

## **Unrealistic Expectations are ruining the happiness of our life**

We all have certain expectations from ourselves and others. Moreover, we also plan to build our life upon it, but sometimes the expectations could be unrealistic. And, can ruin our inner peace and happiness of life. Unrealistic expectations can give rise to disappointment as well as self-doubt.

Managing our expectations is important for a number of reasons, the main one being our own sense of happiness. The less disappointment we face, the happier we are. The second most important reason is that our expectations tend to create demands, requests or orders on other people, which causes stress in life and most importantly in relationships. The more we face disappointment, the more unhappy, unmotivated and stressed we become. So instead of curling up into a fetal position and giving up, there is a better solution: becoming aware of and modifying our expectations.

### **Do Not Hold Unrealistic Expectations:**

Before marriage, people often have unrealistic ideas about their spouse-to-be, expecting perfection in all aspects. This rarely can be found. We should recall that Allah Almighty created humans as imperfect beings, which means that many mistakes will be made throughout a lifetime. By turning the table and expecting imperfection, we will be pleasantly surprised and pleased when our spouse is much more than we ever hoped for. This, in turn, will lead to contentment within the marriage.

This life is not perfect. Allah Almighty never meant for this life to be perfect and He has told us this multiple times in the Quran. While there will be happiness that comes our way in our lives, there will also be difficulties that we will have to encounter. In marriage too, happiness and difficulties will come hand in hand. Allah has said in the Quran “With hardship comes ease.” Not before it. Not after it. But with it. This means that in all relationships and in all walks of life, happiness and sadness will come hand in hand.

Many young Muslim women and men, because of these unrealistic expectations, like when it comes to search for spouse we create some unrealistic and unattainable expectations just as our spouse needs to be someone who is tall enough so it could be easier to wear heel, or someone who is beautiful, gorgeous and knows cooking very well so life would be easy, and eventually we end up entering into marriage to be disappointed. This leads to unhealthy marriages and finally breakdown and divorce. That is why, we as Muslims should be prepared with the reality of marriage. Marriage is a union between two Muslims who come together, two Muslims who have a different upbringing, different personalities and different opinions. Therefore we must realize that there will be differences of opinions in our lives. There will be conflicts and life will not always be a bed of roses. That is infact the reason that Allah has asked us to show patience and compromise in marriage. Do you think, that if Allah had meant for marriages to be only “happy” He would have asked us to show mercy and patience to our spouses? Of course not!

But He created us and therefore he knows. He knows that basing our marriage purely on happiness will only give us heartbreak when our expectations are not met. Therefore he asks us to base our marriage also on the tough times and how we fight them along with our spouse. Can we do that and pass the test and keep our marriage intact at the same time? If yes, then THAT is a successful marriage. And that is how our lives will measure up in the end. It’s how we accept happy times from Allah and be grateful for them and it’s how we handle hard times

and show patience and perseverance with them. Happiness versus difficulties. It's up to us who will be the winner in our marriages. We will decide.

### **Why our predecessor were much happier?**

Let's look to and analyse our predecessor and the previous generations before us. We can notice how easier they've had it when searching for and choosing their life partner for marriage. Things used to be much simpler than us now.

They had only two options whether arrange marriage or love, Once they were genuinely attracted to the person of interest, then families got together, shared some similar values, liked the level of their deen (which is most important part of marriage and we most often neglect this nowadays), and got along with them just fine, the two would be committed for engagement then marriage to follow while they were committed to work with each other when problems, issues, and conflicts arose.

### **Conclusion:**

We should believe in Allah and Keep an optimistic outlook but at the same time keep our expectations grounded. Spouses face a lot of challenges in their marriage. Marriages require work like attention, communication, adjustments, compromises, and commitment to face the challenges together consistently in order to survive.

When we drop unrealistic expectations and come together with matched expectations then nothing short of magic happens. Insha Allah!

By: Imam Azmat Najmi

Imam Jamia Mosque Newport

Mob: 07878751065