



Marriage discussion guide  
for mothers and girls

# Effective Listening for Mothers and Daughters

Importance of Listening : Builds trust and understanding  
Strengthens the relationship Helps both feel valued and heard

## Active Listening Techniques

Maintain eye contact  
Nod and use verbal affirmations (e.g., "I see," "Go on")  
Avoid interrupting

## Showing Empathy

Validate feelings (e.g., "That sounds tough")  
Share similar experiences without overshadowing  
Be patient and understanding

## Asking Open-Ended Questions

Encourage sharing (e.g., "How did that make you feel?")  
Avoid yes/no questions to keep the conversation flowing

## Creating a Safe Space

Ensure privacy and comfort during conversations  
Be non-judgmental and supportive  
Respect opinions and perspectives

## Reflective Listening

Respect opinions and perspectives  
-Paraphrase to show understanding (e.g., "So you're saying...")  
Reflect emotions back (e.g., "It sounds like you're feeling...")

## Avoiding Common Pitfalls

Don't offer unsolicited advice immediately  
Avoid dismissing feelings or experiences  
Don't multitask while listening

# Question -Why do I need to get married?

The Holy Prophet (peace and blessings of Allah be upon him) said:“Marriage is my precept and my practice-Those who do not follow my practice are not of me.” -**“When a man has married, he has completed one half of his religion.”**





# Tips on how to have discussions on rishta for mums

- Have I had the discussion with my daughter prior to a rishta coming on whether she is ready
- Have I ensured there is plenty of time and there are no distractions when I talk to my daughter
- Have I allowed my daughter to speak freely and have I listened attentively . Am I able to repeat back to my daughter what she has discussed
- Have I used the resource provided of ***dos and don'ts of the rishta process***
- Have I allowed for multiple opportunities to carry on with the conversation
- Have I kept the discussion light by completing the checklist exercise of what criteria I would rank for a good rishta for my daughter

How well do you know your daughter?

Rank in order what is the most important criteria for your daughter when looking at a rishta/ Ask your daughter to rank the list as well- This will be a good start to then have a general discussion about preferences

- Connection to jamaat
- Living with in laws
- Financial stability
- Height
- Physical appearance
- Complexion
- Job status
- Education
- Having their own property
- Wants to travel
- Deen
- Goes to the gym
- Spouse would be accepting of them working
- Spouse would be accepting of them pursuing career / studies
- He is a waqfe- nau
- He is a murabbi



# When considering a Rishta for your daughter...

- How is my tone? (Am I showing patience, listening attentively to my daughter)
- Who am I going to involve when discussing rishtas- will my daughter be happy with my decision?
- Am I aware of my daughter's preferences?
- Is the rishta in my daughter's best interest or is there another reason why I am considering the rishta
- What are the words I am going to use?
- Am I being truthful/ Am I withholding information from my daughter?
- Where will I start this conversation?
- Will it be in private or in front of other family members?
- Is the timing correct to have the discussion or is my daughter busy with exams or something else
- Is there time given for prayer before asking for an answer/ Are you able to give your daughter a timeframe?

# Discussion on married life

- We have discussed worries or concerns of married life:
  - When living with in laws
  - When living independently
  - When studying after marriage
  - When working after marriage
  - Maintaining family and friend relationships

# Tips to consider for daughter when a rishta comes?

- Is my tone with my mother, correct?
- Am I understanding my mother's point of view
- Have I followed the guidance on prayer when considering a rishta?
- Is my mum able to understand my point of view or is there someone else– a khala or family friend who can help me and mum reach an agreement?
- Have I spoken to my mum over my priorities for a rishta?



# What happens when the Rishta does not proceed?

- Am I able to evaluate and discuss with my daughter why the rishta did not go forward without any blame on either side
- Am I able to give my daughter reassurance that it was not Allah's decree that the rishta did not go forward
- Are mother and daughter able to evaluate their checklist again if the rishta did not proceed