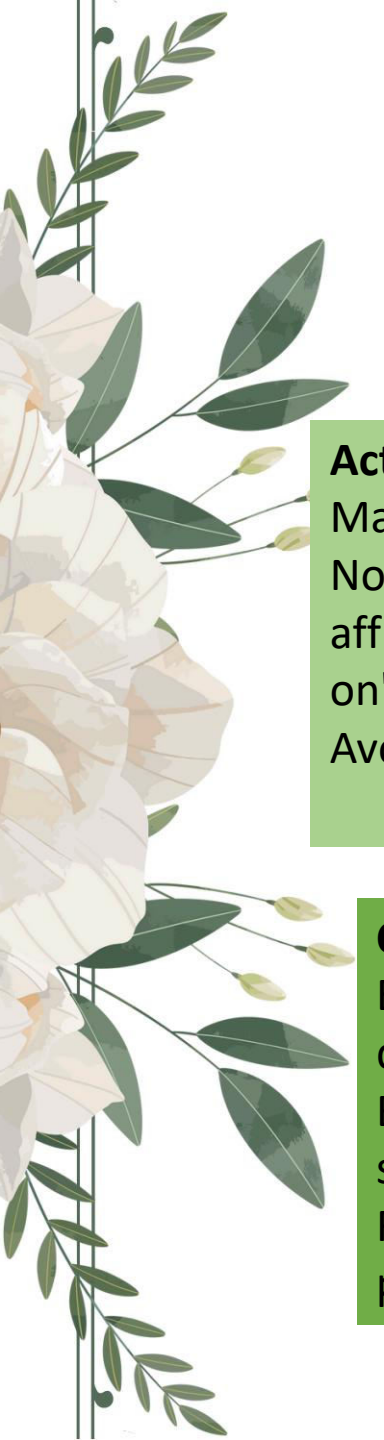




Marriage discussion guide for mothers and girls



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

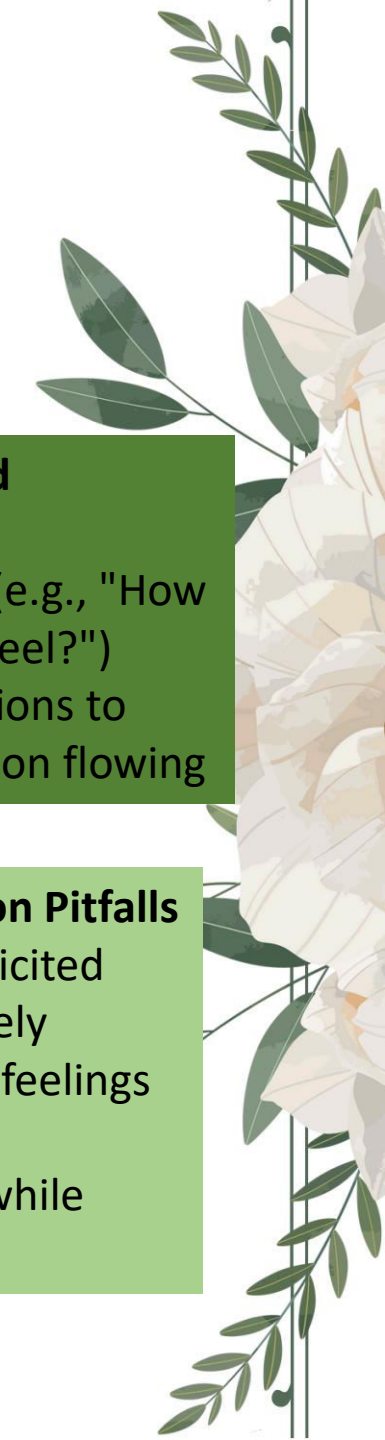
Ensure privacy and comfort during conversations
Be non-judgmental and supportive
Respect opinions and perspectives

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

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