

A Muslim Woman's
Companion to
'Iddah and Divorce



After *the* End

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 **TA·HA**
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Then we cultivate positivity. Proactively seeking as much goodness in every aspect of our lives: from the little things to major life events. Alhamdulillah for them all. Make your praise intentional rather than passive. Be it gratitude for the fingers you are holding this book with or the incredible eyes that you are reading with. O Allah, make us of your thankful slaves and those you invite first to Paradise:

The first to be called to Paradise are those who always praised Allah in times of prosperity and adversity. (Tabarani)

Facing Fears and Anxieties



With so many unknowns during and after divorce, it is only natural that we will feel fear about what the future holds.

Will I be alone forever? How will it impact the children? What are the financial implications? Does he still care? Do I still care? And the list goes on.

No one can answer these questions now. The answers will come with time and it has all already been written. Allah's plan exists. It is about learning to let it unfold, and to do the best we can today, despite not knowing what tomorrow holds. We can't control outcomes, but we can shape our thoughts and not allow them to run riot and consume us. We can submit to our lack of control and trust in His plan. In fact, it can be quite liberating not to have to worry about everything. Of course, we plan and we prepare. But we don't despair. How can we despair when Allah says:

أَلَا إِنَّ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ ۝ الَّذِينَ ءَامَنُوا
 وَكَانُوا يَتَّقُونَ ۝ لَهُمُ الْبُشْرَىٰ فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ لَا تَبْدِيلَ
 لِكَلِمَاتِ اللَّهِ ۚ ذَٰلِكَ هُوَ الْفَوْزُ الْعَظِيمُ ۝ وَلَا يَحْزَنكَ قَوْلُهُمْ إِنَّ
 الْعِزَّةَ لِلَّهِ جَمِيعًا ۚ هُوَ السَّمِيعُ الْعَلِيمُ ۝

There will certainly be no fear for the close servants of Allah, nor will they grieve. They are those who are faithful and are mindful of Him. For them is good news in this worldly life and the Hereafter.

There is no change in the promise of Allah. That is the ultimate triumph. Do not let their words grieve you. Surely all honour and power belongs to Allah. He is the All-Hearing, All-Knowing.

(Surah Yunus 10:62-65)

There is great comfort in how Allah describes glad tidings for those who are conscious of Him, both in this world as well as in the next. How amazing that He also mentions the painful effects of people's words in these verses. They are often the cause of much anxiety and distress. How Allah reassures us to not let their words cause harm because our worth does not lie with them – all honour and might belong to Allah. None of their words go unheard or unseen and He knows what everyone intends, what they conceal and what they reveal. He is the All-Knowing, even when others make you doubt.

Balancing anxious thoughts isn't always easy. They can become too repetitive and distressing to a degree that daily life is disrupted. It is helpful to speak to someone trusted and contact a mental health professional.

Another way to balance negative thoughts is to engage in conscious worship. Reflecting on Allah's words and promises to us in the Qur'an, journaling everyday blessings and thoughts, standing in salah (prescribed

prayer) and making du‘a (supplication) are very therapeutic. An excellent remedy and tool from the sunnah is filling our days and busying our tongues with repeating istighfar:

Whoever holds fast to seeking forgiveness, Allah will grant him a way out of every distress, relief from every anxiety and will provide for him from where he never imagined. (Abu Dawud)

By simply saying the following words, Allah will enrich you and turn your anxiety into gratitude:

أَسْتَغْفِرُ اللَّهَ

Astaghfirullāh

I seek forgiveness from Allah



Allah’s plan exists. It is about learning to let it unfold, and to do the best we can today, despite not knowing what tomorrow holds.



Realising Your Self-Worth



I was crushed when my marriage fell apart and my husband of 22 years walked away and never looked back. When we received his marriage proposal I had just turned 19, I was studying at Oxford University and I had also begun my ‘alimiyyah studies. Praise be to the One Who guided and blessed me – the world was my oyster. I would never have envisioned being in my forties, as a divorced housewife, a home-educating mother of 7, having only recently, finally, graduated as an ‘alimah, over twenty years after beginning my studies, with my adult daughter and a breastfed baby.

It is very easy to let one man and his pronouncement of divorce destroy your self-esteem. After all, he was the love of your life, you trusted him and gave him your all. Of course his perception of you shaped how you saw yourself. Now on separate, individual paths, ensure that your self-worth is grounded fully on Allah’s view of you, and not anyone else’s. And He has not abandoned you nor does He think little of you:

مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ ۝

**Your Lord has not abandoned you, nor has He become
hateful of you. (Surah ad-Duha 93:3)**

He listens and He cares. He knows. He has been gracious to you and will continue His favours and blessings on you:

وَلَلْآخِرَةُ خَيْرٌ لَّكَ مِنَ الْأُولَى ۝ وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَى ۝

And the future will be better for you than the past; and surely your Lord will give so much to you that you will be pleased. (Surah ad-Duha 93:4-5)

So never forget the blessings and your humble origins, count them, enjoy them and rejoice that He chose them all just for you. One day soon, you will also see that this trial too was out of His care for you and not for you to belittle yourself through it:

وَأَمَّا بِنِعْمَةِ رَبِّكَ فَحَدِّثْ ۝

And proclaim the blessings of your Lord. (Surah ad-Duha 93:11)

There is so much more to define you than your relationship status. We see this beautifully at the end of Surah at-Tahrim. Here, Allah draws our attention to four women whose worth was not centred around their marital status. The first two epitomise the worst of women:

ضَرَبَ اللَّهُ مَثَلًا لِلَّذِينَ كَفَرُوا امْرَأَتَ نُوحٍ وَامْرَأَتَ لُوطٍ ۚ كَانَتَا تَحْتَ عَبْدَيْنِ مِنْ عِبَادِنَا صَالِحَيْنِ فَخَانَتَاهُمَا فَلَمْ يُغْنِيا عَنْهُمَا مِنَ اللَّهِ شَيْئًا وَقِيلَ ادْخُلَا النَّارَ مَعَ الدَّٰخِلِينَ ۝

Allah sets forth an example for the disbelievers: the wife of Noah and the wife of Lot. Each was married to one of Our righteous servants, yet betrayed them. So their husbands were of no benefit to them against Allah whatsoever. Both were told, “Enter the Fire, along with the others!” (Surah at-Tahrim 66:10)