

The Languages of Love

Taught by: Shaykh Abdullah Waheed

**WHAT
HAPPENS
TO LOVE
AFTER THE
WEDDING**

- The Truth We're Missing
- The Different Languages
- Different Dialects
- Love: Confusing word

- Our Cry for Love
- The Concept of Love in the Quran and Sunnah
- المودة What Is true Affectionate Love?
- Different Types of Love
- On a Scale of 1-10: How Full is Your Love Tank

**KEEPING THE
"LOVE TANK" FULL**

**“We need love before we “fell
in love “and we will need it as
long as we live.”**

FALLING IN LOVE

- To Heaven and Back " In-love"
(infatuation)
- Average Span of Romantic Obsession
is Two years by the late Psychologist
Dr. Dorothy Tennov
- Reality Intrudes
- Intimate lovers can become enemies,
Marriage becomes a battlefield
- From "IN LOVE" To Real love

**The Divorce Rate for Second Marriages
are Higher Then The Divorce Rate for
First Marriage**

WORDS OF AFFIRMATION LANGUAGE #1

- **Encouraging words**
Encouragement requires empathy and seeing the world from your spouse's perspective
- **Kind words**
Forgiveness is a way of love. Learn to forgive and forget.
- **Humble words**
Love makes request not demands
Lover vs. tyrant
- **The Prophetic approach**
- **A Master of the heart**
- **Notebook:** Write a list of positive traits
- What would you like to hear your spouse say to you ?

**I can live for two months on
a good compliment**

Mark Twain

**The deepest human need
is to feel appreciated**

William James

**If an apple a day keeps doctor away,
maybe a compliment a day
will keep the counselor away .**

QUALITY

TIME

LANGUAGE

#2

- Netflix, social media over spouse
- Not time, "Quality time"
- You have to make time if you don't have time
- The Prophet S.A.W the leader of the Ummah made time
- Focused Attention

THE ART OF LISTENING

- Eye contact
- Undivided attention
- Listen for feelings. Ask yourself, "what emotion is my spouse experiencing ?"
- Observe body Language
- Average individual listen for only seventeen seconds before interrupting

LEARNING TO TALK

- Express yourself with respect
- I don't know what your thinking
- Children observe parents and their style of speech
- Write each other a later or an email
- Quality activates
- Prophet Muhammad S.A.W as a husband
- Designate specific times and places for planned togetherness
- Keep it simple and genuine

- A reminder of love
- The Prophet S.A.W and halah Bint Khuwalid story
- Gifts are a great symbol of love
- Invest in your marriage
- The Gift of Self
- Man make a list of gifts
- Women share your list
- Gifts on Islamic occasions vs western celebration
- Personal story....

RECEIVING GIFTS

ACTS OF SERVICE LANGUAGE #4

- The prophet in his home
- Aisha R.A and the Prophet behind close doors
- Work as team
- Gender responsibilities

**“It’s not the gift that matter
it’s the thought that matters”**

هادوا تحابوا

POWER OF TOUCH

- Neurological receptors vs psychological importance
- Prophet S.A.W teachings
- The times of Fitna (i.e. PDA)
- Children pick up from their parents
- Healthy relationship = Great children

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