriage relationships around them. It may have even been a “normal” part of life.

What is unfortunate is we tend not to always know what exactly about what we saw was ***harmful*** and ***what wasn't***.

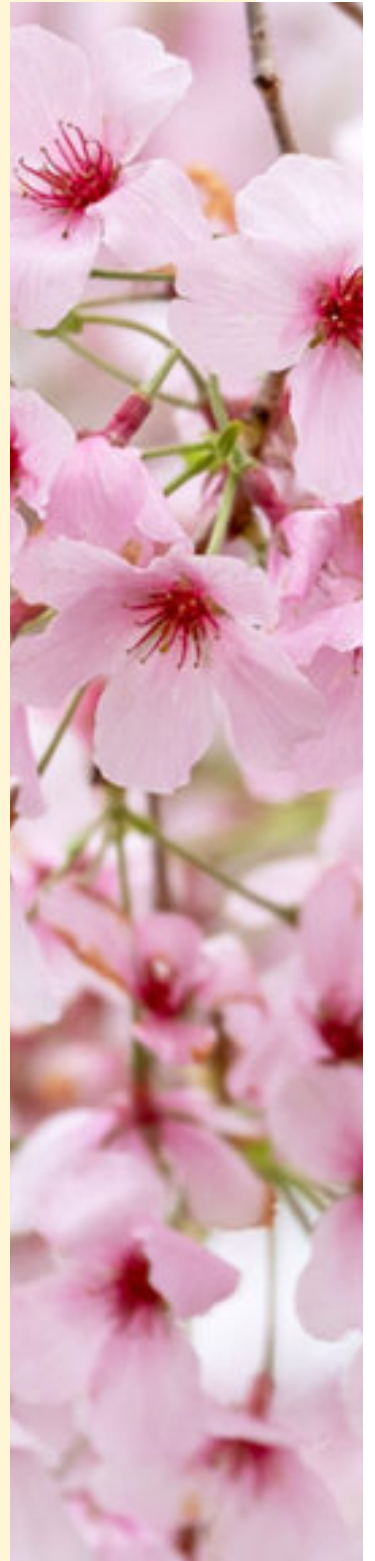
Our view of what is “**toxic**” and “**healthy**” in a marriage can be easily skewed.

Sometimes, we even develop trauma responses that make us see healthy behaviors as unsafe OR toxic behaviors as attractive.

Ever hear of an “ick”? Ever wonder why so many “nice guy” behaviors are considered “icks” by so many women?

Yup that's trauma...

But a little self awareness and honest reflection can do wonders.



I want you to define a list of toxic and healthy behaviors in a marriage...

Then I want you to briefly detail WHY you believe it to be toxic or healthy. Be specific.

Toxic Or Healthy Behavior	Why?

Now, I want you to do something you've likely never done before...
I want you to think of your "icks".

Yes, girl, the thing that when you think of a man doing it for you
sends shivers down your spine, and not in a good way... What are
they?

My "icks"...
1)
2)
3)
4)
5)
6)
7)

Icks are not just icky... they reflect a powerful nervous system response.

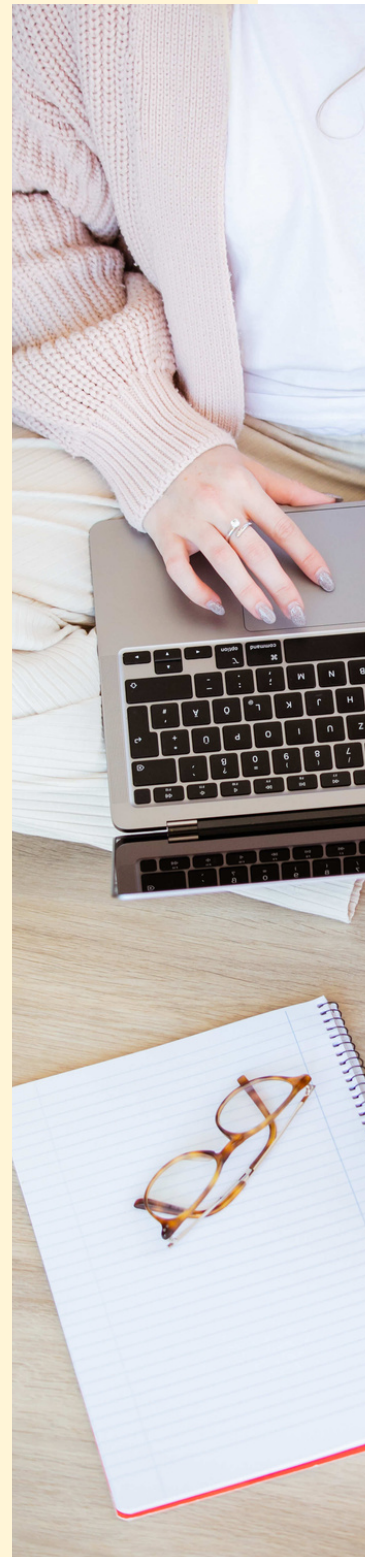
The reason “icks” are so visceral is because they make our nervous system respond and recoil in a very heightened way.

From a trauma theory perspective, any time our nervous system does this, there are deeper subconscious beliefs at play. Just because you ignore them, they don't ignore you.

So I want to challenge you to look at your icks in a more critical way.

Which of these icks reflect:

- Feeling unsafe around a person
- Feeling uncomfortable with someone's vulnerability
- Feeling uneasy about someone who is authentically themselves
- Believing the behavior reflects an inevitable negative outcome
- A comparison to someone who hurt you or made you feel unsafe



Some icks are very understandable while others are a reflection of deeper trauma that affected your perception of sometimes very benign behaviors.

If we don't understand what makes our nervous system recoil and what doesn't, we won't understand what makes us feel emotionally safe and unsafe.

Emotional safety is the backbone of a beautiful marriage.

Let's dive deeper into this.

When we feel emotionally unsafe (without necessary repair), our nervous system records that experience and then spends the rest of its days looking for it to prevent the hurt.

This usually happens so automatically, most people don't know it's happening. But when you touch into what lack of emotional safety or insecurity looks like for YOU, you can start finding ways to invite that safety in.

Think of an event that made you feel uncomfortable or even emotionally unsafe. Describe it below.

What made it feel that way to you?

How often does this feeling come up for you?

Now let's do the opposite:

Think of an event that made you feel emotionally safe.
Describe it below.

What made it feel that way to you? How often does this
feeling come up for you?

Are You ACTUALLY Ready To Be Married, Sis?

Part of marriage is divine intervention... but many of us chalk it all up to naseeb and never ask ourselves the hard questions... and I mean REALLY hard questions.

You might want (or even crave) marriage... but sis, are you ready to step into being a wife the Quran describes? Are you ready to step into the amana (trust) of a marriage?

Let's look at some powerful questions. These are yes or no options (circle your answer). Choose either yes for "I'm ready to commit to this" or no for "I'll work on it until it is a yes". If you notice an emotional reaction (like anger or shame), get curious about it... but keep answering.

- Am I ready to do the work to overcome negative bias of men that may lead me to be disrespectful towards my husband (intentionally or unintentionally)? **(yes/no)**
 - Am I willing to interrogate my childhood or premarital wounds so I can recognize them before they come out? **(yes/no)**
 - Am I prepared to call out my ego when it tries to team up with shaytan to cause conflict in my marriage? **(yes/no)**
-

- Am I prepared to do what I can to educate myself on sexual intimacy (so I can enter into the vulnerability of intimacy while feeling safe and also upholding my and my husband's mutual rights)? **(yes/no)**
 - Have I set up healthy habits so I am pouring into my physical health (sleep, exercise, nutrition) before and after marriage? **(yes/no)**
 - Have I reflected on a beauty routine to beautify myself for my husband as the only woman he is allowed to gaze at in this way? **(yes/no)**
 - Am I prepared to have an istighfar routine to signal to my spiritual self that spiritual purification is a part of a successful marriage? **(yes/no)**
 - Am I inspired to learn from the habits of the Mothers of the Believers (Aisha, Khadija, Umm Salama, and so on) about what a righteous wife looks like in front of Allah? **(yes/no)**
 - Am I committed to learning about the rights of a husband so I can have something to measure myself to when marriage gets redundant or boring? **(yes/no)**
 - Am I willing to destroy my ego and make tawbah when I mess up as a wife? **(yes/no)**
 - Am I prepared to find a circle of people to lean on when marriage gets tough? **(yes/no)**
-

- If I have sexual trauma, am I willing to seek therapy/mental health support before marriage and after marriage if necessary? **(yes/no)**
 - Am I willing to refine my relationship with femininity to keep a healthy balance in my marriage? **(yes/no)**
 - Have I practiced dulling the sharpness of my tongue (whether being critical, cursing, unnecessary complaining) so it's easier to manage in a relationship? **(yes/no)**
 - Am I willing to lean into emotional vulnerability so I don't fall into reactive masculinity or shutting down/not letting my husband in? **(yes/no)**
 - Have I practiced saying "I'm sorry" with people in my life so I can apologize willingly and honestly if I genuinely fall short? **(yes/no)**
 - Have I started my inner child/childhood trauma healing so when my inner child comes out, I can safely reel her back in before toxic behaviors appear? **(yes/no)**
 - Have I come to accept what obedience looks like to a healthy, emotionally intelligent man and leader of the home? **(yes/no)**
 - Have I created a list/boundaries around what I'm willing to compromise or not for the sake of my marriage? **(yes/no)**
-

What are your values...

Here's the thing...

One of the most important things you can do (even before you ever consider someone for marriage) is understand what YOUR personal values are.

Most women struggle to articulate these. But your values are what drive you at a deeper level. If you don't know what they are, you will still be subconsciously searching for them.

If you don't meet them, you will experience a spiritual sense of "emptiness" that is impossible to fulfill except by living through these values.

Many marriage clashes simply happen because of an unknown difference in values... when you know yours, you can seek out someone with similar values.

Below is a comprehensive list of values. Your job is to go through them, one by one, and notice which ones light you up. Which ones resonate deeply? We're looking for a safe nervous system response (not what looks familiar because your family or friends have those values).

Only check off the ones that resonate. You'll be left with your specific set of values.

- Compassion □ Loyalty
 - Kindness □ Trust
 - Respect □ Forgiveness
 - Family □ Friendship
 - Belonging □ Support
 - Partnership □ Patience
 - God-consciousness (Taqwa) □ Trust in Allah (Tawakkul)
 - Sincerity (Ikhlas) □ Gratitude
 - Humility □ Spiritual growth
 - Prayer □ Submission to Allah
 - Connection to the Qur'an □ Service for Allah
 - Awareness of the Hereafter
 - Integrity □ Self-discipline
 - Courage □ Honesty
 - Accountability □ Authenticity
 - Perseverance □ Self-awareness
 - Emotional regulation □ Resilience
 - Responsibility □ Adaptability
 - Modesty
 - Physical health □ Mental health
-

- Emotional balance □ Self-care
 - Rest □ Simplicity
 - Inner peace □ Healing
 - Energy
 - Purpose □ Freedom
 - Balance □ Structure
 - Joy □ Contentment
 - Presence □ Organization
 - Excellence (Ihsan) □ Ambition
 - Contribution □ Leadership
 - Wisdom □ Growth
 - Creativity □ Productivity
 - Learning
 - Justice □ Generosity
 - Environmental care □ Charity (Sadaqah)
 - Equity □ Uplifting others
 - Legacy □ Diversity & inclusion
 - Emotional safety □ Commitment
 - Shared faith □ Mutual respect
 - Communication □ Boundaries
 - Nurturing □ Teamwork
-

From the above list, I want you to select the top 10 values you have...

Personal Values
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Now that you know your values, you have a set of qualities to look for in others. But, just as important as your values are your dealbreakers.

You need to know your dealbreakers BEFORE you get to know someone. They should be unbendable boundaries. A dealbreaker answers the question “what is something that if a person believes/does this, I would NEVER consider marrying them.”

It should be a short list, but one of the first questions you ask a person. That way, you don’t waste your time on someone who doesn’t align with your values or needs. And you can better prevent your trauma from overtaking your decisions (or making you negotiate something that is non-negotiable).

Deal Breakers
1.
2.
3.
4.
5.

Honoring Our Autonomy

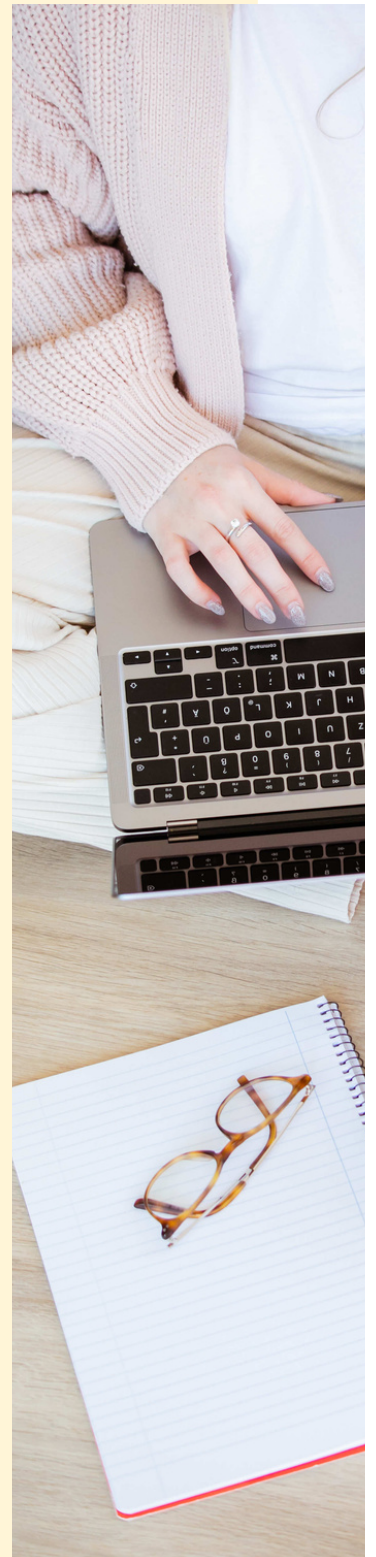
One powerful tool in healing trauma to better our marriage is our autonomy.

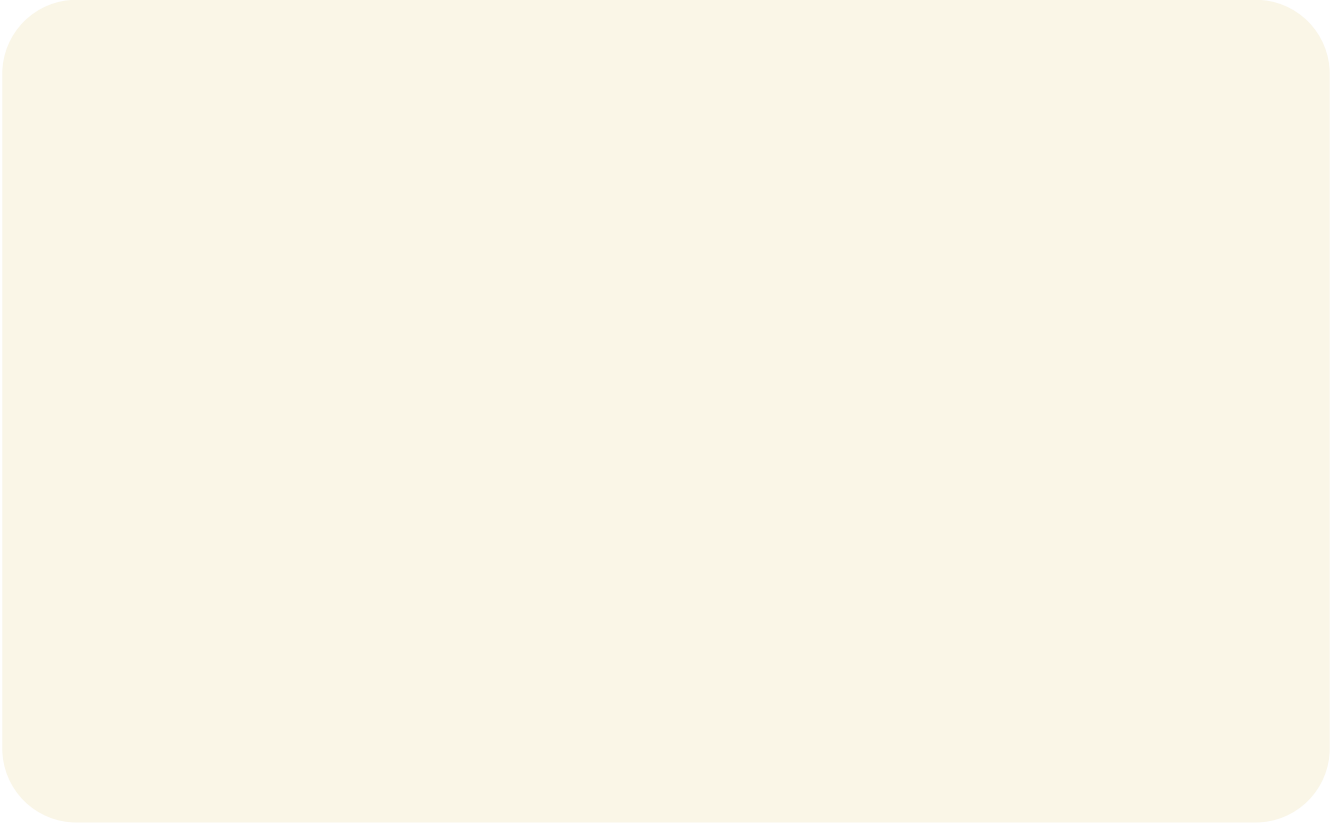
I teach this to my trauma group coaching clients as well, but autonomy is a reminder that we always hold the power to shift our beliefs, mindsets and actions.

Now, once you've identified your view of marriage, what shapes your understanding of toxic vs healthy behavior and how your nervous system responds, assess the following:

How much power did YOU have in creating your view of marriage? Did you allow others to influence your view?

Did you hand your power to media (such as romantic movies or songs)? Take back that power. What is the view of marriage YOU want to form?





Let's explore your view of love.

Many of us come to marriage in Islam with fanciful ideas of what marriage should look like and what love is.

But love is more complex than a feeling of butterflies or hugs & kisses.

Our understanding of love is one most of us don't even explore. But, it often reveals where possible pitfalls might occur in developing an intimate relationship with your spouse.

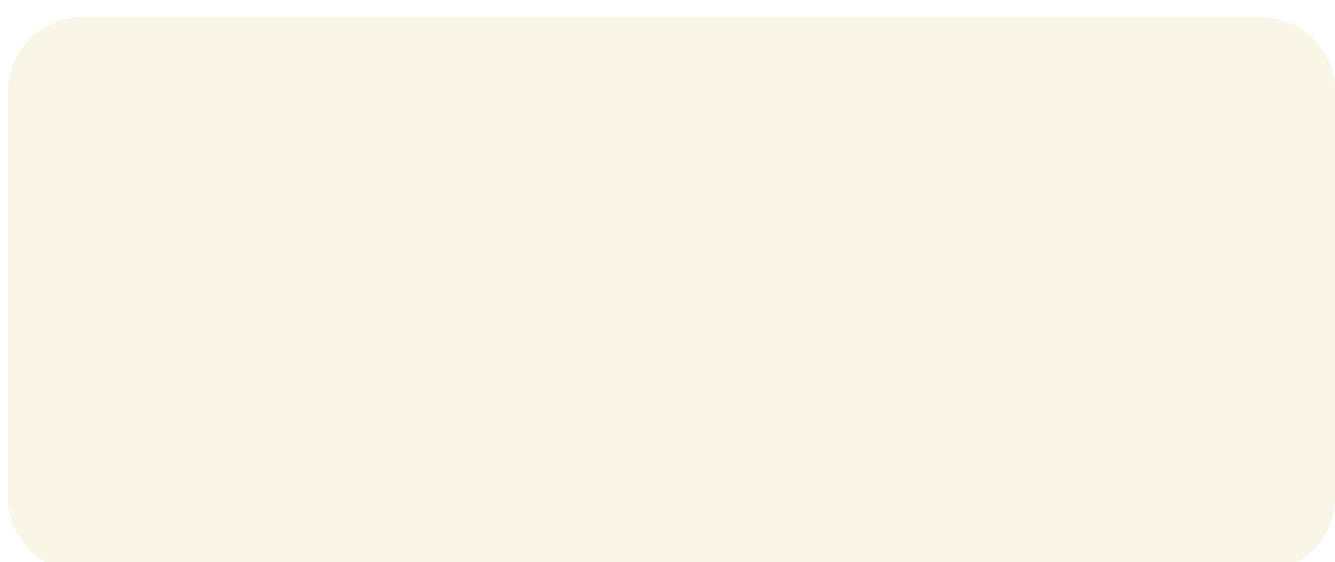
So, how do you define love?

What are the actions (in your view) a lover shows to his/her beloved? Why?

What are actions in your view that scream "I don't love you." Why?

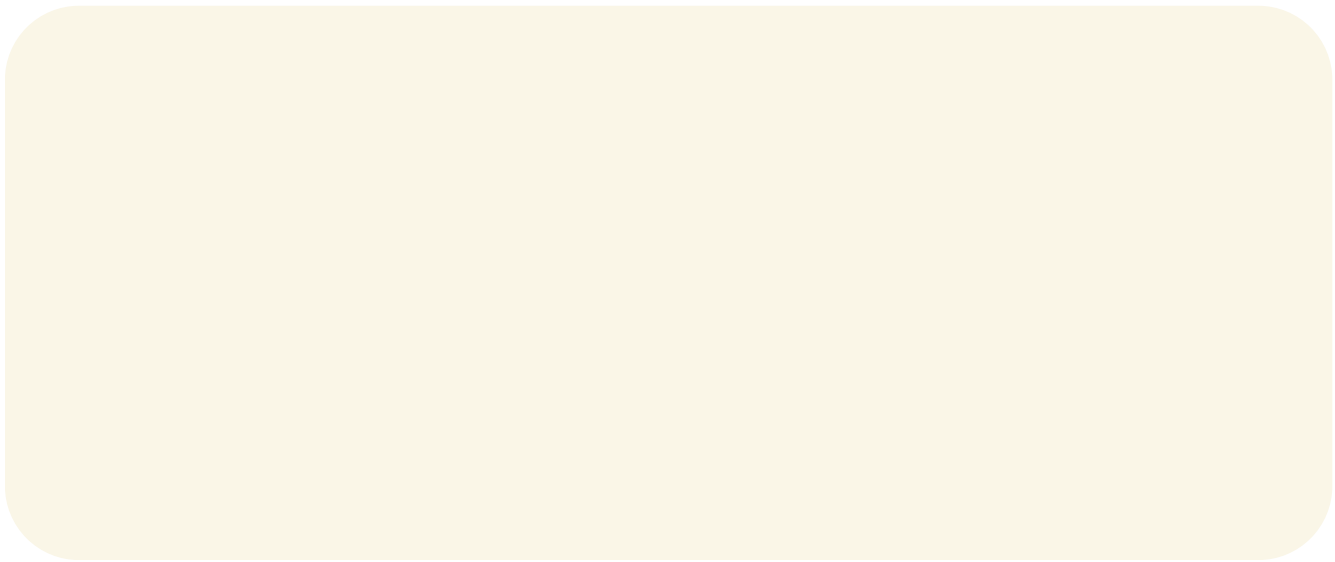
What would you do if you and your spouse had (or have) conflicting ideas of love?

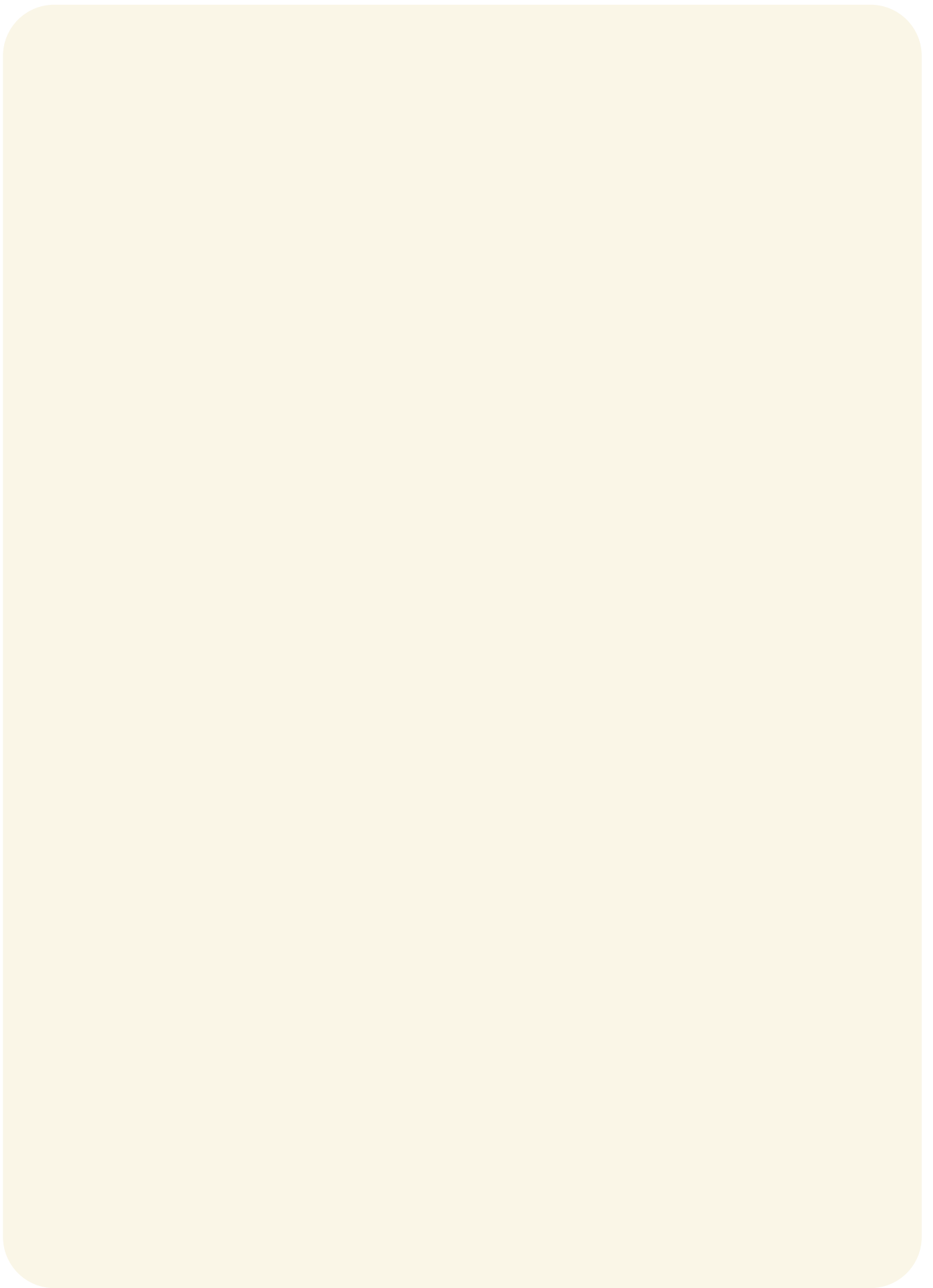




For many of us, trauma played an innately inherent role in our understanding of love. When we lack understanding of this, we play out our trauma IN THE PLACE OF genuine love.

How has trauma affected your beliefs around love... not marriage but love?





Part of healing before marriage is skills building, and here is a very important skill to learn.

Ratio balancing...

What the heck does that mean... there's a ratio that if you understand how to balance, you will basically divorce-proof your marriage (granted you're married to a safe person).

Research shows that for every 1 negative experience in a marriage, 5 positive experiences must occur to cancel it out. Yes, 1 to 5. Conflict can be expensive... (by the way, the negative experiences don't have to be intentionally harmful).

Most of you will not automatically think to do this. So let's practice to train your brain to balance the ratio. I'm going to give examples of a negative experience. You list 5 ways to cancel it out. Let's go.

1) You got into an argument with your spouse and use disrespectful language...

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2) You gave your spouse the cold shoulder...

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3) You forgot your spouse's birthday (if you celebrate)
or your anniversary...

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4) You belittled an accomplishment your spouse was proud of...

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5) You forgot an important task you promised to complete and put unnecessary burden on your spouse...

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Trauma & The Ultimate Bond | Our Relationship With Allah



After coaching and hearing the stories of many, I've come to a conclusion:

Not a single person who has undergone trauma has been able to avoid trauma affecting their relationship with Allah. It may be that the relationship grows stronger as a result. It may lead to distance. But there has always been an impact.

Marriage is a spiritual institution in Islam. The very foundations of marriage are informed by the principles of Islam.

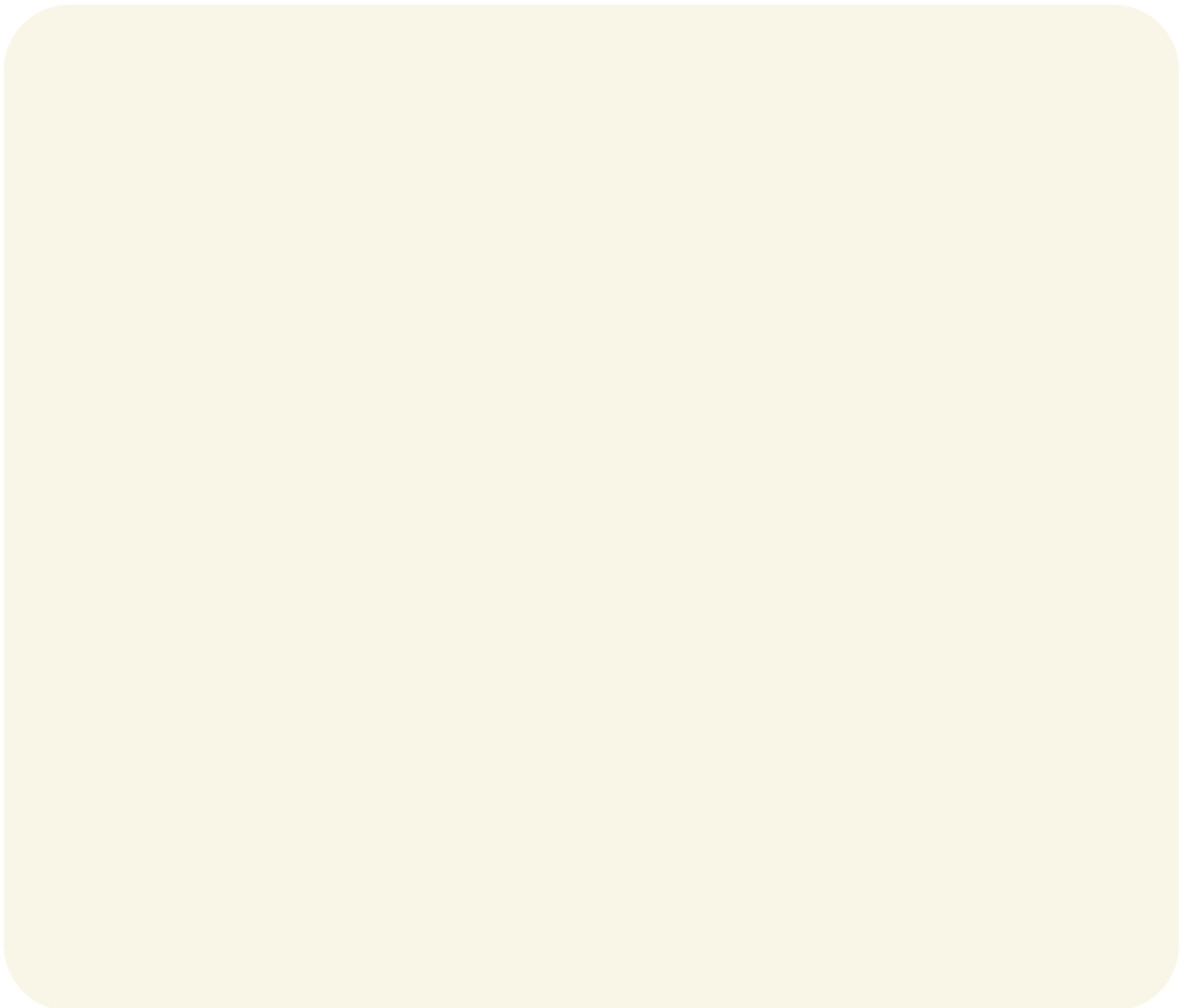
The qualities we are implored to exemplify in our marriage is inspired by Allah's names The Most Loving and The Most Merciful.

In addition, the prophet Muhammad (peace be upon him) encouraged us to seek religious virtue in our spouses (deen and khuluq aka religiosity and character).

With that said, it would be silly to think that an institution that is so intertwined with religion could thrive separate to Allah.

So if trauma affects your relationship with Allah and your relationship with Allah will 100% affect the quality of your marriage, let's explore the two.

How has your trauma affected your relationship with Allah? Is it weaker or stronger? Are you content with that?

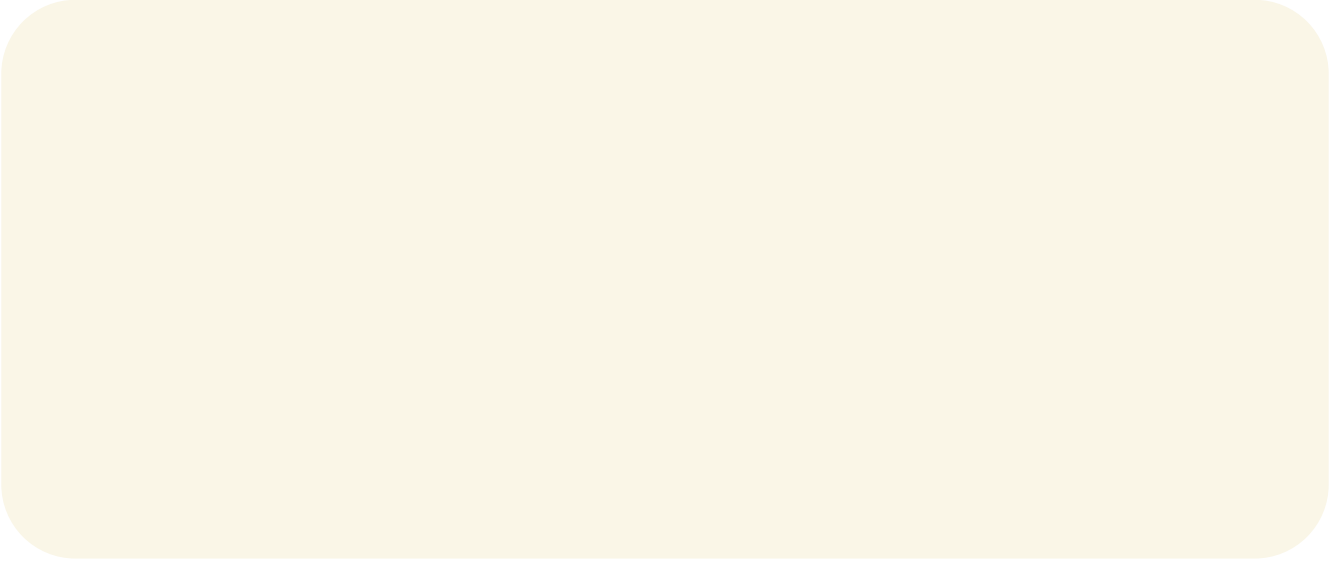


Our spouse's relationship
with Allah will also
PROFOUNDLY impact us...

What spiritual qualities do you seek
in a husband or wife? Why do you
choose those specific qualities?

What impact do you believe they'll
have on your marriage?

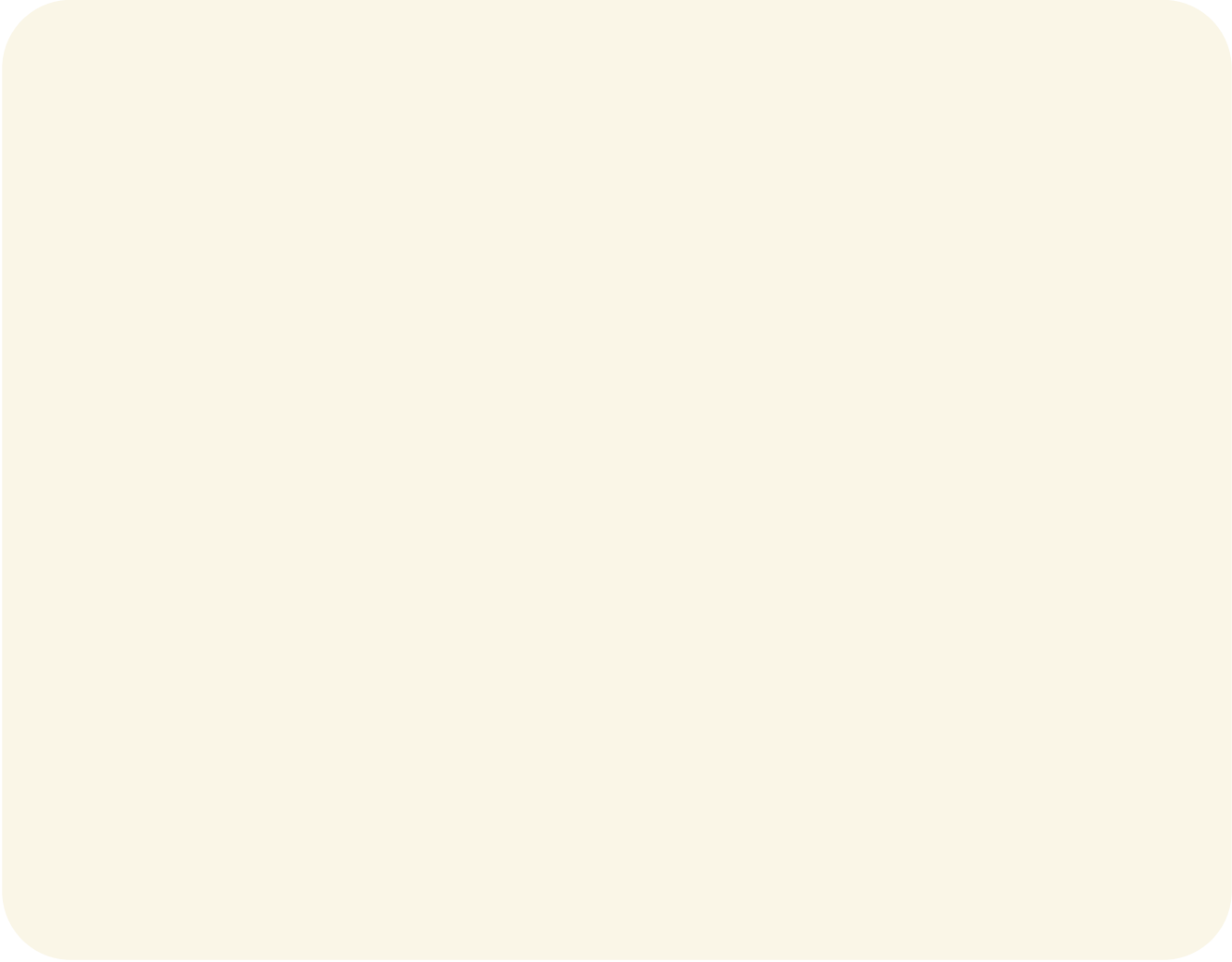




Ultimately, the result of many marriages will be children, if Allah blesses you with them.

The responsibility of a parent to their child's deen is heavy. So while we explore our relationship with Allah and how it relates to our spouses, let's have some foresight and explore how it relates to our future children.

Are you comfortable with where you are right now religiously? Would you feel confident to be held accountable for teaching deen to your child (which is the responsibility of both the mother and father)?



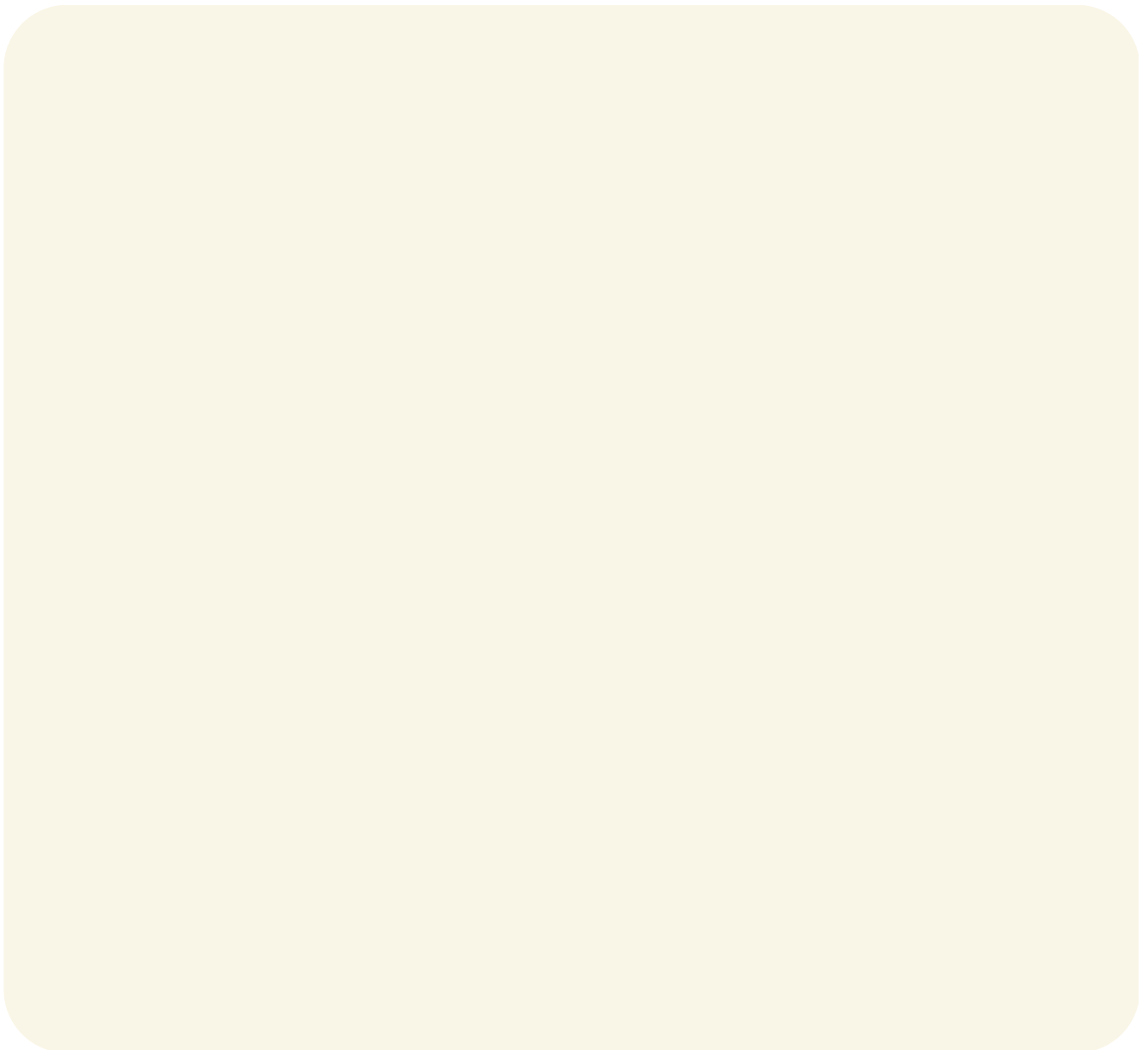
Reinvention | Becoming The Best Spouse

While the question about raising children may seem left field, I believe it demonstrates the long-winded impact of our relationship with Allah.

This relationship affects not just us but our whole family!

With that said, if you are not happy with where you are, what are the SPECIFIC places you feel you need to improve.

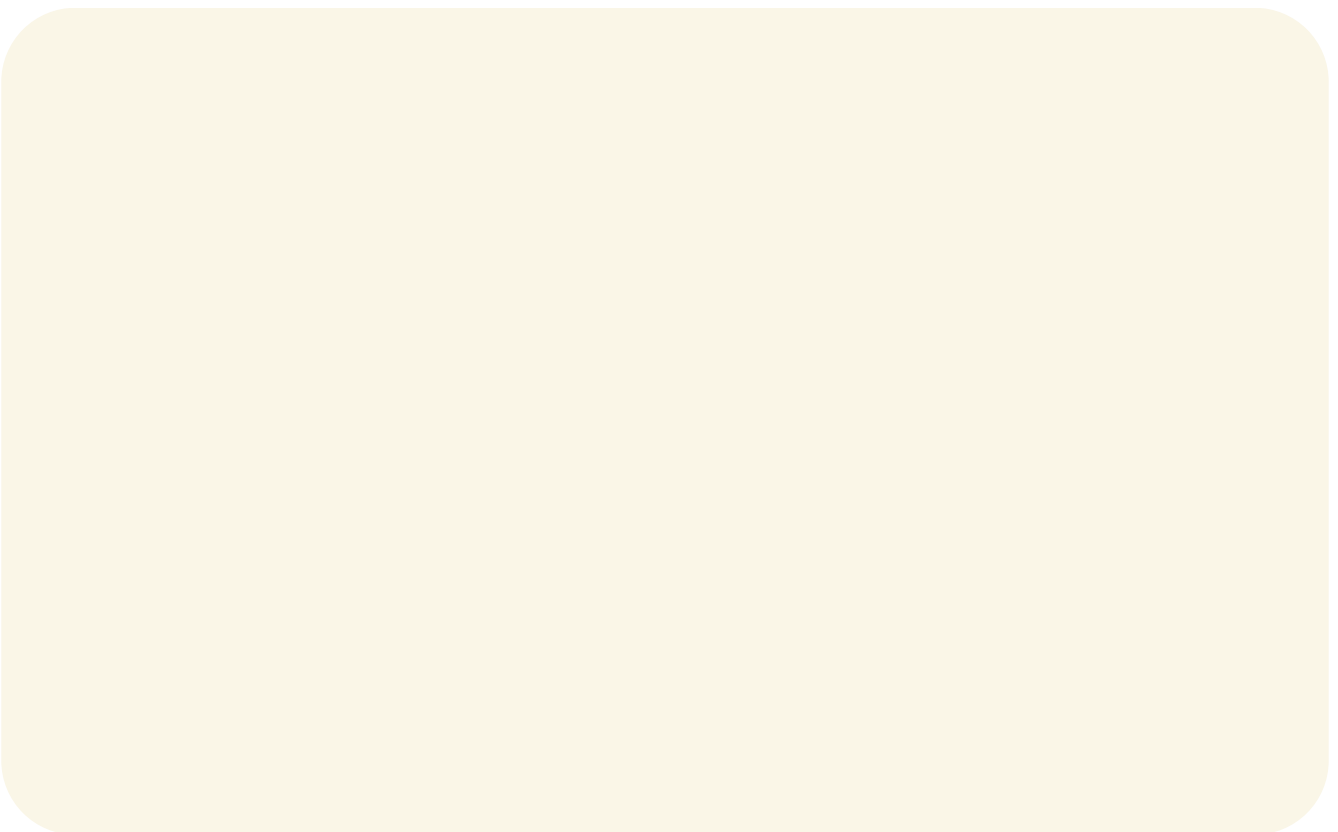
List them! Some examples may be your salah, your relationship with parents, your speech (cursing, backbiting, gossiping), your character, etc.

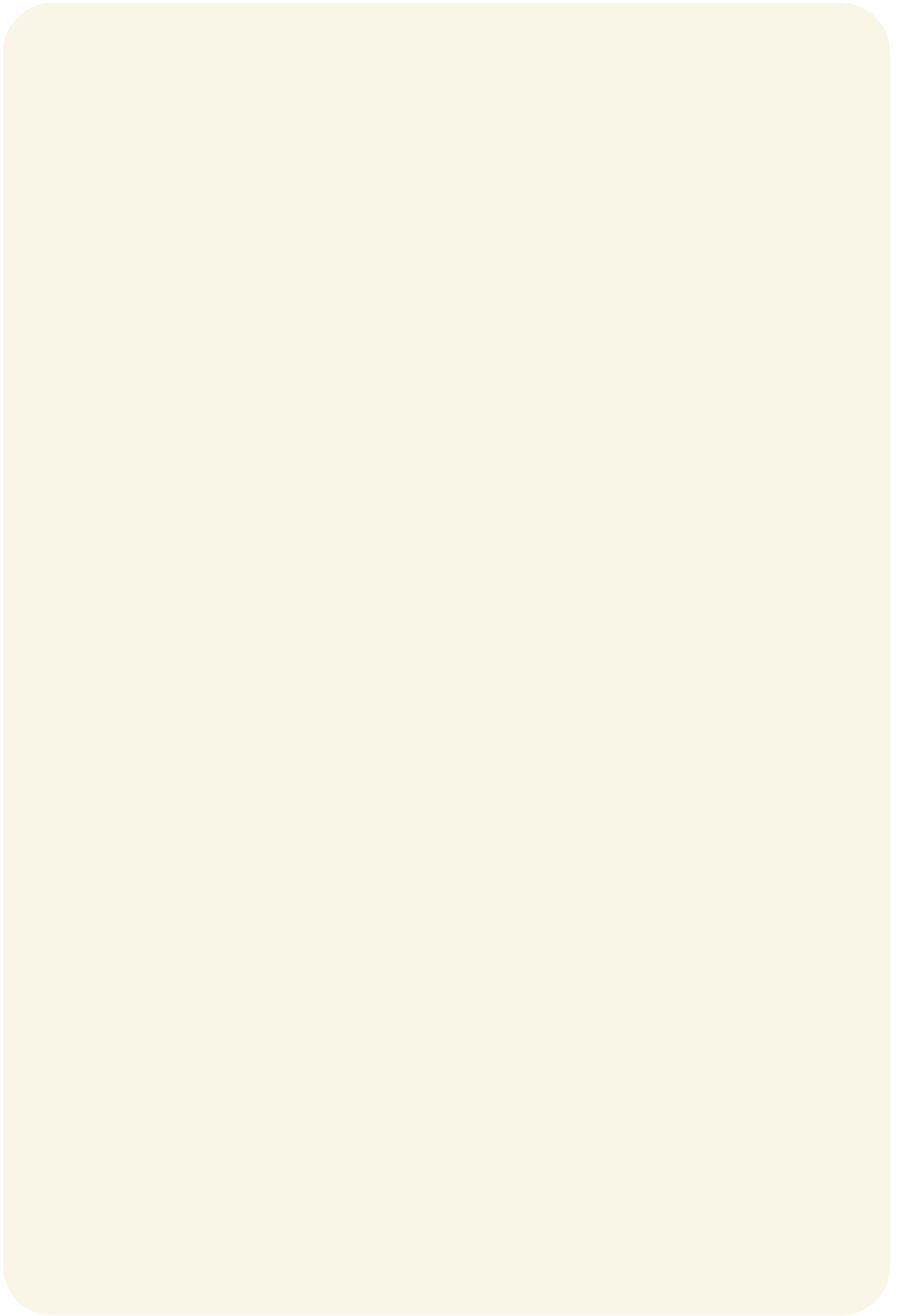


Now, just like every athlete trains for their sport and every physician trains for their specialty, we can intentionally train ourselves in these areas.

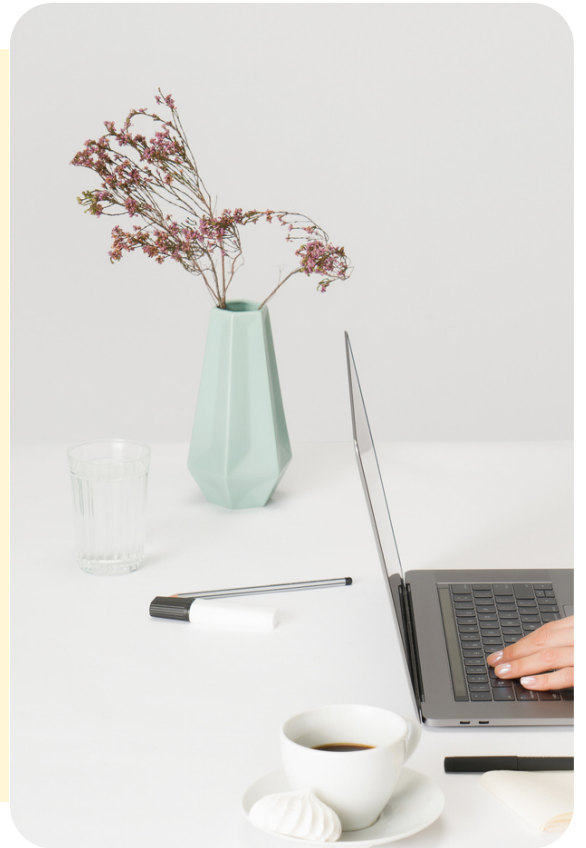
While you don't have to have the full plan now, explore the following: What are some actions (big or small) I can take to reasonably improve myself in each of these areas listed above.

For example, if you struggle with salah, it is a good idea to re-explore what the importance of salah is and what the consequences are of delaying or missing it.

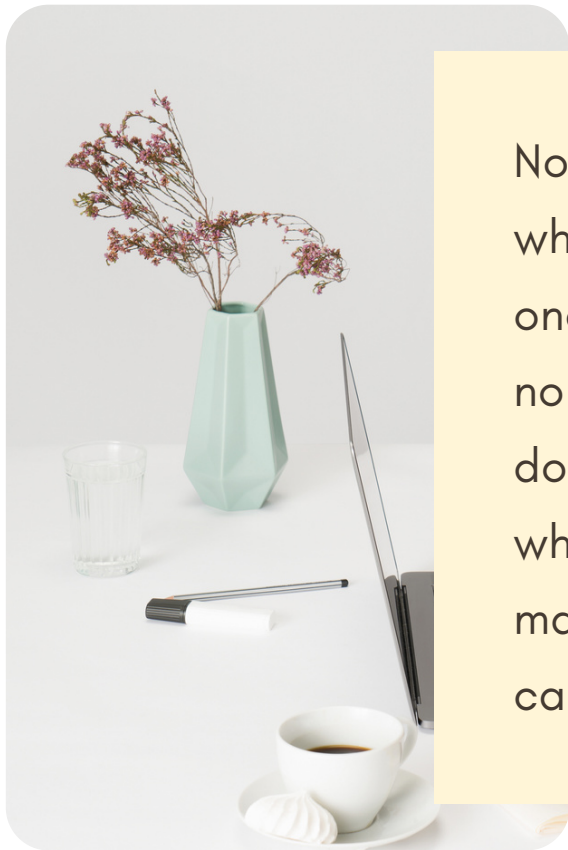




We cannot learn what we never see. For those of us who saw a toxic relationship between our parents (or were surrounded by other toxic marriages), all we may know is what toxicity looks like. So, we need to see with our own eyes what a healthy marriage looks like.



This is where a marriage mentor comes in. Think hard. Who are the people in your life who have a healthy marriage you would want to emulate. List them.



Now... there will be some of you who come to realize... there is no one you can think of. Or, at least, no one you have access to. But don't beat yourself up! You know why? Because Allah gave us all a marriage mentor that we equally can access.

And that is through the marriage of Prophet Muhammad (peace be upon him) and Khadija (may Allah be pleased with her).

So, it's homework time. If you are not familiar with their story, it is time to start digging. Then come back to this question:

Do an explorative deep-dive! What are the values the prophet and Khadija upheld in their marriage? What are the habits they had that reflect these values? What kept their marriage strong? How did they communicate with each other?

Feel free to be creative here. Create a mind map. Draw. Write a poem. This isn't a research project! Make it fun!



I hope you're swooning over truly the sweetest marriage to ever exist.

Their story is meant to inspire us with hope and show us what the ideal marriage is! And, you can also look to the marriages the prophet (peace be upon him) had later in his life for inspiration. (Though their marriage certainly takes the cake).

One thing you may have come across while looking into their story is this fact: both the prophet (pbuh) and Khadija (RA) had impeccable reputations before they ever married.

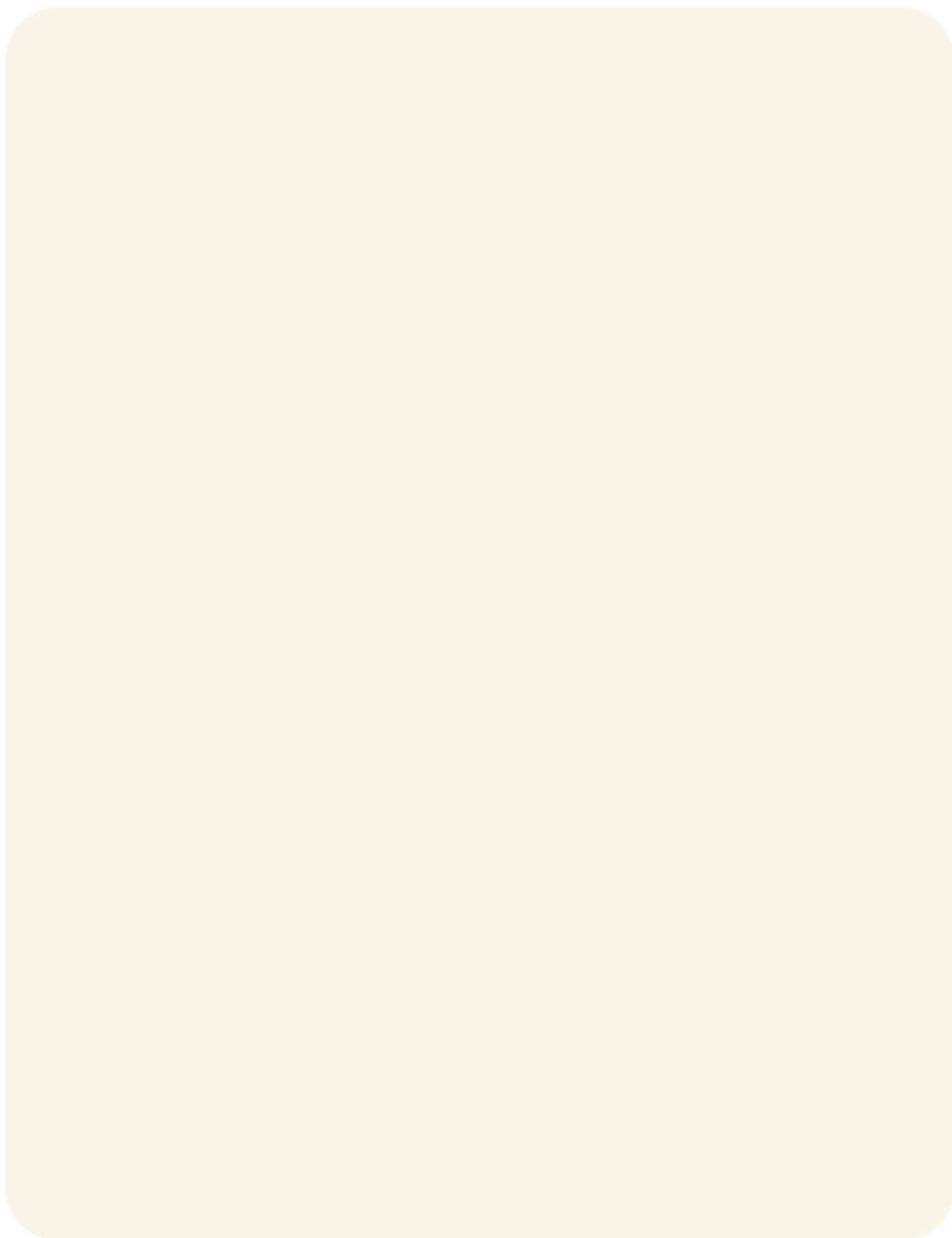
To put it simply, they did a lot of self-work in their single years. This work paid dividends in their married years.

Self-improvement is the most-overlooked aspect of premarital preparation. But if you'd made it this far in the workbook, you are the 1%!

So let's dive into it!

Think hard: What are the qualities you have that you believe would make you a good husband or wife? And why?

Sometimes, questions like these can insight feelings of shame or self-esteem. Give yourself permission to feel good about these amazing qualities.



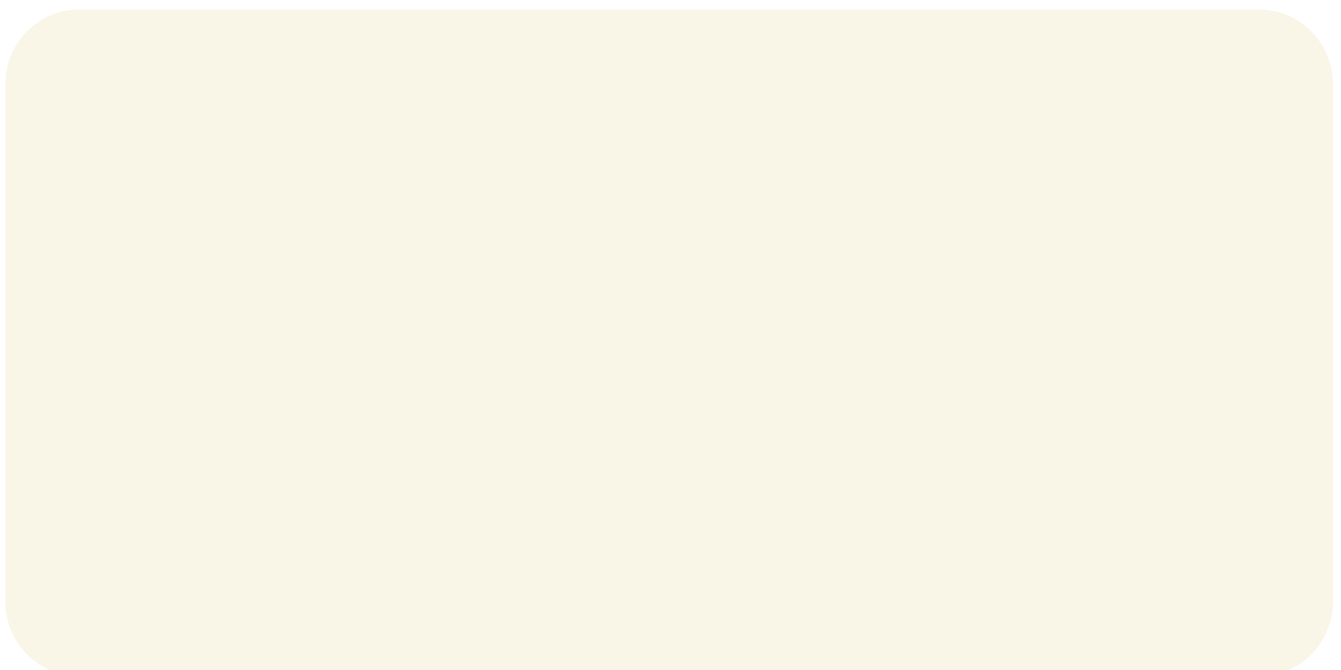
Now let's explore the opposite. What are the qualities you have that would make you a poor husband or wife? And why?

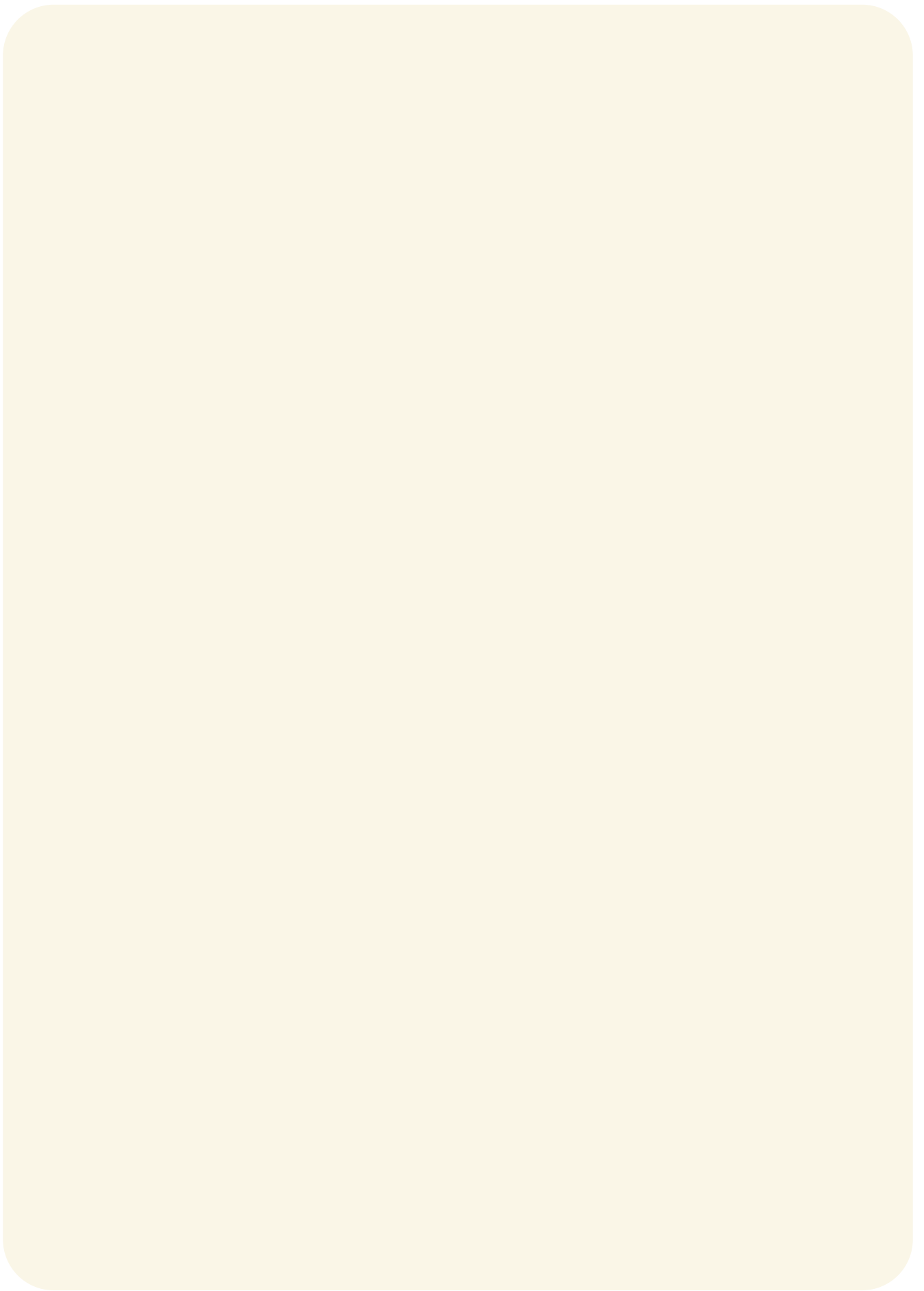


Remember when I said nothing exists in a vacuum? Where did you develop these poor qualities from? Or what influenced their development?

Every quality we have serves a PURPOSE. What purpose is this quality or habit serving? Is it protecting you? Is it helping you avoid something harmful?

To explain is not to justify, but when we understand where qualities that don't serve us come from, we can more effectively tackle them.





Creating a Vision | Building Your Future Life

You have explored your beliefs around connection, relationships and love. You have come to understand your attachment style and how trauma has influenced your capacity to love and trust.

You've investigated your relationship with Allah and how it informs (or has the potential to inform) your future or current marriage and family. You've identified qualities that help your marriage and qualities that may harm it. You've solidified proper examples of marriage to look to for inspiration and support.

Now, it is time to take all of that and build out your relationship...

The first hadith we find in many hadith books is about intentions. As such, intentionality is a POWERFUL tool we can use to change our lives for the better. But sadly, we are more intentional about our weddings than our marriages.

Building a vision for your marriage is not only important, it is essential. In fact, Islam already gives us a preliminary vision: We should build a marriage that seeks the mercy of Allah and leads both of us hand in hand into Jannah.

But Allah gives us even more leeway to build it out further. Our brain is an amazing organ. When we envision what we want for ourselves, our brain begins to bias itself in search for the exact pathways to that end goal.

We start finding an affinity towards what brings us closer to that vision.

Everyone has a vision, even if you don't realize it. Your vision can be a flimsy self-fulfilling prophecy leading you to play out your trauma and the toxic relationships you saw growing up. Or it can be a vision you build out with intention, informed by Islam and your personal strengths.

Which one will you choose? I hope it's the one you decide.

With that being said, it's time to construct your vision. Now, do this without a specific person in mind. I want you to imagine Allah allowed you to build out your dream marriage. What would that look like in excruciating detail?

We're going to dedicate 3 whole pages to this so think hard.

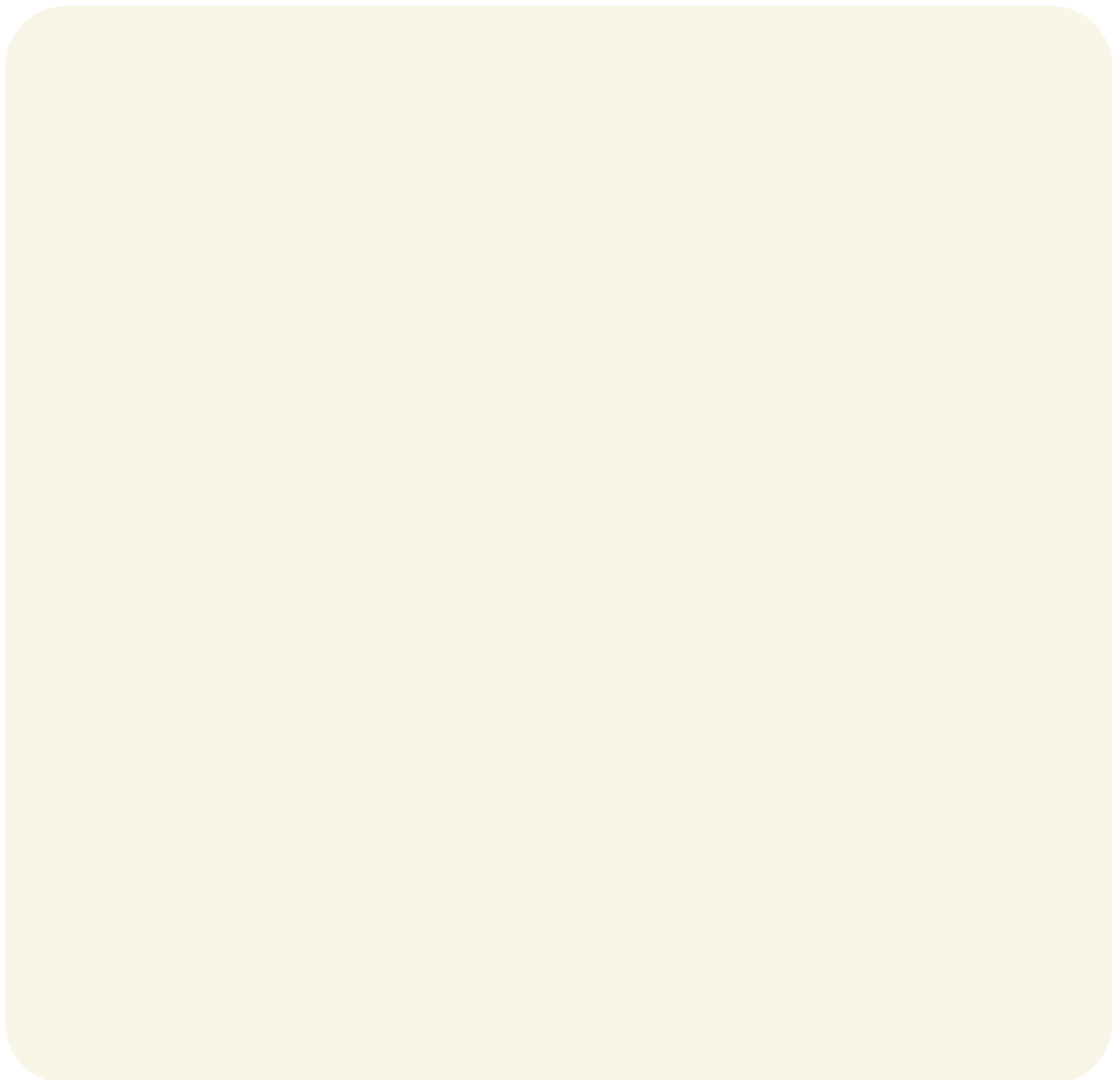
What happens when you wake up together in the morning? What does living together feel like? What are the gender roles? How do you speak to each other? What values do you share? What activities do you do together for fun? How do you speak of one another to others? What do you make each other feel? Safe? Valued? Respected?

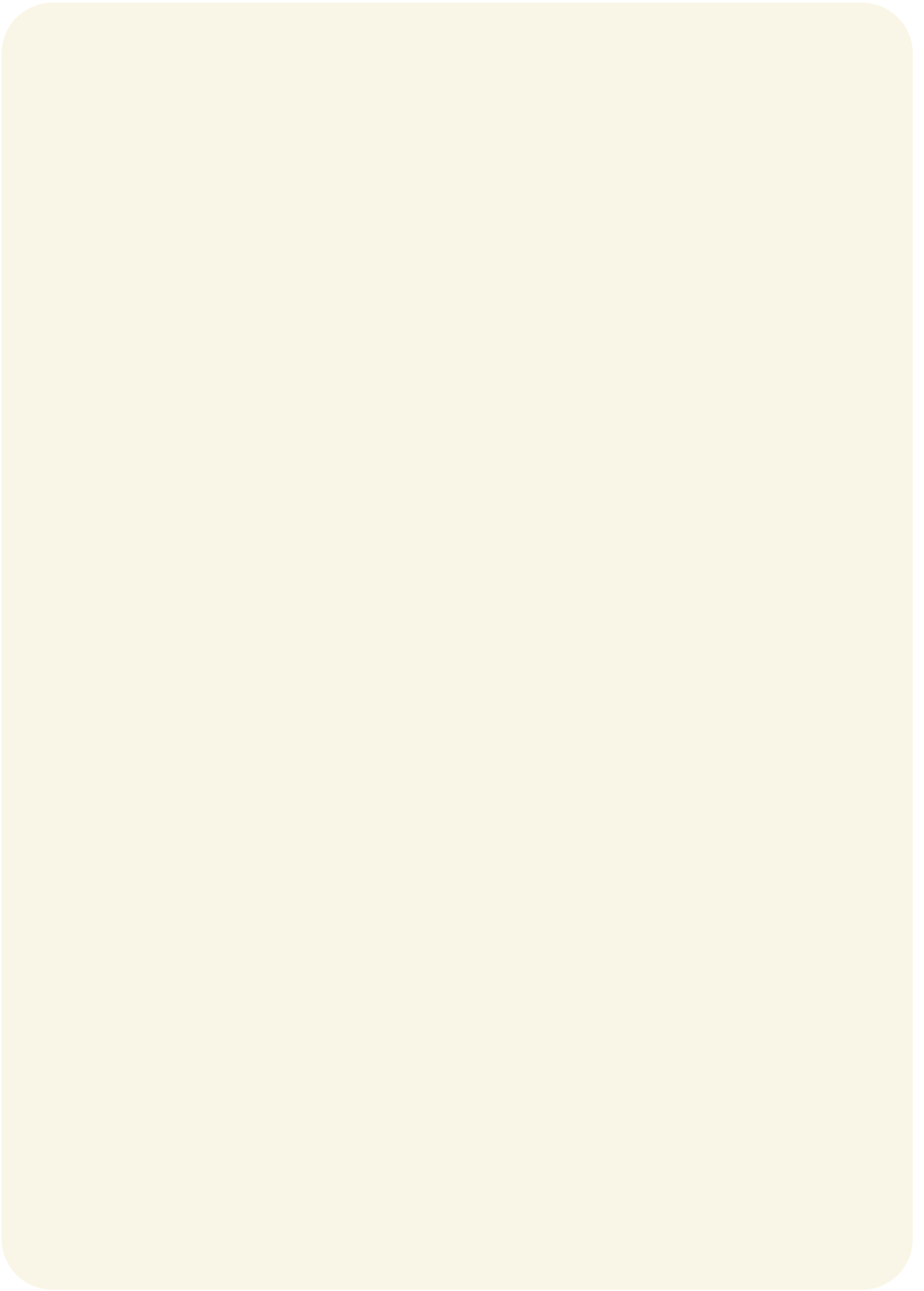
What is your sexually intimate life like? How often do you guys spend that time together in a week? What does meal time look like? Is it extravagant with multiple side dishes? Or simplistic? Or both? How do you comfort one another in hardship? How do disagreements end?

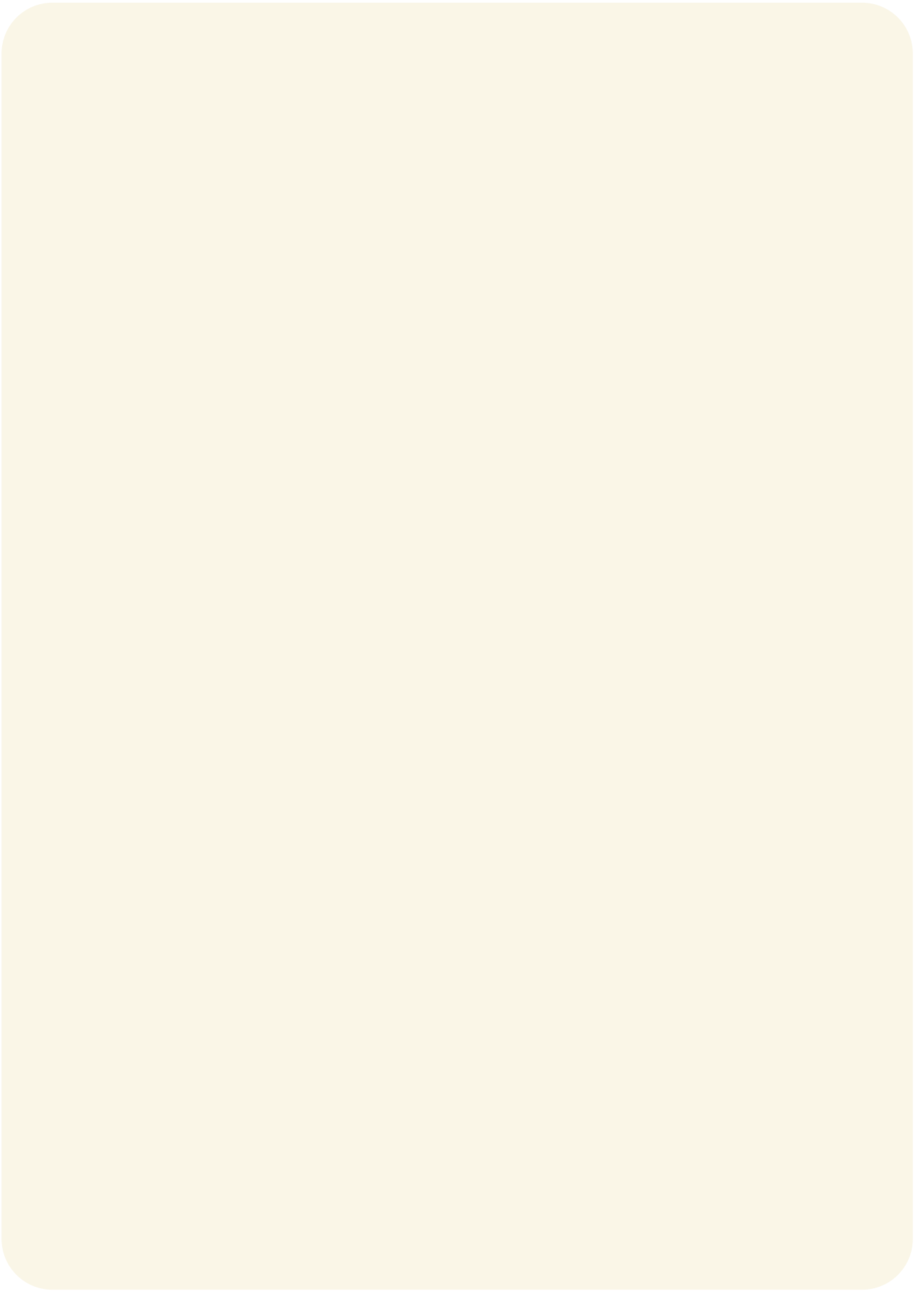
What about building a family? How many kids come into the picture? What kind of a mother or father are you? What kind of a mother or father are they? What do you feel when you see those kids?

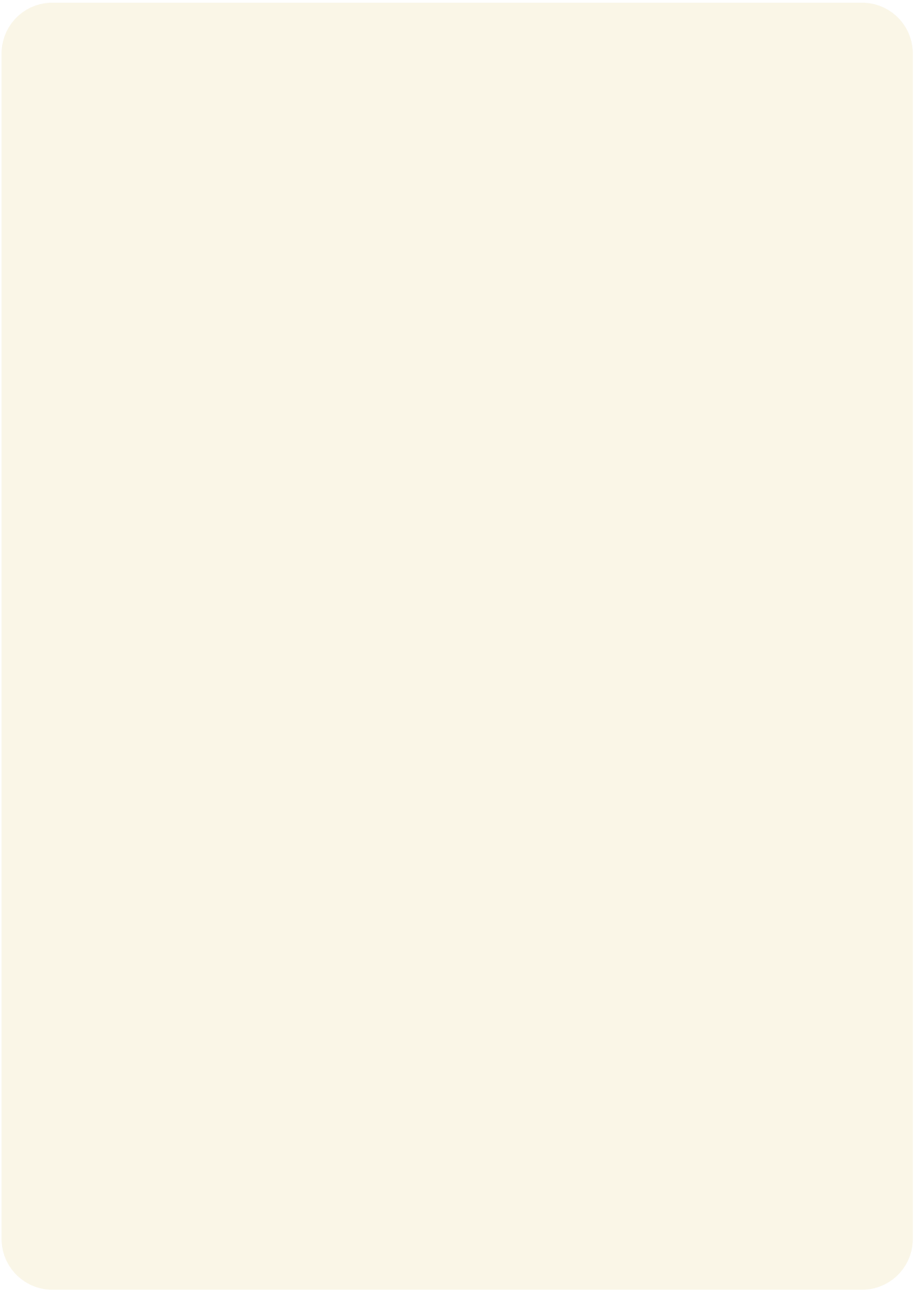
What does worship together look like? How do you grow together intellectually? What kind of movies do you guys watch? What's your coupled relationship with Allah like?

Imagine your life is playing out like a movie, and without judgment, write down this vision for a marriage.









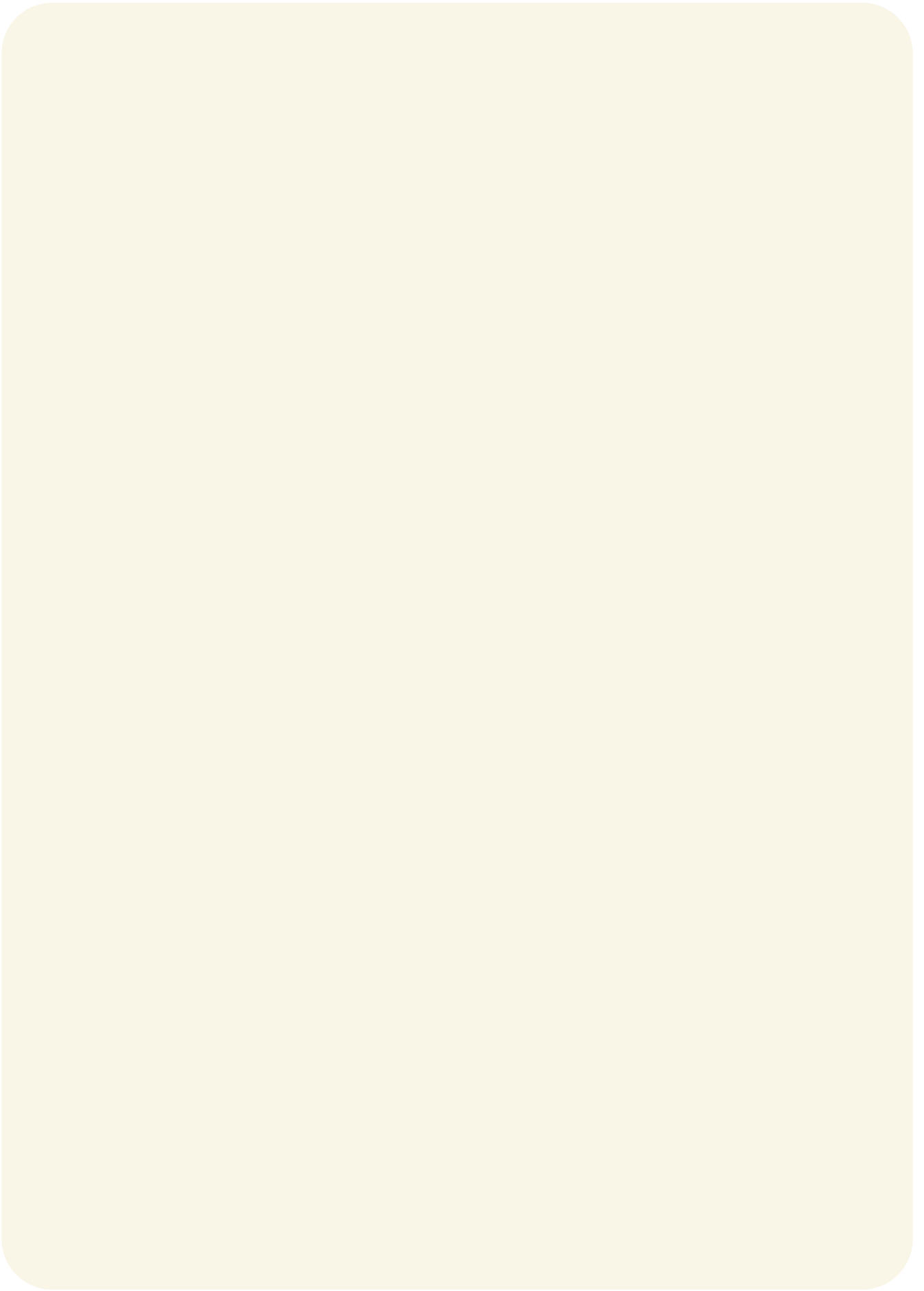
Turning Your Vision Into Reality

You've done a lot of work up until now! I hope that you've truly seen how malleable our brain is. I also hope you understand that it is possible to take back your power after trauma and build a new type of love you can thrive in.

Building a vision is so important because our visions bias what we look for. They become the lens through which we assess others. This all happens subconsciously! This is the power of intention.

Now that you've built out your vision, it's time to do some analysis. I want you to read your vision one more time. Now, I want you to extract the values and habits your dream husband or wife would have.

For example, if you wrote that your vision for marriage includes a spouse who enjoys working out with you, then the value would be "physical health/fitness" and the habit would be "exercise." Create a list below.



Creating Your Dream Dua

This is going to be a fun activity. You've built out your vision for your marriage and got clear on the values and habits needed.

Now, it's time to get clear on what to ask Allah for. Write everything you want (big or small, without judgement) and ask Allah for it with sincerity.

He is the Most Generous so do not limit your dua thinking He won't give me this or that. Your job is to ASK, not to tell Allah what He will or won't do.

First, go to this [link](#) or search the 99 names of Allah. Use the names to make your duaa! Allah tells us to call Him by His most beautiful names (17:110).

Let's do it. In the following pages, there are categories listed. Write your duaas for each of those categories:

"Ya Allah, grant me a spouse who...."

Deen:

Career:

Health:

Personality:

Skills:

Physical features:

Ambitions:

Future Goals:

Wealth:

Use this page to include any other duas that don't fit in the above categories:

Make an intention to come back to these duas regularly. Make an intention that when you marry, you will go back and review these duas and express your gratitude for what was answered!

If you've made it this far, congratulations...

because you now have the full guide to inner work so you can enjoy a marriage that is true sakinah. Here is how.

- Awareness: This is where it all start. You now should have an understanding of how deeply trauma has affected your ability to attach and connect to others (as well as how it has subconsciously shaped your view and approach to marriage).
 - Autonomy: You have identified exactly the ways trauma has affected your ability to thrive in a future marriage. This means you have the exact “problems” for which you can explore potential solutions. This may evolve over time. It may look like journaling, working with a therapist, working with a coach, changing paths in life, etc. But see each challenge as a “project” of sorts!
-

- Envision: You have built out a vision of your dream marriage. This is going to serve as the reminder of what you truly want and what to work towards.
- Extract: You've extracted the exact values and habits your dream person has. This serves as your filter so you know what to say yes and no to.

The journey from here on out is guided by your decisions. What values will you adopt?

What actions will you take?

What habits will you release?

And of course, if you are serious about your healing and want to personally work with me to learn the system of healing trauma (specifically designed for Muslim women with deen and science in mind)...

Take the plunge and say yes to your future self.

Click [here](#) or go here to apply to work with me!

<https://www.hanaalasry.com/>

Take the dive into intentional & strategic trauma healing

I've worked with Muslim women around the world and supported thousands on their healing journeys. If you are ready to invest in your healing like never before... I want to work with YOU.

My coaching can:

- *Help you regulated your dysregulated nervous system*
- *Identify and transform your self-sabotage*
- *Integrate and heal trauma even if its been a long time*
- *Improve your physical health through nervous system rewiring (like hormone health and even chronic pain)*
- *Transform your relationship with Allah for the better*
- *Take REAL action towards a new & better life*

Click [here](#) to work with me & apply to be coached.

Thank you!



hana@hanaalasry.com
www.hanaalasry.com

Notes

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