

My Choices



How to Make Peaces

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My
Choices

The logo for "My Choices" features the word "My" in a small, orange, cursive font above the word "Choices". The "o" in "Choices" is replaced by a large, circular cluster of many small, multi-colored dots in shades of blue, green, yellow, orange, pink, and purple. The letters "C", "h", "i", "c", "e", and "s" are in a larger, sans-serif font, each a different color: green, red, orange, blue, pink, and green respectively. A small, light gray shadow is visible beneath the cluster of dots.

TABLE OF CONTENTS

Self Awareness	Page 7
What is Trust?	Page 7
Self Esteem	Page 8
Communication Skills	Page 9
Listening	Page 9
Empathy	Page 12
Role of Counsellor and Counselling	Page 12
Response to Conflict	Page 15
Assertiveness Training	Page 17
Marriage and Family Counselling	Page 20
Domestic Violence	Page 21
Steps in Peacemaking	Page 23
Differing Perspectives	Page 25
Ending the Violence: Where do Muslims begin	Page 27
Healing the healer and self preservation	Page 29

SELF – AWARENESS

Anyone who wants to be in the helping profession must recognise the importance of self-awareness. It is basically:

1. Knowing your strengths and weaknesses
2. Knowing your skills and talents
3. Awareness of your attitudes, personality, beliefs and values
4. Recognising how you respond in different situations
5. Being able to recognise and deal with your own feelings, especially negative feelings

WHAT IS TRUST?

Letting others know your feelings, emotions and experiences,

Sharing your inner feelings, thoughts & secrets with others with the belief that you can trust them to not to tell others.

Opening yourself up to let others know about your background, problems, concerns, and mistakes with the assurance that you will not be judged.

People need to develop the following behavioural qualities, attitudes, and beliefs in order to develop trust:

1. HAVING HOPE IN THE GOODNEWS OF MANKIND
2. BELIEF IN A POWER GREATER THAN YOURSELF
3. A HEALING ENVIRONMENT
4. LETTING GO OF FEAR

SELF ESTEEM

6 STEPS TO IMPROVING YOUR SELF ESTEEM



COMMUNICATION SKILLS

Communication includes not only talking but also listening and observing. It is active and passive, verbal & non-verbal, conscious or unconscious. In counselling it is the basis for change.

Levels of Communication

1. **Inner/Personal:** what you think or tell yourself
2. **One-way:** between speaker and listener but without any reaction
3. **Non-verbal:** the speaker's and listener's tone, voice, gestures and body-language can alter the meaning of what is said. Some things to keep in mind are:
 - **Eye contact:** Eye contact is essential in a counseling process because it can tell whether a person is hiding something, is interested, or is understanding, etc.
 - **Gestures:** Smiles, nods, hand gestures etc, convey a lot of meaning. A Peacemaker has to be aware of her own and the client's gestures.
 - **Two-way:** involves giving responses and reactions and brings about greater understanding.

Elements of Communication

1. **Expressing:** the victim starts by talking about his / her problems, feelings & worries.
2. **Listening:** involves listening to and understanding the content and feelings expressed.
3. **Preventive listening:** The individual pretends to listen but is not listening or understanding.
4. **Selective listening:** The person listens to part of conversation.
5. **Active listening:** It includes all aspects- gestures, feelings and content are listened to and understood.

LISTENING

Bad listening skill and behaviours by Peacemakers

1. We think we're right and the other person is wrong.
2. We miss our part in the problem.
3. We can't face criticism or want to hear anything which is different.
4. We feel we have to provide help / advice right away.
5. We believe others don't have the right to feel or speak the way they do.
6. Responding too quickly or changing the subject
7. Talking too much about yourself
8. Asking "why" questions or too many questions
9. Letting your gaze wander
10. Giving advice

How to listen well

Pay Attention

- To the tone, voice, gestures, and body-language
- Listen to key ideas and feelings

Be Patient

- Avoid hurrying up or interrupting the speaker
- Keep an open Mind

Responding

- Understanding response - This is to let the victim know you have understood what he / she is trying to say.

“aap ko aisa lagraha hai ke aap aur ek din bhi saath nahi rehsakthe unke saath”

- Clarifying - It can help the Peacemaker restate things in a clear, precise way to get sharp emphasis on the content. “Let me see if I have understood you correctly...”

“Aap yeh kehrahen ke aap.....”, “Mai sahi samji ke aap ye bolren...”

Reflecting (Empathizing)

- It involves responding to feelings, behaviors and experiences of the victim. The Peacemaker carefully listens & then communicates this understanding back to the victim.

“aap bohoth bebas mahsoos karen is waqt...” “aap ko behath thakleef ho rahi hai”

Probing

- Probes are verbal strategies for helping clients talk more & clarify their problems more precisely. “I would like to hear more about...”

“aap _____ ke baren me aur kya basak thi hai?”

Open-ended questions

- Questions that begin with ‘what’, ‘who’, ‘when’, ‘where’ & ‘how’.
- Bring out new information and understanding,
- “What are some of the situations that trouble you?” or “ When did the incident take place?”

“Kin cheezon se mushkil hoti aap ko?” “Kab huwa yeh waqia?”

Summarizing

- The Peacemaker brings together the ideas and feelings that the victim has voiced in a session or over a period of time.

“What you are saying is...” “What we have agreed upon is...”

“Aap yeh bol rahan hai ke...” “Tho hum yeh faisla pe aye hai...”

Interpreting

- The aim is to cast new viewpoints on the victim's experience and behavior after a good rapport has been formed.

"You say that your husband beats you but you are also saying he is a good man...?"

"Aap ye bol rahen hai ke aap ka shohar martha hai lekin wo achha admi bhi hai?"

Reacting:

- This is the victim's reaction to the Peacemaker's empathy, probes, summarizing, etc. If the Peacemaker's responses were empathetic and understanding then there will be positive reaction from the victim.

"Yes, that is exactly how I was feeling...". "Yes that is what I want to do..."

"Haan bilkul aisa hi maisoos kar rahi thi main." "Haanye hi karna चाह रही हूँ."

Barriers to Effective Communication

There can be several barriers and obstacles to effective communication.

Filtering: A process where the listener listens with filters. These could be biases, tiredness or over eagerness to please.

Selective Perception: The Peacemaker may put across their own interests and expectations into the communication.

Evaluating: Listening and responding without adding our own ideas.

Emotions: The Peacemaker's emotional state at the time of listening may sometimes influence how she / he interprets information. Example, irritability

Language: Age, culture, gender and educational background are important factors which influence how language and words could be understood / misunderstood.

More Watch outs!

- Watch out for attempting to trap others in lie telling.
- If someone shows signs of avoiding a certain subject, then don't go on talking about it.
- Frowning and eye-rolls should be erased from our "listening skills".
- Allow others to be right.

EMPATHY

Empathy is to be sensitive to the others' needs, desires and wishes. It's to be able to feel how they are feeling when circumstances are hard. To 'be in the other's shoes', and to understand from their point of view requires a lot of commitment.

Helpful Comments:

- **"Tell me about"** " _____ ke baren me kuch bathlaye"
- **"How do you react when..."** "Jab yeh hota hai tho aap kya karthe?"
- **What are your most difficult times?** "Aap ke roz mara zindagi mein kya mushkilaath ati/kya mushkil lagtha hai?"
- **"Do you feel like talking about it today?"** "Aap aaj iske baren me kuch bolna chahenge?"
- **"I encourage you to..."** "main aap ko hosle barana chahthi hoon."

ROLE OF COUNSELLOR & COUNSELLING

WHO IS COUNSELLING FOR?

Counselling is for those who are courageously facing their fears, and who want to change their life for the better. Counselling is not a sign of weakness; in fact it shows great strength.

HOW DOES A PEACEMAKER HELP?

- It lessens anxiety, depression and anger.
- Helps develop communication skills for dealing with conflict and frustration.
- It provides clients with tools to tackle Domestic Violence.
- It helps clients find practical & effective solutions

THE PEACEMAKER RELATIONSHIP

The Peacemaker & victim relationship is extremely important and forms the basis for change. There are 4 aspects:

1. Peacemaker's beliefs: Each individual's value system is different and differs from culture to culture, age to age etc., and is developed in homes, schools etc. It is not right to try and influence the victim.

2. Rapport: It is a comfortable & unconditional relationship between the Peacemaker & victim. It is built on trust, understanding & openness.

3. Acceptance: It is an encouraging approach which is shown by the Peacemaker's words, attitude & gestures. To willingly accept victims in all their faults, differences, etc.

4. Empathy: It's the process of understanding from the victim's point of view.

SKILLS OF COUNSELLING

A good listener:

Vital to be able to actively listen.

Ability to stay

focused: It's crucial to pay full attention to the client, even if it isn't interesting

Showing

Empathy: When reflecting their emotions back, the victims will feel more comfortable, and will open

Refraining from offering advice:

The idea is for you to help your victims clarify & sum up their thoughts, feelings & experiences, so they come up with their own decisions.

Refraining from judging clients: Your victim should never feel that you are condemning/judging them. For example not saying: "I would have never done that!"

Self-disclosure:

Peacemaker adds experiences from their own lives.

A victim may be encouraged when they know others have been through something similar and how to overcome.

Keeping confidentiality: You must also be able to keep everything that is discussed in strict confidence, unless they may be in danger.

Refrain from putting across own

opinion: Your opinions are based on your life experiences and may not fit their lives, so a Peacemaker should not try to force their view.

Self-Awareness:

One needs to be aware of any emotional baggage that one may be carrying around.

RESPONSE TO CONFLICT

Different Styles of Responding to Conflict

Conflict is a disagreement through which the parties involved, perceive a threat to their needs, interests, or concerns. Depending on the situation people respond in different ways (styles), so it is important to know how people respond so that the Peacemaker can help teach them more effective ways of responding.

AGGRESSIVE

The aggressive response conveys that your needs are always right and more important than everyone else's aren't important.

- The tone of voice is usually loud and domineering or low and iccold.
- Includes humiliation, fear, manipulation, and insults to get your way.
- Doesn't promote openness, which is necessary to achieve intimacy.
- Releasing anger or frustration sometimes gives a person a sense of control in the situation.



PASSIVE

The passive response style conveys that your needs and desires are less important than everyone else's.

- You tend to set aside your own needs, focus on other's needs
- Often speak in a soft and pleading voice
- Avoid eye contact, smile a lot, hint indirectly at your thoughts and feelings
- Apologize for many things you might say.
- You avoid immediate conflict.



ASSERTIVE

Generally considered the most healthy response style, the assertive response style is clear in accepting the right to follow your needs and knowing that others have the right to follow theirs.

- You acknowledge the feelings and rights of others while in fulfilling your own needs.



- You are firm and understanding when you speak & maintain eye contact.
- You make direct and clear statements about your thoughts, feelings, and desires and listen to others
- Willing to negotiate and compromise
- An assertive answer is honest and direct, but not disrespectful.

Examples of the Response Styles

Aggressive response: “Again! Your damn meetings are always more important than your family! This is nonsense.”

“Phir whoi bahane! aap ke meetings zyada ahem hai ya family?”

Passive Response: “Okay, dear. Have a good day.”

“Accha koi baath nahi....theek hai.”

Assertive Response: “I don’t like it when you talk to me like that. I also need you to give me some notice in the future, so it doesn’t disrupt other plans we have made.”

“Mujhe achcha nahi lagta aap jab last minute program change kardete, ainda agar aap pehle se bole tho apne dusre program kharab nahi hota.”

Husband: “I have a meeting tonight, so I won’t be home for dinner. You’ll have to deal with the kids on your own. I don’t want to hear any nonsense from you about this, got it?”

“Mujhe aaj ek meeting mein jaan hai thi mai raath mein der se aonga, khana khale na. ghar ke sare cheezan karlena, bekar ka jagra nahi karo. Samjhe!”

Learning to respond assertively does not happen overnight, however, little by little, you can change your responses and achieve a more healthy and positive way of communicating with your partner and other people.

Why is it important to know about our style of responding to Conflict ?

When we understand how different communication and response styles work, we are able to recognize what is necessary and most effective in strengthening and preserving relationships.

We are able to consciously choose how we respond and communicate that serve our best interest and the interest of our family members.

ASSERTIVENESS TRAINING

Being assertive means to insist on being treated fairly and stand up for one's rights. And to tactfully, justly & effectively express one's needs, opinions & feelings.

- Some people want to be nice and not caused trouble, so they suffer in silence and allow other people to take advantage of them.
- In cases of domestic violence & abuse, women think/believe nothing can be done to change their situation, and either accept it is their "destiny" or wait for outside help.
- Assertiveness training can help these women to stand up for themselves and overcome fear,

Causes of non-assertion

- Negative self-image:
- Anxiety/Fear: Fear of disapproval, criticism or rejection
- Lack of Communication

Characteristics of Non-Assertive people

- Easily hurt
- Inferiority complex
- Allowing others to push you around or insult you
- Inability to say "no" and stand up for one's rights
- Inability to distinguish between assertive & aggressive behaviours, inaction, shyness & even anger.

HOW TO BRING CHANGE

1. Keep a journal to help assess and keep track of situations.
2. Ask yourself if you want to continue to let others treat you disrespectfully.
3. Recognise the harm done to yourself by continuing to be nonassertive.
4. Be careful about demanding instant changes in certain situations which may be impractical & unwise.

Steps to bring about changes in behaviour

1. Develop communication skills:
 - Observe how other people respond to similar situations to yourself and consider if they are being passive or assertive.
 - Develop a tactful & assertive response with the help of a friend or Peacemaker.
 - Assertive responses
 - Eye-contact, tone of voice, appropriate gestures & expressions are all important.
 - Describe the changes you expect from the others. Be specific and reasonable.

Situation: A sister-in-law does not help you with the household work.

POOR RESPONSE:

Saying nothing and doing all the work yourself for fear that if you complain she will stop being nice to you.

2. **Role Play:** Once the responses are in place, role-play them to gain practice. You can use the mirror to practice on.
3. **Use imagination:** It is important to use your imagination to anticipate how you would feel in anxiety provoking situations & try to feel them in the role-plays.
4. **Difficult situations:** In some situations no matter how assertive you are the other person will continue to abuse. In many cases standing your ground and repeating the same response without counter-attacking will handle the situation.

ASSERTIVE RESPONSE

When you do not do your part of the work I get very annoyed and also feel that I am your servant" I will appreciate it if you do your part of the work. If you like we can work out a schedule for both of us."

"Jab aap apne hissa ka kam nahi karthe mujhe achcha nahi lagta aur mujhe aisa lagta ke mai aap ki naukhar hoon. aap apne hissa ka kaam kare tho mujhe achcha lage ga aur mai shukoor guzar rehoongi. aap bole tho hum ek schedule bana sakte jisse dono pe zyada kaam na pare."

Situation: Husband comes home drunk and is using abusive language

If husband continues to rave & rant show your determination by repeating the response & stating firmly & calmly (rise to your full height, fold your arms and look straight in his eyes), "That's enough, please stop this." "Bas! ab aur nahi chalenga." The important thing is to be consistent and show the other person that you are not afraid of him/her.

ASSERTIVE RESPONSE

"I feel very upset when you drink because I am concerned about your health"

"Mujhe bohoth pareshaani hoti jab aap pethe, kyon ke mujhe fikar hai aap ki sheath"

POOR RESPONSE

Either saying nothing or yelling back at him with, "Why do you drink every day? We need money for food. I'm fed-up with your habits."

"Roz kyon pethe! Hum ko paise ki zaroorath hai khane ke liye! aap ke yeh adath se bas bas hoon."

MARRIAGE & FAMILY COUNSELLING

Marriage and family counselling provides assistance to couples and families, individually or in a group. The Peacemaker applies techniques & principles for the purpose of changing dysfunctional interpersonal relationships & conflict.

Virginia Satir, a pioneer in developing family therapy, felt that couples and families dealt with at least 4 issues.

Techniques of Family Counselling

1. **Self-Worth:** Each one wants to be loved, accepted, cared for & respected.
2. **Communication:** Learning th at it is good to be open rather than accusative, blaming, critical in communication with each other.
3. **Rules:** Some rules should be agreeable to couples & family members for smooth functioning.
4. **Relationship with outside world:** Interaction with people outside the immediate family circle also affects relationships- in-laws, friends.

The goal of counselling is to modify these relationships so as to promote healthier functioning. The Peacemaker make observations and can help the family by opening communication channels.

1. **Target the problem of the relationship and don' take sides unless one has been abused.**

2. **Develop active listening skills**

3. **Peacemaker should not be biased with their values, beliefs, genders, etc.**

DOMESTIC VIOLENCE

Domestic violence is any incident of threatening behaviour, violence or abuse between adults who are, or have been, in a relationship. It also covers other family members. Abuse may be psychological, sexual, emotional or financial. It maintains power and control of one person over another.

Excuses the Abuser May Use

The first step in dealing with situations of abuse is to recognize and acknowledge that the abuse is actually happening. The abuser may have many excuses for his behaviour. Usually the abuser blames the victim for “provoking” it. The following are some plans / ways the abuser may use to avoid taking responsibility for his actions:

BLAME: Blaming the victim for what happened e.g. “If you hadn’t ... I wouldn’t have ...”

“agar thum yeh nahi karthe tho mai bhi nahi martha tha.”

DENIAL: Stating that he did no actual harm, or that the abuse did not even take place.

MINIMALISATION: Attempting to make the victim believe the abuse was less than it actually was.

“thora mara itna bhi koi badi cheez nahi huwa”

Examples of how an abuser can enforce control over the victim

Saying she is ‘mad’.

“pagal hai unne”

Not allowing her to go anywhere alone because he/she is your ‘carer’.

Kahin nahi jaa sakte thum, samje!”

Speaking for her: “You know you get confused / you’re not very confident / you don’t understand the issues”

“Arre thum har waqt behek jaathe na, theum waise bhi apne faisle pe kabhi nahi khayam rehthe. thumhare samaj me nahi ata.”

Telling her she's a bad mother and cannot look after the children properly.
Threatening to take the children away.

“Thum ek bekar amma ho, thum kya sambhalthe bachon ko? me lele tha hoon bachon ko.”

Saying they couldn't cope without him / her / them.

“Kya karle the thum mere baghair? Kahin nahi ja sakte, kuch nahi kar sakte.”

Deliberately misleading or confusing her.

uss ! ko confuse ya gum raha kardena

Coercing her into using alcohol or drugs.

Zabardasti sharaab ya nasheel cheezen lene ke liye majboor karna

Telling the children “Mummy can't look after you”

“bachon ko yeh bolna, “thumhari amma nahi sambhal sakthi thum ko.”

It is important for Peacemaker to be aware of other possible problems the victims may have when reporting or separating from abusers and the impact these problems have.

They could include one or more of the following:

- A reduction of income or no income and the possibility of poverty) unemployment
- Lack of a safe place to go
- Homelessness and / or poor access to long-term housing options
- Child custody issues
- Fear of revenge by the abuser
- Violence so severe and constant that the victim has no opportunity to act
- Lack of information about legal rights and services available
- Unsupportive responses from friends, family, welfare agencies and professionals

STEPS IN PEACEMAKING

There are 5 basic steps to the peace-making process:

1. Talk it about

- Allow victim to talk about her problem
- Use empathy wherever needed to understand her feelings/emotions
- Use open ended questions to get a deeper understanding
- DO NOT interrupt, give advice or jump to conclusions

2. Analyse / Define the problem

- Go deep / to the root causes of the problem, what it is that needs to be solved.
- The more clearly a problem is understood, the easier you'll Find it to complete other steps.

Questions that can make it easier to understand the problem clearly

- What are the causes & history of the problem? How long has it existed?
- What are the various issues that contribute to the problem?
- How serious is the problem?
- What are the effects of the problem?
- How is the victim dealing with it at present? What are the reasons it may not be working ? What difficulties keep her from achieving the goal?
- How much freedom / knowledge / strength does the victim have in attempting to solve the problem?
- Can the problem be divided into smaller issues?
- Seek other views if possible

3. Demands vs Needs

- Demand – It's a list of things that the victim or abuser want on the surface.
- Needs- It's what they may require, desire or wish for. It can be very different from demands.
- To solve a problem we have to go deeper.
- Make a list of the demands of each party and try to understand what could be the need underlying each of these.
- Approach the problem(s) and find solutions based on 'needs' of each party

4. Brainstorm for solutions

- No idea is judged right or wrong
- Allowing them to come up with different ideas / own solution if given the opportunity
- Encourage victim to come up with different options and solutions.
- Brainstorm about all possibilities and results of each- ask lots of questions
- Give your own suggestions (not advice) towards the end (difference-“have you thought about this option?” (correct way) vs “ Why don’t you do this...?” (wrong way)
- All ideas should be recorded so that she can see & remember them.

5. Choose a solution

- Narrow down the options according to how effective they will be,
- In discussing these ideas, more ideas could present themselves.
- Be open, don’t reject choices because you have not heard them before.
- Identify what the outcome will likely produce, both short term and long term.
- Evaluate possible negative side effects each may produce and the risk.
- A final plan of action or solution may be a combination of various options.

6. Applying the plan of action / use the solution

- Clarify and write down the action plan -including who, what, and when
- Narrowing down the possible ways to use the solution you’ve chosen.
- Decide on deadlines for completing the actions.
- Make sure to keep checking progress in solving the problem.

DIFFERING PERSPECTIVES

The way we understand events and the way we make sense of our world, is based upon our set of core beliefs-our own set of past experiences, culture, faith, values, all of which help us form our beliefs about ourselves and about others. A lack of seeing things from different perspectives can cause conflict, frustration, and heartache. Many times we are convinced that an event or situation is one way until someone helps us to see it differently.

Why do people see things differently?

- Because of past experiences: One's past plays an important part in the way one sees an incident or situation. For example, if one has seen domestic violence in one's home as a child one may think that it's a normal thing.
- Faith: One's religious beliefs and how one is taught religious texts also colours people's worldview.
- Values & Principles: The values that one has grown up with also affect the way people see situations. For example, if someone believes that women are not equal to men they may think its ok to use violence against them.

How can we prevent conflict or disagreement caused by different perspectives?

Differing perspective may cause conflict if we think we are right and others are wrong. There need not be 'right & wrong' - when we try to understand from another's point of view, we may come to a better and more complete understanding. And it doesn't mean that if "I" am right the other has to be "wrong".

In talking about perspectives here, we are thinking about how we look at something. We rarely see things from a neutral position, we almost always have a particular perspective – A common human trait is to assume that one's own perspective is the only way or the right position or normal. Thus, principles that seem universal, such as gender equality or human rights, may not be understood from the same perspective when people come from different cultures, up-bringing etc.

It is important that Peacemakers:

Remember people see things differently.

Disagreements or conflict may be caused when we do not acknowledge other's perspectives or differences in opinion.

It is important to accept and be comfortable with differences in opinions and perspectives.

If we listen without judgment, and with an open mind we can begin to see the other's point of view.

It is important to see the 'whole picture'. Different viewpoints need to be given a hearing with respect, to arrive at complete solutions.

It can be scary to accept other's perspectives as we may feel loss of ability to defend our position. It requires courage and needs to be encouraged.

We can agree to disagree without harming the relationship.

A new set of difficulties or problems may arise when you shift or broaden your perspective. But they can be handled if there is a genuine desire for change.

ENDING THE VIOLENCE: WHERE DO MUSLIMS BEGIN?

Let there be zero tolerance for abuse and violence against women! The words of a famous ad campaign state, “There’s no excuse for domestic violence.” If we hold this in mind, the future for battered women will be a positive one.

Muslim women need to improve their knowledge of their own faith, and then reclaim their right to define themselves in the light of the Qur’an and the Sunnah, instead of by customary practices, traditions, and extremist viewpoints.

Families need to maintain open lines of communication between all of their members. Marriage must be seen as a partnership, and marriage contracts should specify a commitment to an “abuse, free and violence-free family.” The parents must ask of their children only that which is good and which conforms to Qur’anic based concepts. Extended families must stop covering up abuse, violence, and incest. Above all, the family, like the individual must keep Allah as its focus.

Community members should be encouraged to obtain professional training and degrees in counseling. The community is responsible to develop groups or organizations for handling problems of domestic violence, network with existing Muslim and non-Muslim agencies that can provide training or referrals, and set up safe houses for battered women and children. The Imams and other local leaders should be educated and utilized to end violence.

The holy Qur’an contains tens of verses extolling good treatment of women. Several specifically enjoin kindness to women (2:229-237; 4:19; 4:25). Added to these verses is the inescapable fact that the Prophet vehemently disapproved of men hitting their wives, and that he never in his entire life hit any woman or child. In the Prophet’s last sermon, he exhorted men to “be kind to women-you have rights over your wives, and they have rights over you.” He also said, “Treat your women well, and be kind to them, for they are your partners and committed helpers,” and at a different time, he said, “The strong man is not the one who can use the force of physical strength, but the one who controls his anger” (Bukhari).

The most abused verse is ayah 34 of Surah four: “Men are the protectors and maintainers of women because Allah gave them more to the one than the other, and because they support them from their means. So devout women are extremely careful and attentive in guarding what cannot be seen in that which Allah is extremely careful and attentive in guarding. Concerning women whose dis-loyalty and ill-conduct (nushooz) you fear, admonish them, then refuse to share their beds, then hit them (lightly); but if they become obedient, do not seek

means of annoyance against them. For Allah is Most High, Great.” This translation charges men with the task of financially and physically protecting and caring for their wives and families, since Allah has made men physically stronger than women, which is the interpretation of most scholars. Women, in return for that care, should be careful in guarding their fidelity and morality at all times when no one can see them in obedience to Allah. Instructions are then given regarding women who rebelliously ignore Allah’s commands about sexual fidelity and become sexually disloyal to their husbands.

The husband is instructed first to admonish his wife (talk to her), and then to refuse to share her bed. Should those measures fail, the last instruction is often translated as “hit her,” (or “lightly tap her,” when the sunnah of the Prophet is considered). Some translators assert that it is incorrect to translate the word “hit” at all, based on the Prophet’s lifelong hatred of hitting women, seen in his statement, “Never hit the handmaids of Allah” (Hadith collections of Abu Daud, et al). The term nushooz is applicable to men as well (4:128). Adapted from article by *Abdul Malik Mujahid* ([www. soundvision.com](http://www.soundvision.com))

HEALING THE HEALER AND SELF PRESERVATION

As you begin your journey as a Peacemaker you will have to confront a lot of your own feelings. Many will be positive but some may prove to be challenging in dealing with and overcoming.

Being aware of the range of feelings, and understanding them will help you in becoming an effective Peacemaker. Working in the healing profession has many rewards, however it is also a reality that it will drain you physically, mentally and emotionally.

Burnout

There are many causes of burnout. Often it comes from a job where one feels overworked and undervalued, whether in the home or outside the home. To avoid burnout support must be available.

Lifestyle choices

STRATEGIES TO HEAL THE HEALER AND PREVENT BURNOUT

- Take out time to relax, socialize etc.
- Don't have high expectations, excess responsibilities without the support you need.
- Important to find time and ways to re-charge your batteries

ACKNOWLEDGE
YOUR
FEELINGS

SET REALISTIC
LIMITS &

JOURNALLING

MAINTAIN
GOOD
HEALTH

MEDITATION

GOAL
SETTING

"In order to awaken the people, it is the woman who has to be awakened. Once she is on the move, the household moves, the village moves, the country moves and thus we build the India of tomorrow."

PANDIT JAWAHARLAL NEHRU



MY CHOICES CENTER

18-2-532, Engine Bowli
Opp. Rythu Bazar Market
Faluknama, Hyderabad - 500053
Phone: +91 84980 44630

Email: info@mychoices.asia
Website: www.mychoices.asia