

MCC Matrimonial Committee

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UNDERSTANDING YOURSELF

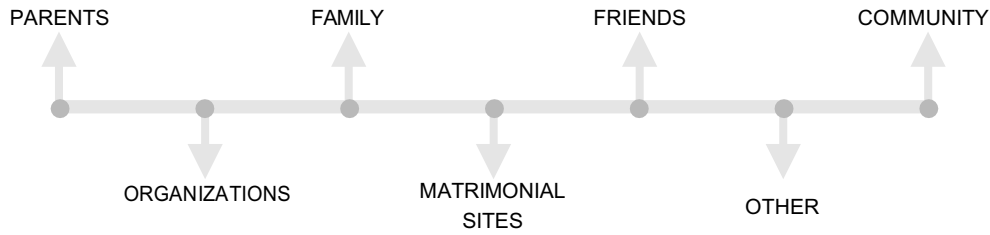
The 10 basic emotional needs are listed below. There is also space for you to add other emotional needs that you feel are essential for your marital happiness.

In the space provided before each need, write a number that ranks the need's importance to your happiness. Write a 1 before the most important need, a 2 before the next most important and so on until you have ranked all your most important needs.

To help you rank these needs, imagine you will have only one need that is met in your marriage. Which would make you the happiest, knowing that all the others were going to go unmet? That need should be number 1. Keep in mind we're trying to find out which needs, when met, would make you the happiest in your marriage.

- ___ **Affection:** The nonsexual expression of care through words, cards, gifts, hugs, kisses, and courtesies; creating an environment that clearly and repeatedly expresses care.
- ___ **Intimacy:** A sexual experience that is predictably enjoyable and frequent enough for you.
- ___ **Intimate Conversation:** Talking about feelings, topics of personal interest/opinions, and plans.
- ___ **Recreational Companionship:** Leisure activities with at least one other person.
- ___ **Honesty and Openness:** Truthful and frank expression of positive and negative feelings, events of the past, daily events and schedule, and plans for the future; not leaving a false impression.
- ___ **Attractiveness of your Spouse:** Viewing physical traits of the opposite sex that are aesthetically and/or sexually pleasing.
- ___ **Financial Support:** Provision of the financial resources to house, feed, and clothe your family at a standard of living acceptable to you.
- ___ **Domestic Support:** Management of the household tasks and care of the children—if any are at home—that create a home environment that offers you a refuge from stress.
- ___ **Family Commitment:** Provision for the moral and educational development of your children within the family unit.
- ___ **Admiration:** Being told and shown respect, value, and appreciation.
- ___ **Spirituality:** Performing acts of worship together and finding common purpose in life through Islam.
- ___ **Other:** _____
- ___ **Other:** _____

CHANNELS



SEEK HELP FROM ALLAH بِحُجَّتِكَ

ISTIKHARA DU'AA

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ، وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ، وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ، فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ، وَتَعْلَمُ وَلَا أَعْلَمُ، وَأَنْتَ عَلَّامُ الْغُيُوبِ، اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ - خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي - عَاجِلِهِ وَأَجَلِهِ - فَأَقْدِرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ، وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي - عَاجِلِهِ وَأَجَلِهِ - فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي عَنْهُ وَاقْدِرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ

O Allah, I seek the counsel of Your Knowledge, and I seek the help of Your Omnipotence, and I beseech You for Your Magnificent Grace. Surely, You are Capable and I am not. You know and I know not, and You are the Knower of the unseen. O Allah, if You know that this matter [then mention the thing to be decided] is good for me in my religion and in my life and for my welfare in the life to come, - [or say: in this life and the afterlife] - then ordain it for me and make it easy for me, then bless me in it. And if You know that this matter is bad for me in my religion and in my life and for my welfare in the life to come, - [or say: in this life and the afterlife] - then distance it from me, and distance me from it, and ordain for me what is good wherever it may be, and help me to be content with it.

Whoever seeks the counsel of the Creator will not regret it and whoever seeks the advice of the believers will feel confident about his decisions. Allah said in the Qur'an:

"And consult them in the affair. Then when you have taken a decision, put your trust in Allah."

[Al-Bukhari 7/162 and Al-'Imran 3:159]

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