

# MIFTAAH SEMINAR

## EMOTIONAL INTELLIGENCE



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### Attachment Theory

- David Wallin says, "Humans, unlike many animals, when threatened seek protection not in place but in the company of a person who is viewed as stronger or wiser."
  - When we feel threatened, we run to a person to cover us, not a place
  - Khadijah RA was the person the Prophet SAW ran to when he was scared.
    - There is an unfortunate misunderstanding of masculinity. People think that the expression of emotion and the need for support is a sign of a lack of masculinity. This is clearly against what the Prophet SAW taught.
  - If we don't get attachments from the correct way, we should not be surprised if others get attachment from the wrong way, like through illicit relationships and gangs memberships
  - You do not need to go to a place when you feel threatened, you need to go to a person. But, the problem is that we do not have many people like that. That is why you need that one friend that you can go to.
  - Musa asked Allah for Harun to be with him because he felt that he could not do it by himself.
    - These are all examples of great men of God needing other people.

EDUCATION | PRESERVATION | APPLICATION

- Secure children come from parents who were present and there from them
  - The Prophet SAW was an orphan, so where did he get it from? His uncle, Abu Talib.
    - It does not matter where it comes from. Anyone can help solve the problem, whether that is another family member or a friend.
      - When the Prophet SAW and Abu Bakr made hijrah and they went into the cave together, Abu Bakr sealed the holes in the cave to protect the Prophet SAW, but there was one hole that remained uncovered. So, Abu Bakr put his heel over it to cover it. When the Prophet SAW came into the cave, he put his head in the lap of Abu Bakr RA. The Prophet SAW woke up from a teardrop that fell from Abu Bakr's eye.
        - We have oversexualized things that are not sexual.
        - Today, brothers are afraid to be close to each other because of what it might communicate.
        - It is not contrary to masculinity to need connection and seek closeness to another person.
- What is at stake if we do not nurture these relationships?
  - Passing on the inability to connect to self, others, and Allah
  - The inability to connect is transgenerational
  - Studies show that if you were not shown love as a child, then you will likely do the same thing to your children.
  - We have to actively work to overcome that and work against it. Otherwise, we run the risk of passing it on.
- The Prophet SAW said,

مَنْ لَا يُزَحِّمَ لَا يُزَحَّمُ

Whoever does not show mercy will not be shown mercy.

- Normally, this hadith is understood to mean that if you are not merciful to people, then Allah will not be merciful to you. But, there is another deeper understanding of this hadith.
- Youth and the elderly desire connection the most.
- Those who, as parents, do not connect with their young children, cannot expect those children to connect to them when they are elderly.

## EQ Defined

- Without EQ, the message can't be passed on and rapport won't be built.
- EQ is the tool by which the message is passed on to the next heart. The message needs to be given the right way.
  - Through EQ, you connect to another person, open up receptivity, and pass on the message.
- The companions had 13 years of Makkah to get strong for the haram and halal to come.
  - Aisha RA said, "If the first thing to be revealed was the prohibition of alcohol, then the people would not have accepted it."
  - There was a gradual progression, so the companions were able to handle it.
- If you truly care about the reform of people, you will invest the necessary time and thought to bring about that change.
- Whenever you give advice to someone, imagine that you are speaking to your father or mother.
- A sign of cognitive development is being able to think about how other people will think and feel.
- EQ can be understood through the acronym RULER

- R - Recognize
  - This refers to the ability to recognize your emotions and the emotions of others
  - Young children are not able to mentalize. They have not yet developed cognitively
  - A sign of cognitive development is being able to think about how other people will think and feel.
  - The Prophet SAW told us that if there are 3 people together, then 2 people should not talk to each other without including the third person because that person may think that the other 2 are talking about them, even if they are not.
    - It doesn't matter what the reality is, what matters is what the person perceives is truly happening.
  - The Prophet SAW said to Aisha RA, "I know when you are angry with me and I know when you are happy with me."
    - The Prophet SAW was communicating to her that he invested in her so much that he figured her out and he knows her, and it feels very good to feel known.
- U - Understand
  - This refers to the ability to pinpoint where the emotion is coming from
  - Allah says,

وَمَا أَرْسَلْنَا مِنْ رَّسُولٍ إِلَّا بِلِسَانِ قَوْمِهِ لِيُبَيِّنَ لَهُمْ

We never sent any messenger except in the language of his people, to make things clear for them.

- This not only means the language, but also the deeper meaning and nuance behind the language.
- There is an emotion that is carried in words
- What separates us from other species is our ability to communicate

- If, for example, your child slams the door, you have to understand that beneath the slammed door is an emotion.
- Understanding is not words. It is meaning carried by words.
  - It is not fair to marry your child to someone who does not speak their language and does not understand them.
  - Do not marry your child to someone who is compatible with you.
- L - Label
  - If you cannot name it, then you cannot tame it
  - If you cannot name and highlight your anger, then you will never be able to control it.
  - You need to be able to speak eloquently about what you are feeling.
  - You can do this by building your emotional vocabulary
    - Malcolm X said that swearing is a sign of ignorance because that person does not have any other words.
    - Being able to relate to fictitious characters helps us develop emotional connections with people.
      - Aisha RA once told the Prophet SAW a fictitious story and he listened closely. At the end, the Prophet SAW commented on the story and said, "I will be like him."
- E - Expression
  - Can you express your emotion to another person?
  - The Prophet SAW said, "When you love your brother, tell him."
  - Expression of our feelings is important and it is a part of our emotional growth

- When the Prophet's SAW son, Ibrahim, passed away, the Prophet SAW was seen crying. He said, "The eye will cry, the heart will grieve, but we will not say except that which Allah is pleased with."
  - It is ok to be in pain and cry because of it
- At the time of the Prophet SAW, there was a major problem. Men thought that showing emotion was a sign of weakness.
- Aqra ibn Habis saw the Prophet SAW kissing his grandsons and he proudly said, "I have 10 sons and I have never kissed any of them." The Prophet SAW said, "Is it my fault that God snatched mercy out of your heart?"
  - The Prophet SAW had to correct this misunderstanding
- R - Regulation
  - This refers to controlling your emotion, rather than your emotion controlling you.
    - This acronym should be applied intrapersonally and interpersonal
- You should develop these abilities within yourself and with other people
  - The two biggest barriers to connecting to other people are:
- Avoidance
  - We try to stay away from connecting with others
  - We avoid connection because we do not want to be vulnerable to difficulty and pain.
  - Whenever you connect to somebody, you give them a key to your heart. Whenever they hurt, you hurt. That is why we try to hold those keys back. But, this is not the way of the Prophet SAW.
  - Sometimes, we are with people, but we never make eye contact because we do not want to connect. This can be literal or figurative, meaning we are just around each other, but we never connect.

- Heedlessness
  - Sometimes we are so caught up in our dunya that we do not have the bandwidth to recognize what other people are going through.

