



NOOR

PRE-MARITAL GUIDE

“We often spend a lot of time, energy and money planning the wedding
but not a dime investing in ourselves or the actual relationship”

- Karim Serageldin (Founder of Noor)

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PRE-MARITAL GUIDE

1

Myths vs Reality: Debunking myths and clarifying common naivety and misconceptions.

2

Personal Checklist: Discover if you are really prepared for marriage and if further personal support is needed.

3

Marriage Questionnaire: Discuss and score each other with the essential topics often overlooked before marriage.



MYTH VS REALITY

Love
Personality
Timing
Family
Religion





MYTHS VS REALITY



“I want to fall in love”

You grow into love with time, healthy interactions and maturity. Love is not something you “find” or “fall” into. What we feel at first tends to be lust, attraction and connection, but real love takes time.

Love is like a muscle or plant. It continuously needs attention, nurturing and care to thrive! Don't expect love to exist unconditionally. The love flame burns as much as you put wood into its fire.

“I want love at first sight”

Unlikely, because love is not based on lust or looks but a deeper awareness and acceptance of the human being with all their good and flaws. You admire and validate their good. You accept their flaws and care to help them improve. You truly love once you have experienced the good and bad times in life with your partner.

If you feel drawn or attracted to one's looks and energy, this could be a pull of interest but it is not the same as love. **Often people fall in love with a fantasy or image they have of a person that suits their wishes and desires.** Once this bubble pops through actual experiences, people tend to assume they are “not in love anymore.” So is being in love only when love is convenient?

“I have one true soul mate out there”

You live on earth not in the world of Hollywood or Bollywood! **There is no such thing as one perfect soulmate out there.** This is a fantasy. This is also the belief that causes many to dismiss good candidates in hopes of having someone “better”, “perfect” or the “true soulmate.”

There are many people you are likely compatible with in the world. It is really a matter of which of them you cross paths with and take the time to explore. Be more mature and balanced with your notions of “destined soul mates” as it may cause you to miss out on real people that could be great matches for you if given time.



MYTHS VS REALITY



<p>“I can change them”</p>	<p>Unlikely! It is so difficult to change yourself so how can you expect to change someone else? Never marry someone for their potential but marry someone as they are for the most part today.</p>	<p>Most people become more of who they already are with some adjustment and changes. Thus you should be realistic about the risk factor and don't take too many chances with fundamental flaws you feel exist today.</p>
<p>“Arranged marriages don't work”</p>	<p>Actually it all depends on how it is arranged. In some cases it can be oppressive and forceful. For instance if you feel you don't have a choice and your family is using threats to make you marry someone.</p>	<p>In other cases it can be great! Due to cultural compatibility of family values. There are arranged marriages that are successful and experience true love. Make sure you take enough time to explore your dynamic before making any decisions.</p>
<p>“I can't find anyone good out there”</p>	<p>This is the same thing as saying you are the only good option out there! There are good people out there but sometimes our unrealistic expectations, fears, and approaches of meeting people is the problem. Sometimes it is not your time. Maybe you still have healing to do first.</p>	<p>Remember there is a difference between marrying a good person “on paper”, according to certain cultural standards, and marrying someone that is actually <i>good for you.</i></p>

MYTHS VS REALITY



<p>“Let’s get married as soon as possible”</p>	<p>One of the top reasons for marital conflicts is the fact that couples did not have enough time to get to know each other thoroughly before the marriage. You could damage several lives when this belief is unhealthy and imbalanced.</p>	<p>While it is not always safe to drag out courtship or engagement, rushing into marriage due to pressure or fear of “what people will think” is an unwise approach. Any force to get married without being ready is wrong, even if your own parents are forcing you for the wrong reasons.</p>
<p>“I need to get married to have halal sex”</p>	<p>Those committed to modesty see marriage as their halal outlet for a natural need. While this is true, attraction and sexuality is only one slice of the marital pie. Don’t rush into marriage just for sex!</p>	<p>Sex should not be the only or heaviest variable for your decision. Do the math! Let’s say you have sex 5 x week (which is considered very active) totaling 5 hours per week.</p> <p>$5/168$ (total hours in a week) = .03%</p>
<p>“If I don’t get married now, I never will”</p>	<p>Do not rush into whatever you can get as soon as you can get it! Be careful of marrying out of fear that there will be no other chances. Trust in God and be open to His Will for you!</p>	<p>Be selective but not too picky. Take proper time yet don’t dismiss every suitor because they don’t seem perfect. An excellent suitor should meet 7 or 8 out of your total 10 top needs.</p>

MYTHS VS REALITY



“I need to get married to escape my home”

If you live in a dissatisfying home and can't wait to move out, sometimes marriage is the escape plan. Running away from issues is not always the solution.

Be careful of making snappy or drastic decisions to get married because you conflate your marriage as a way out of your home!

“I can only marry someone my parents approve of”

Ideally we want our family to be happy with our choice but it should not be at the expense of our own truth and happiness. You are the one that will spend your life with this person long after your parents are gone.

Consider the reasons why your parents don't approve your interest. Are the reasons logical? Based on real experiences or unfounded fear? Are their reasons in harmony with Islamic values or contrary to them?

“I like the person but not their family **OR** their family does not like me”

Issues with in-laws is a real problem for many and you have to note any warning signs from the beginning. Make sure you voice your concerns and examine how your partner supports you (or not) through issues as they come up.

One of the top reasons for divorce amongst Muslims is due to issues with in-laws. This is not a variable to ignore when assessing your future choice. You have to be honest with yourself about what you are willing and not willing to live with.



MYTHS VS REALITY



<p>“I want someone who is religious”</p>	<p>“Being religious” means very different things to all of us. It is important to probe their religious practice and spiritual values. Surface performance of religious rites is not always the same thing as being a good person or marriage partner. There are people that appear to be good Muslims but they fail at being a spouse.</p>	<p>Instead of asking if someone prays, ask them why do they pray? Instead of assuming a hijab or beard means they are pious, observe their character and way of thinking. Is their religious engagement superficial, cultural or conscious? How do they deal with conflict? Tough times reveals a lot about a person.</p>
<p>“Is it religiously appropriate to ask about their past?”</p>	<p>Yes it is! But only if you are okay with it too. Past mistakes does not always mean they are “spoiled goods.” It is also disrespectful to probe someone's past without a healthy intention. Some people lie about their past habits to look more impressive. Thus this is not the only way to discover the layers of a person or their past.</p>	<p>Pay attention to inconsistencies in people’s narratives. Never share too much about your past as you do not want your dirty laundry hanging out there. Be honest yet general and spare the details about the items you feel the other person needs to know about.</p>
<p>“What parameters should I have when getting to know someone”</p>	<p>Remember these three Islamic boundaries:</p> <ol style="list-style-type: none"> 1) Do not be alone with them. 2) When you interact (in person/mobile/online) maintain dignity and modesty. 3) Treat them like you would want another to treat your own brother or sister in the same situation. 	<p>Be careful, sometimes people cross the boundaries of modesty and damage the potential blessings of courtship and future marriage. Don’t make the excuse that if “we are going to get married it is ok to mess around before the marriage.”</p>



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PERSONAL CHECKLIST

Discover if you are really prepared for marriage and if further personal support and healing is needed.



PERSONAL CHECKLIST



If you did not check the majority of these items please seek personal counseling today by visiting our site noorhuman.com



I'M COMFORTABLE WITH WHO I AM

I honestly like myself, am clear about my needs and feel good about what I have to offer the world and others.

I HAVE A CLEAR SENSE OF WHAT MY NEEDS ARE FOR MARRIAGE

I know what I am looking for in a partner with clear examples of how these needs would look and feel for me.

MY HEART IS WHOLE

I have no past resentment or recent relationships that still hurt me. I understand a hurt heart can fog my decisions and provoke unwise choices. If I was married before I plan to share this information and what I learned from it.

MY FAMILY

I have a healthy relationship with my parents and siblings. I understand that unaddressed issues with my family will likely be repeated in a future marriage.



PERSONAL CHECKLIST



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SEXUAL FIDELITY

I have not used pornography or unlawful sexual acts in the last 6-12 months and I have made repentance for my past sexual sins (if any).

SELF CARE

I regularly nurture my mind, body and soul to the best of my ability. I make sure to love and care for myself in ways that I need. I understand I can not care for another if I can not care for myself.

OUTSIDE PRESSURE

I am not pressured by my family or friends to get married. I am not trying to get married to avoid external judgement and criticism.

ATTACHMENT ISSUES

I am not a person who constantly seeks attention and validation from others. I am not clingy and over indulgent with social media ego boosters. I understand my future partner will not be available for every personal need I have.



PERSONAL CHECKLIST



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FINANCIAL STANDING

I am financially independent and am able and willing to provide for a home. I have a good balance between saving and spending. I recognize once I am married I will not be able to use my finances any way I personally desire but will need to communicate and plan my future finances with my partner as agreed upon.

RELIGION AND SPIRITUALITY

I have a clear position on my relationship to God and religion. I know what I need in a partner and have a vision of a future family culture that will be influenced by my religious direction.

PERSONAL PURPOSE

I have short and long term goals and am working on them. I can articulate my life values and actively try to live according to them. I'm contributing to the world in beneficial ways. I have self worth, passion and a life mission.

CHARACTER GROWTH

I accept that I have my flaws. I am willing to receive feedback and not react defensively or impulsively. I maintain humility as a source of good character. Personal growth and achieving excellence is a real value I have.



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PAST TRAUMA

I have addressed the past emotional, psychological, physical or sexual trauma of my life with a therapist or counselor.

CURRENT HEALTH

I do not have any current addictions or escapism habits (drugs, alcohol, television, internet etc). I do not have any serious health conditions (cancer, chromes, infertility etc). If I have any health issues I am willing to be open and honest about these conditions with my future spouse.

COMMUNICATION

I am confident in my ability to express my emotions and give words to my internal states and personal needs.

RESPONSIBILITY

I feel capable of taking responsibility for my actions. I am autonomous in my life decisions and am willing to live with the good and bad consequences of my choices. I am not the type to always blame others or situations before self reflecting.



PERSONAL CHECKLIST



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THE WEDDING & BRIDAL GIFT

I understand that giving a bridal gift (mahr) is an obligation if I am a man. I understand that as a woman the nature or amount of this gift is my decision and should not be manipulated by family members or used in any way to abuse, control or harm another person and their family.

I desire to have a beautiful and balanced wedding ceremony that reflects mature expectations of cost and custom. I aim neither be too extravagant or too stingy in planning our celebration.

CULTURAL DIFFERENCES

I am aware that marrying into the same culture as my own does not mean everything will be smooth and clear for both families. There will likely be differences in values and expectations.

I realize that multicultural marriages will require extra attention and communication regarding the possible differences of customs and expectations between families.

I am willing to be extra patient if I marry a convert and their family does not understand or agree with certain Islamic premises and traditions. I intend to support my future spouse and provide the needed education as we move forward with proceedings.



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MARRIAGE QUESTIONNAIRE

These basic yet essential questions are drawn from data collected from over 100 Noor couples and their top needs.

Score you partner's responses to these questions honestly and explore the answers that are unclear or unsettling to you further.

The text in black are notes and suggestion to help you explore their answers more deeply.



MARRIAGE QUESTIONNAIRE



MARITAL VISION

Score 1= (Unsatisfactory) to 5= (Very Satisfied)

DESCRIBE WHAT MARRIAGE MEANS TO YOU

What do you expect and envision our lives to be on a day to day basis. On a long term basis?

WHY ARE YOU INTERESTED IN ME?

Can you share three things about me that sparked your interest? Can you tell me about the good things you have learned about me since we began courting?

WOULD YOU CONSIDER MARITAL COUNSELING?

Is it a waste of time? Is it useful or necessary? Why or why not? Would they prefer family counsel or keeping everything private? Do they believe in the idea of “we should solve our own issues.”

WHY DO YOU WANT TO GET MARRIED?

Getting old? Lonely? Family pressure? Need sex? All your friends are married except you? What is your personal and religious understanding of why marriage is important and or sacred? Is marriage simply a halal relationship or potential gate to Paradise? What is the difference?



MARRIAGE QUESTIONNAIRE



AFFECTION

Score 1= (Unsatisfactory) to 5= (Very Satisfied)

ARE YOU AN AFFECTIONATE PERSON?

Do you appreciate receiving and giving gestures like touch, hand holding, saying “I love you”, giving small gifts or special notes to show care and romance? What does it mean to be warm, bonded and connected to another?

WHAT FORMS OF AFFECTION DO YOU LIKE?

People are different and it is a good idea to find out if you can provide and receive affection in ways you both want and need. For example if you love hugs and holding hands you should find out if they do to!

IF YOU NEED MORE AFFECTION HOW WOULD YOU APPROACH THIS?

Would you stay quiet and build resentment? Ask for it clearly and consistently. Would you demonstrate how exactly you would like affection? Would you expect me to figure it out?

HOW IMPORTANT IS AFFECTION TO YOU IN A MARRIAGE?

Is this need a long term effort or only important at the beginning of marriage? Research suggests that affectionate partners are more successful in feeling bonded, secure and loved long term.



MARRIAGE QUESTIONNAIRE



COMMUNICATION

Score 1= (Unsatisfactory) to 5= (Very Satisfied)

WHAT DOES GOOD COMMUNICATION MEAN TO YOU?

Are they able to express their emotions clearly? Are they articulate enough for you to understand their messages? Do you feel they are listening to you and able to summarize the important things you say? Do they have coherent thoughts and conversations that are easy for you to follow?

HOW FREQUENT SHOULD WE COMMUNICATE?

This includes text messages and phone calls when you are apart. More importantly face to face conversations about daily events, future planning and sharing personal relevant experiences.

HOW WOULD YOU ASSESS MY COMMUNICATION WITH YOU? HOW CAN I IMPROVE?

This is a great way to hear their feedback about your skills and provides both of you an opportunity to offer feedback. Is the feedback helpful and clear? Do you feel misunderstood or that they don't really know you? Why or why not? Are they assuming too much? Is the feedback delivery helpful or feel like an attack and judgement?



MARRIAGE QUESTIONNAIRE



ROLES

Score 1= (Unsatisfactory) to 5= (Very Satisfied)

HOW WOULD YOU DEFINE YOUR ROLE AS A HUSBAND/WIFE?

Is their understanding aligned with yours? Can you learn from each other? Do they seem open to compromise on differences? Are there certain roles both of you are not willing to compromise on?

DO YOU BELIEVE IN SPECIFIC GENDER ROLES?

If so what are they and why? Do you believe roles are up to each couple or clearly prescribed in culture and religion? Perhaps it is a mix of both? Find out as much as you can to avoid future shockers.

DO YOU HAVE A FRAME OF REFERENCE FOR HEALTHY MARITAL ROLES?

Many couples draw on several frameworks for marital roles. Sometimes it is from our parents, cultures, Islam and societal trends. For example some people want to be “Americanized” yet have all their Islamic rights at the same time. There can be “role play” inconsistencies and each of you should discuss what is expected from each other day to day and long term. Are men and women really equal in every way?



MARRIAGE QUESTIONNAIRE



DOMESTIC

Score 1= (Unsatisfactory) to 5= (Very Satisfied)

HOW DO YOU SEE YOURSELF BEING INVOLVED IN DOMESTIC SUPPORT?

This includes all domestic tasks that keep a tranquil and smooth running home. This may include cooking, cleaning, laundry, paying bills, organizing storage, decor and furnishing.

DO YOU CONSIDER YOURSELF A NEAT AND CLEAN PERSON?

Get a sense of their living style. Do they put clothes away everyday or leave a pile on the floor until the weekend? Do they enjoy cleaning or organizing frequently or occasionally?

WHERE DO YOU WANT TO LIVE?

Find out if they want to live near or with extended family. Is this an issue for you? Are they willing to relocate for marriage? Are you willing to move for work opportunities? Do you wish to stay in your country of origin or willing to move abroad?



MARRIAGE QUESTIONNAIRE



FAMILY

Score 1= (Unsatisfactory) to 5= (Very Satisfied)

ARE YOU LOOKING FORWARD TO HAVING A FAMILY?

Are they excited about having children? If so how many? How soon would they want to have children with you?
Recommendation: Do not have children for at least 2-3 years in order to build the foundation of your marriage.

TREATMENT OF CHILDREN

Do they believe boys and girls should be treated equally and or differently. How so and why? How did their parents discipline them? Did they experience yelling, hitting, the cold shoulder, taking away stuff? What worked and what did not? **Note:** often how we were raised will impact how we raise our children for good or bad.

WHAT DO YOU CONSIDER AS QUALITY TIME WITH YOUR FAMILY?

Is simply being at home enough for you? What kind of activities or space would you like to facilitate with your partner and children? Give me examples. If you're working a lot what can you do to make time for your family?



MARRIAGE QUESTIONNAIRE



RELIGION

Score 1= (Unsatisfactory) to 5= (Very Satisfied)

DESCRIBE TO ME YOUR RELATIONSHIP TO ISLAM

Pay attention to what they talk about. Do they observe the five pillars? If not why not and are they willing to grow in this regard? What aspects of Islam are they unconvinced of, if any? What do they know they need improvement in? What aspects of Islam are confusing to them or unimportant if any?

WHAT COMES TO YOUR MIND WHEN YOU THINK ABOUT GOD?

What are the first words they use when explaining God? Does it sound like God is distant or close to their conscious? Do they feel more fear or love? Do they believe God loves them or is angry with them? Are they sure about their belief in God- if so how can they convince you?

WHAT 3 THINGS DO YOU LOVE MOST ABOUT ISLAM?

What values or themes speak to them the most? What aspects of their life reflect this?

PREMARITAL COACHING

Many of us have gone into marriage without any realistic understanding of what being in a committed relationship entails. After some time, we think we are **"not in love anymore,"** when in reality, we just don't know how to keep the *love muscle strong*.

PREVENT FUTURE DIVORCE BY GETTING GROUNDED IN THE ESSENTIALS!

Domestic & Family

Realistic preparation to live with another person. Navigating family cultures.



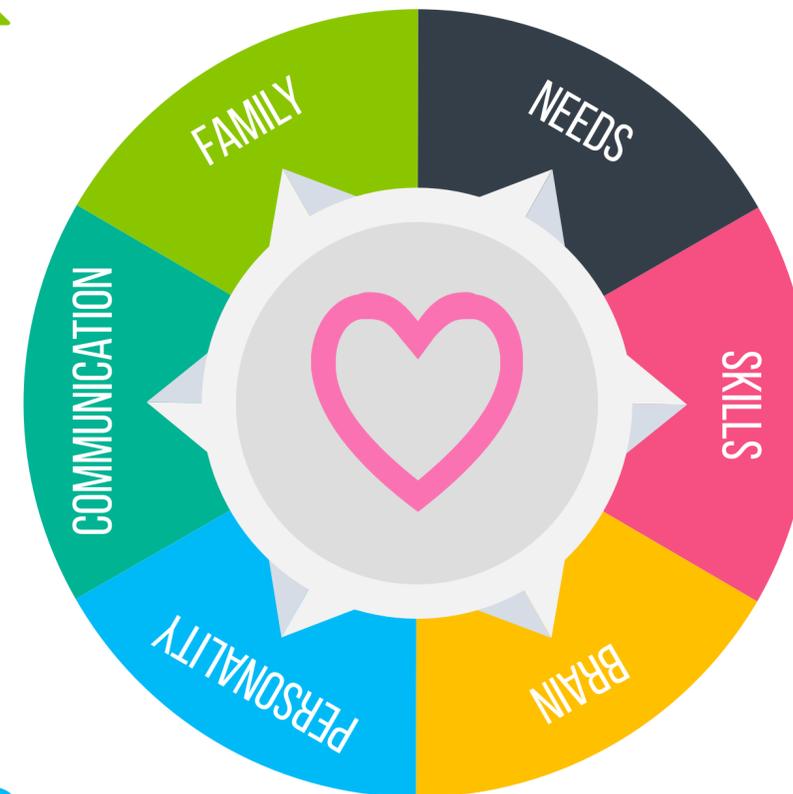
Communication

The science and art of listening, conversation and conflict resolution.



Personality Types

Take assessments and understand your love language and expectations



Fulfill Needs

One of the keys to a happy marriage is feeling whole together.



Skills

Research based techniques to grow over the years.



Brain Science

Learn male and female psychology to live in harmony with our natures.





NEED MORE SUPPORT?

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consultation!**

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