



# Sex in Marriage

10 Counseling Q & A





# Sex in Marriage 10 Counseling Q & A

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## Disclaimer!

**The conceptualization and recommendations stated in the responses presented here are very general and purely based on the limited information that was provided in the questions sent to the counselors, who bear responsibility with regard to the answers presented in their attempt to tackle challenges and problems facing the questioners, with no any responsibility whatsoever on Onislam.net. The questions are slightly edited to keep their originality as well as preserving the privacy of the questioners.**



# Sex in Marriage 10 Counseling Q & A

## Introduction

*In this e-Book, we present some of the important questions from our counseling service archive that focus on intimate sexual problems between Muslim spouses. As we display the problems, we feature answers from professional marriage counselors who are keen to provide guidelines and recommendations to solve these problems.*

*In numerous places in the Quran, God reminds humans that they are from the same original human being. It is through this bond that they are interconnected and through these bonds that some of their rights upon one another are established. God states at the opening of the fourth Chapter of the Qur'an entitled An-Nisa' (The Women):*

***“O mankind! Be dutiful to your Lord, Who created you from a single person, and from him He created his wife, and from them both He created many men and women and fear God through whom you demand your mutual (rights), and (do not cut the relations of) the wombs***

A decorative header featuring a bird in flight on the left and a close-up of hands in wedding attire on the right. The background is a light blue gradient.

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*(kinship)! Surely, God is Ever an All-Watcher over you.”  
(An-Nisa’ 4:1)*

*God points out that the love and affection that He has created in the hearts of the spouses towards one another is one of His great signs that act as portents for those people of understanding.*

*In other words, such people can look at this aspect of creation and be reminded of the greatness of God’s work and power, the perfection of His creation and the magnificent mercy God has placed in this world.*

Explore our e-Book, *Sex in Marriage*, and [keep us posted](#) with your feedback.



# Sex in Marriage 10 Counseling Q & A

## About Our Counselors:

**Aliah Azmeh** is a licensed clinical social worker who practices in Detroit, Michigan. Aliah graduated with a Master's degree in Social Work from the University of Michigan in 2007 and has experience working in the United States and overseas. Aliah currently works as a clinical social worker and provides individual, family, and marital counseling at Muslim Family Services in Detroit, MI.

**Abd. Lateef Krauss Abdullah** is a Research Fellow at the Institute for Social Science Study's Community Education and Youth Studies Laboratory, Universiti Putra Malaysia. He received his B.A. from the University of Delaware (U.S.), his M.S. from Columbia University (U.S.) and his PhD from the Institute for Community & Peace Studies (PEKKA), Universiti Putra Malaysia in 2005 in the field of Youth Studies. Abd. Lateef is an American who has been living in Malaysia since 2001. He is married and has 2 children.

**Dr. Maryam Bachmeier** is a clinical psychologist who has been working in the mental health field for over 15 years. She is also a published researcher, former adjunct professor at Argosy University, writer, and consultant to her Muslim community in



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the areas of mental health, cultural, family and relationship issues, and more.

**Attia Zaidi** is a writer, educator, social worker and mother. She has worked with the GTA's Muslim community for over 15 years in various capacities. Currently, Attia runs a small private practice offering therapy for Muslim families. You can find it at: <http://www.restoreyourelement.com/>

**Dr. Razia B. `Ali** is a Chartered Clinical Psychologist qualified since 1992. She worked clinically in the NHS and the private sector as well as providing consulting services to the family courts and medico-legal firms. She has strong international academic links and considerable experience in cross cultural assessment and therapy.

**Hwaa Irfan** serves as consultant, counselor and freelance writer. Hwaa worked as the managing editor of IslamOnline.net's Family and cyber counseling services.

She is focusing on traditional healing mechanisms as practiced in various communities, as opposed to Western healing mechanisms, Hwaa Irfan qualified in Four Directional Healing (the four ethers: fire, water, air and earth).



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**Dr. Karima Burns** has been counseling as a Home-path for over 9 years. From the U.S. she is a doctor in Naturopathy, a Master Herbalist, and teaches with inspiration from the Waldorf school. She uses art, health and education to heal others. She became interested in natural healing after ending her personal lifelong struggle with asthma, allergies, chronic ear infections, depression, hypoglycemia, fatigue and panic attacks with herbs and natural therapies.

**Dr. Feryad Hussain** holds a practitioner Doctorate in Clinical Psychology and has worked as a clinical psychologist for a number of years in a range of clinical settings with differing populations in UK. She is author of numerous research articles on health psychology and cross cultural and religious therapy models. She is currently carrying out private research and consultancy in the discipline of Islam and Clinical Psychology/ Psychotherapy with a number of psychological organizations in order to develop an Islamically centered therapy model.



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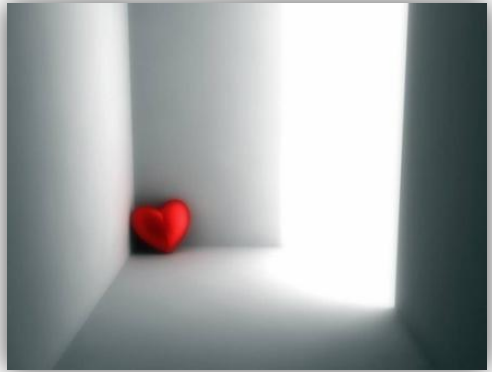


# Sex in Marriage 10 Counseling Q & A

## Chapter 1

### I Almost Feel I'm Raping My Husband

My husband of 20 years and father of my two children has never been expressive nor verbally expressive, even when we were newlyweds.



I persuaded myself that as we got used to each other he would open up and become more communicative and affectionate.

I was always the one who initiated sex or warmth of any kind, and almost felt like I had to "rape" him to conceive our two children. I stay in this marriage for the children.

Interacting with him on any level has always been a struggle, despite my best efforts and even begging.



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He does not intend to be cold or stoic with me, it's just how he is and he seems to be satisfied with our limited degree of interaction. We can go days without speaking a word to each other and when we do it is only to relay necessary information about the children's needs.

We have not been sexually active (not even a kiss or touch on the hand) since our youngest child was conceived ten years ago. I've reached the point that I'm now embarrassed to undress in front of him.

We even shy away from eye contact. I am someone who craves affection, communication and intimacy. I dreamed of getting married for this reason.

So the quality of our relationship has caused me a great deal of resentment and depression and jealousy of other couples.

We have tried counseling multiple times; however, my husband gets very angry and embarrassed by talking out loud about any private matters.



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I am suffering in silence and have given up on any kind of dignified solution for fear of hurting my children or being perceived as selfish.

My question: Is it *haram* to try to satisfy myself by fantasizing about other men or masturbating to pornography?

### **Social Counselor Aliah Azmeh**

As-salamu `alaikum dear sister,

Thank you for sending us your question. I am sorry to hear about your truly difficult situation. I ask Allah to ease your pain and to end your emotional suffering.

Your situation is truly a great test. I can read in your question that you have endured a great deal of pain, as if you are grieving a loss.

You lost your hope for a normal and healthy relationship that includes emotional and physical intimacy.



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You certainly noticed that your relationship lacked these two important factors, and like any other committed person, you hoped that things would eventually change for the better.

Unfortunately, things did not get better. Again, as a committed person, you attempted to solve the issue by going to marital counseling, which was certainly the right thing to do but yet again, things didn't go well.

Now you don't know what to do and you feel like you are at a crossroads.

You have mentioned that “the quality of our relationship has caused me a great deal of resentment and depression and jealousy of other couples.” **You certainly have every right to feel that way since a big piece of the puzzle is missing.**

We all know that sexual relations is an Islamic right that both spouses have on each other, and marriage is the only outlet for people to experience this right.



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The fact that the both of you have not had sexual relations or even any kind of physical contact for over ten years can no doubt create distance and a great deal of emotional strain. Something needs to be done about this.

You also have mentioned that your husband “seems to be satisfied with our limited degree of interaction.” He may be satisfied, but you are not, and you need to communicate with him about your feelings openly and honestly.

Marriage is a partnership, and both parties must practice empathy with each other in order for a relationship to succeed.

You mentioned that you and your husband went to a marital counselor and were not able to continue because he was not willing to share personal information with a third party. Is he at least willing to share his personal feelings with you?



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Does he know that you are feeling resentment and anger as a result of his lack of emotional and physical intimacy? If he does, than how does he react towards you?

You said that since you were married, your husband was always distant, shy, and introverted. It certainly may be a personality type, but is there something more than that?

There are a lot of unanswered questions that need to be discussed between you and your husband and the proper form of help needs to be sought.

My advice to you would be to first attempt to connect with your husband on an emotional level, no matter how little it could be. Talk to him, and talk about anything at first.

Talk to each other every day, no matter how unimportant or trivial your conversations may be. I can understand how the last ten years have probably created a huge strain and feelings of anger in you particularly, but attempting to



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reconnect with your husband is certainly worth your time and energy.

After you have established some sort of connection, start to talk about your feelings towards him and the quality of your relationship.

Use empathy, but at the same time you should also be open and honest about your feelings of hurt and resentment throughout these years.

Attempt to have some sort of exchange of ideas about the quality of your relationship and what should be done about it.

From there, I highly recommend that the both of you go through marital counseling once again. A trained individual may be able to help the both of you communicate affectively and establish some kind of common ground between the both of you.

Of course, counseling is not affective to those who were forced to participate, but you need to communicate with



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your husband that counseling is very important to you and may be the only way to solve these deep rooted issues.

As for your question about if masturbating on pornography is permissible, I would prefer that an Islamic scholar answer that for you.

Ideally, you should not be put in a position to resort to pornography to satisfy your sexual needs, especially if you are married!

I hope that this realization should motivate you to be diligent in finding a solution.

After you have honestly tried to solve this issue with no positive results, then Islamically you have the right to make a decision to either leave or stay.

No one can make that decision for you, since you are the only one who knows what your capabilities are and what you are willing to sacrifice.





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Whatever you choose to do, please do not believe that leaving would be “selfish.”

You also need to take care of yourself in order to take care of your other responsibilities.

I ask Allah to grant you the strength and wisdom to do what is best.

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## Chapter 2

### Afraid of Marriage First Night

I am going to be married in two months. My problem is that I think that I will be afraid of touching my wife on first night of my wedding without knowing her and developing evenly feelings in her mind.



I have spent my whole life saving myself from wrong doings i.e. *Zina*, rape, touching any unknown women etc.

Doing intercourse with wife on first night looks like the same regretful feeling as *Zina*, sorry to say that.



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I want to understand it. I also heard that one could not arrange valima ceremony until he had intercourse with his wife. I also want to fulfill the *Sunnah*, but don't know how?

It is most common that spouses' love starts after intercourse in marriage life. I know Allah has made husband-wife relation in this way, but there might be some way, one could generate love or affectionate feelings in opposite sex.

Please don't consider this question as objection to Islamic laws, and reply me with a suitable answer in reference to Qur'an and *Sunnah* if possible. Thanks.

### **Social Counselor Aliah Azmeh**

As-salamu `alaikum brother Ahmed,

Thank you for sending us your question. I first would like to tell you that it is not *haram* or disliked to not have sexual intercourse on that same night that the Islamic marriage took place.



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It is not *haram* to postpone your first sexual contact with your wife.

I would also like to remind you that I am not a Muslim scholar but a Muslim mental health professional and I will be advising you as a counselor. I advise you to consult the [Ask the Scholar section](#) for any Shar`i questions.

Brother, it seems like you have Alhamdulillah refrained from all the types of *Zina* (fornication) or *haram* interaction with women throughout your life. This is a blessing from Allah and Alhamdulillah Allah has blessed you with a wife who you will be able to in sha' Allah have a close, blessed, and happy relationship with.

Islam ordained that our spouses be like our garments and that we protect each other and be close companions to each other.

Marriage has its psychological, emotional and physical aspects to it, and each one of them is vital for the marriage to survive in a healthy and constructive manner.



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An important part of marriage is the sexual relationship, and it seems like you still have not accepted that idea because you automatically couple *haram*, *Zina*, with *halal* sex in your mind.

It is easy for some people to go through life being told (and believing) that *Zina* is *haram* and anything that has to do with sex is a horrible deed in order to cope with abstaining from any unlawful kind of sexual contact.

Allah created us with sexual desires, and in Islam, there is nothing shameful about that.

Islam just puts guidelines for us to follow in regards to whom and when we can fulfill our sexual desires.

However, the actual act of sex is NOT wrong. To the contrary, sex, when it is done the *halal* way, is a blessing from Allah in which you even get good reward for doing.

**The first thing you need to do, brother, is to change your perception on sex.** You first need to accept sex as a



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healthy and *halal* part of life and allow yourself to look forward to having sex with your wife.

**The second thing you need to do is to relax and to keep things natural between you and your wife.** There is nothing in the Islamic shari`ah that says that a newly-married couple has to have sexual intercourse right after marriage takes place.

Don't pressure yourself because that can cause you to be anxious and uneasy at a time when you and your wife should be happy.

Instead, take the time to get to know your wife and spend time getting to know each other and eventually intimate with each other.

**Also, let her know that you want to take it easy since she may have the same expectations as you do now about having sexual intercourse right away.**

May Allah bless your marriage and grant you both happiness and prosperity.

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## Chapter 3

### What about Skype Sex for Long Distance Marriages?

Salam! Thank you for the effort you put behind your column, it is a much needed one.



Dear Counselor, I have been married for just a few months and after the first couple of weeks, my husband and I have been living in different continents due to our studies, career etc.

This is through mutual consent, as well as necessity, but since we have excellent love, trust and communication between us, the separation isn't causing any emotional problems per se alhamdulillah.

The header features a light blue background. On the left, a small bird is perched on a branch with several red rose petals falling around it. On the right, a close-up shows a person's hands, one wearing a ring, holding a small white object, possibly a flower or a piece of fabric, over a glass containing ice and a beverage.

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However, with regards to intimacy -- we both have high sex drives but we only meet once a year and this state of affairs will continue for a few more years to come!

Things gradually evolved that we ended up having "Skype sex" (the evolution took us both by surprise!)

Basically, self stimulation leading to orgasm while the other watched, which was arousing for both parties actually.

However, we are now a bit confused whether this is allowed Islamically.

I read Sh Yasir Qadhi's comments (in LikeAGarment) saying he didn't consider masturbation *haram*, whereas other sheikhs seem to abhor it.

What are we supposed to do? I'm not sure if I'm asking a fiqh question, if I am and you would rather not answer, could you direct me to someone who would?





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Counselor Dr. 'Abd. Lateef Krauss Abdullah, counselor Dr. Maryam Bachmeier:

Answer from Dr. `Abd.Lateef Krauss Abdullah:

Salam brother,

Thank you for your question. Unfortunately, the specific question you are asking is a fiqh question, and as you alluded to, the answer you get is going to vary depending on which sheikh you refer to.

I think it raises questions because in a typical situation, masturbation is considered by most - not all - but the vast majority of scholars as haram, except under certain circumstances such as when people fear falling into greater sin - such as adultery or fornication.

I am certainly not qualified to give you a fiqh ruling on it; however, given the circumstances you have described - especially the limited amount of time you get to see each

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other - it could fall under the exception to the rule that I mentioned above.

PLEASE don't take that as some kind of fatwa - astaghfirullah - only that it is a very unique and interesting case.

Also given the fact that it can greatly help keep your marriage healthy and happy despite the trials you are facing with being apart so much, again, it could be considered an exceptional case.

Usually, however, the scholars themselves will often advise us to find one reliable (and that's an important distinction because today there are many not-so-reliable 'scholars' out there) scholar and follow his/her opinion, rather than going around taking a supermarket poll of what many think.

Undoubtedly if you try and get opinions from many scholars you will get different views, which will only confuse you more.



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Usually, we follow a certain *mazhab* that encompasses a certain school of legal thought (i.e. Shafie, Maliki, Hanafi, Hanbali).

The scholars within those schools tend to be consistent in their rulings on matters; however, within schools there are also majority/minority opinions.

So, if you do find that one reliable opinion, go with it and fear Allah and ask for forgiveness for unknowingly committing any wrongdoing that you might be engaging in. That's the best that I can tell you...

We advise you to submit your question to [Ask the Scholar section](#) of Onislam.net

### **Answer from Dr. Maryam Bachmeier:**

Salaam Sister,

My response will be unusually short due to the subject matter and the fact that I am not a Shiekh or Islamic scholar.



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Indeed if you want to know whether or not this behavior is permitted within the “Islamic Community”, you would want to ask your Sheikh or Imam. Perhaps your husband could find one in his neighborhood.

My contribution here is to advise you to make a thorough check into how safe and secure your privacy should be.

Other than that, I do not feel that anyone really has a right to tell a couple how to conduct themselves in their private and intimate affairs.

You are married, and you are making your mutual decisions together.

Thank you for writing in with your question. As we continue to evolve past the post tech age into the future, it is likely that many couples will face similar situations, circumstances and questions.

Your writing in likely helped another know that they are “not the only ones”.

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## Chapter 4

### Online Chatting with Girls Decreased My Libido

I am a man aged 27 years from India.

I have got married recently just three months back and I lived with my wife just two months only and now I am living abroad.



I have a problem with my sex life that I am giving below in detail.

I had very good interest in sex till the last year. Last year unfortunately I started using skype with a motive to improve my communication skills through online chatting which misled me as I started meeting women through

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online and were speaking rubbish things through online and felt some enjoyment as I was a bachelor at that time. This also caused me lack of proper sleep for nearly two months.

After this incident I felt my interest towards sex was getting decreased or my libido is totally collapsed.

Soon after this incident I went back to my home country and got married.

My wife is a nice girl and she loves me a lot. But unfortunately I am not getting a good interest to have sex with her, even though I was engaged in sex with her everyday and tried to make her happy and satisfied with sex.

And I felt she was happy with my performance. But in fact I was just doing sex like a routine activity or like a duty.

I never got pleasure/enjoyment/satisfaction/interest from our relation. And also I haven't got attracted to other



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women also, even if a world beauty queen comes in front of me naked, then also I won't feel anything to her.

So now I am really worried about my condition. I would like to tell you one more thing that is I never had any premarital relationships with anyone.

I am also a good believer of Allah, but I fail to control myself when I started a skype chatting.

It was a big trap of evil to me.

Now I really want to have an enjoyable sex and married life with my wife. So please give some good advices to regain my lost libido/ desire/ interest in sex.

### **Counselor Attia Zaidi**

Thank you for your question. You have asked an important question; however there are a few details missing so I will try answer it the best I can from what you have provided.



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Assuming that you were watching pornography (it is not clear from your question) then this has been reported to affect the sex-lives in many marriages/relationships.

Many times men are unable to get aroused by “normal” women when they have become accustomed to the women they see on television.

This also has to do with the type of activities porn movies show as normal. When one becomes accustomed to the sex in these movies, sex with one’s partner tends to not be enough to arouse one.

If the issue is what I’ve mentioned above then you will have to seek a counselor out to help you through this.

There are specialized addictions-counselors to help people from this.

It may be an underlying medical condition. It may not be connected to your previous engagement with online chatting.





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I would suggest that you visit your doctor and see if there is anything physical getting in the way.

It could also be mental health getting in the way (depression, anxiety etc).

It may be an issue of connectedness to your wife.

Are you two having any other marital problems? If you feel there are deeper issues, they may be playing themselves out in the bedroom. Perhaps seeking a marriage therapist would help.

I apologize for the general nature of this response. Because there could be many reasons that would only come about with more questions and answers between you and a therapist, I am unable to provide a more detailed answer.

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## Chapter 5

### How to Attract My Husband

I got married two months ago, and I don't know what to do, or how to behave with my husband...



I'm very emotional and sensitive. My husband tells me that I'm too childish [childish].

I want to know how to attract my husband so that he will just think of me and be mine, so that he will know my importance and love me a lot...



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**Answer from counselor Razia Aamaarah, counselor Bhatti  
`Ali**

It appears that you have an ongoing anxiety about your status as a wife.

From what you are saying you are clearly insecure in your marriage which makes me wonder what has led to the insecurity. Is it your husband's perception of you that is the problem or your own perception of what he thinks about you?

Being emotional and sensitive is not a flaw, but the extent we let that side of ourselves affect us may determine how we react to situations.

By that I mean that in any given situation we can choose our reactions to be positive, negative, or even neutral.

Whenever you become emotional it might help not to react in the moment, but delay yourself by distracting your mind with something else.



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When you are feeling calmer then try to analyse the issue logically, and you will find the outcome is likely to be more positive.

I don't know how true it is that your husband does not love you enough because I only have your point of view, but ultimately this issue is causing you unhappiness and therefore needs addressing.

The first point is you are already his wife so if you want to define him as yours and you his, well he is already yours.

Secondly you were only married a short while ago, and it is only natural that you are both going to have some adjustments to make.

It may well be that you are trying too hard to create the perfect love story that it may be irritating your husband.

Without having a full background to your story, I would recommend that you try to relax more, focus on the positive aspects of your life, and the positive parts of your relationship.



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Don't try too hard to be the perfect wife because your relationship is still evolving and this is only the beginning of *Insha-Allah* a lifelong journey.

Be kinder to yourself, and work in improving your confidence by looking at the good aspects of yourself and also the mercies on your life.

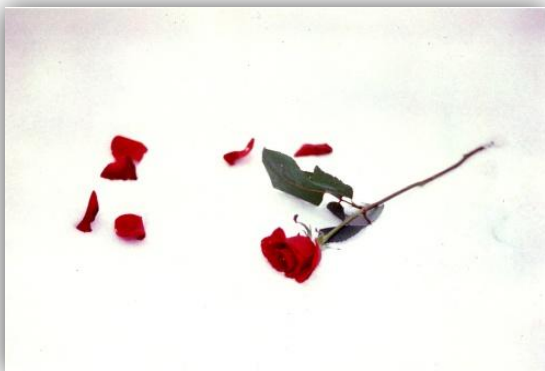
Insha-Allah you will work this through.

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### He Doesn't Understand My Feelings

I have been married for two years, but I can count the number of times that my hubby and I have had sex.



I'm young and he is too, but he is 11 years older than me. He is good to me in all ways, but regarding sex -- I don't know he is not listening to me.

I am an ordinary girl, but I have feelings. He never understands. I can't control my feelings, but he doesn't seem to understand it.



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I'm allowed to kiss him on his cheek and elsewhere, but he doesn't kiss me anywhere else other than my cheek.

I don't know he seems to not be interested. I asked him directly whether he doesn't like me, but he said no, it's not like that ... but he is not speaking freely on this matter!

I hope I get a good and effective reply soon, insha-Allah – amen.

### **Answer by Counselor Hwaa Irfan**

*As salamu 'alaykum wa rahmatullahi wa barakatuh* my dear sister,

You have touched on an aspect of marital life today which is prone to many stress factors.

These stress factors can include:

- Low self esteem
- The demands and pressures of work
- A sedentary life
- De-motivation due to work or home



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- The environment: air, water and noise pollution, stressful traveling
- Peer pressure
- Medication
- Upbringing

It is not a question of your husband's inability to 'understand' your needs, but more a case of what is going on in his life that you may not be aware of.

His ability to be sexually aroused connects with his brain first and foremost, but unfortunately too many male stereotypes may convey a different picture.

Your husband needs to feel aroused, and to have the creative energy, a fair level of control over his life, and good self esteem to be able to enjoy intimate moments.

However, it can also happen that the demands of marriage have overwhelmed him in terms of how he views his manhood.





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Some men upon marriage tend to view aspects of their role as husband larger than life, which in turn leads to impotency.

If you are the kind of wife who can appreciate his weaknesses and his strengths to a level whereby he can communicate with you as a sister, and as a friend, then this is half the battle.

Too often the friendship between husband and wife is underplayed. The reason why friendship is important is because this leads to the most important ingredient, trust.

With trust, much more can be shared between a husband and wife. Trust helps to nurture compassion, understanding, and a deeper kind of love.

All of this only leads to a more intimate relationship, physically, emotionally, psychologically and spiritually.

When trust develops at all these levels, the physical becomes less frequent, but when there is physical intimacy, the intimacy experienced is more than sufficient for both husband and wife.

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Now the problem is: is that your needs are greater than your husbands.

Unless you are willing to focus on his needs, and spending the kind of time with him that enable him to share with you his concerns without being made to feel inadequate in any way, the problem will continue.

Once this level of friendship and bonding can be established, then you might want to consider the following as a means of support which will help your husband once you have strengthened your relationship on the level of friendship, and mutual respect.

Do not consider them as solutions by themselves, because it is the mind that has greater power over the body, not the body over the mind unless the mind is 'put to sleep', which means there is no control.

### **Oils for Aromatherapy**

The easiest way to use the following oils is as a couple of drops in bath.



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The oils should be added as the bath fills up to a level whereby your husband can relax.

Aromatherapy oils (pure) work on the basis of energy exchange on the subatomic level.

Once you are familiar with the needs of your husband, you will be able to make better choices from this selection:

<b>Cumin (Black Seed Oil)*</b> Nigella Sativus	Nervous & intellectual fatigue Impotence	Caution: This is photo-toxic to some people i.e. toxic in sunlight
<b>Sandalwood Oil</b> Santalum Album	Stress related disorders Depression	
<b>Jasmine Oil</b> Jasmine Officinalis	Apathy Depression Frigidity/Impotency Aphrodisiac	
<b>Lavender Oil</b>	Antidepressant	



## Sex in Marriage 10 Counseling Q & A

Lavendula Officinalis		
<b>Rose</b> Rosa Centifola	Raises the spirit after emotional shock Antidepressant	
<b>*Unpleasant smell</b>		

Do not feel encouraged to add more than a couple of drops with the notion 'the more the merrier', because aromatherapy does not work in that way; and even though you might feel more inclined to use the oils that serve your problem, the focus should be on what your husband needs.

The Latin names of each oil are to help you avoid confusion as there are many varieties of plants, with the same/similar name, but not with the same effect.

Even though your husband might be talkative in the manner you would like, you can still learn much about him by being patient, observant, and by listening to him when he does talk without judgment.



## Sex in Marriage 10 Counseling Q & A

Besides this would be good for your *jihad an nafs* by focusing on the less physical side of your marital relationship, while you give your husband the attention he needs.

If however it should transpire that there are some childhood issues, or health issues, it is advised that you encourage him to see a counselor, or a good doctor respectively.

Let us pray that the attention you are going to give him through setting the baths, and observing/listening to his needs will be sufficient insha-Allah.

# Sex in Marriage 10 Counseling Q & A

## Chapter 7

### Married, But We Are Still Virgins!

Thanks a lot for your efforts. We are seeking some guidance on our marital life from experts.



With du'aa', we believe that we should look for wise advice and insha-Allah we will be able to find our way through any difficulties...

Brief background: we have been married for two years, al hamdu Lillah, happily and in harmony.



## **Sex in Marriage** 10 Counseling Q & A

We are from two different cultures, but we are glad that our diversity is a source of enrichment rather than troubles.

We live alone in a separate house, and we are both degree holders and working.

We share, talk and discuss all issues frankly regarding our marriage and intimacy and we don't have many barriers in this regard.

The issue: from the beginning of our marriage until today, we have not been able to successfully have full sexual relations - we are still virgins.

We have nice, lovely, romantic times, but we have not been able to achieve full sexual intercourse.

We don't know why.

My attitude in the beginning was "with love, time and more sexual experience, we would be able to manage it."



## Sex in Marriage 10 Counseling Q & A

I thought we could learn it from each other on each other in a funny and loving way...

My wife's attitude was, (I give her the credit here), she has been patient, understanding and cooperative and made great effort to prepare wonderful romantic scenes and so we have had lovely times every time.

She is beautiful with her quality of patience. With time we both started to get worried...

Being aware of the importance of successful sexual relations for a successful family life and my wife's right to have full and intimate relation, I started to worry.

I started to worry if I'm providing for her the love and intimacy she should find in marriage. Sexual satisfaction is her right as much as it's mine in the marriage.

I wanted to know if she was happy; she kept telling me "women desires are different to men's" ... "...when I see you are happy I feel happy" ... "I get pleasure by giving you the pleasure".



A decorative header featuring a bird in flight on the left and a couple in a wedding ceremony on the right. The text 'Sex in Marriage 10 Counseling Q & A' is overlaid in a red serif font.

## Sex in Marriage 10 Counseling Q & A

I don't know if women can and do get satisfaction without full sexual relations ( this is the first question ).

My wife, she thinks that she can't give me what each husband wants. With her getting more worried, and the 'take-it-easy attitude' I have, have combined to make her think sometimes that I'm selfish, careless or have no desire for full relations.

To add to it, there are more worries about pregnancy and having babies.

I really don't know why we can't have intimate relations. Every time we trying we just don't do it well, how to say, it just doesn't happen (I don't know how to phrase it more than that!)

We have made fun a million times of ourselves, and how this 'operation' is so difficult.

Many times we hear about teenage-pregnancy, and we then laugh a lot about our stupidity.



## Sex in Marriage 10 Counseling Q & A

Recently, i noticed that the light-sexual relations we have are not of any concern to my wife. I do understand her, and I don't blame her.

From time to time she says "What have I got from this - nothing"... "How will we get babies like that"... "What on earth is this 'operation' "... "I can't believe how all married couples do it".

I love my wife very much, and I really think I'm getting a red light, and that I need to do something more than that just having a positive attitude.

Try different positions, it just didn't work. We both don't go for the "ah it is magic/jinn" hypothesis.

My wife convinced me to go to doctor, she told her "...everything is fine, and that your husband should make more efforts". I don't know what effort I should make (this is the second question).

Many times I see my wife's face in pain, and she is tense, and I don't see that more force is the solution! We started



## **Sex in Marriage** 10 Counseling Q & A

recently to develop an attitude that “ok fine, we can live and survive like that and there is no harm”.

Can this be done - a successful and loving marriage without full sexual intercourse (that is the third question).

Can we opt for artificial tube babies; will this be harmful to my wife’s spirit and her psychology, because she can't have babies in a normal sexual marital relation?

The fourth question... and finally, what we can do to be able to overcome this test?

I hope the info provided here is enough to shed light on the issue.

If any info is missing please let me know. Thanks.

May Allah best reward you, and guide you for the rest of us, here and in the Hereafter...

**Answered by counselor Karima Burns**



## Sex in Marriage 10 Counseling Q & A

Dear brother,

With any healing situation it is never a good idea to let the situation continue.

Learn to deal with it. When people do choose to do this they find that the situation only grows worse.

If a person does not fix a broken leg immediately then the break heals wrong and the leg must be re-broken.

If someone has pre-diabetes symptoms and they “learn to deal with them” they may find themselves in a situation where they need to take insulin shots daily.

If someone takes medication for depression, heart disease, anxiety or any other health situation, and does not deal with the underlying causes of the problem, they will only get worse.

You could, theoretically, try to compensate your situation by any of the solutions you listed above, such as test-tube babies. However, this would be damaging to your wife’s



## Sex in Marriage 10 Counseling Q & A

emotional health, to your wife's physical health, to your marriage and to your health in general.

It is helpful that you provided information, and details on your situation. However, it would help to know some more details. It would also help to hear what your wife says about the situation. It is hard to try to help a couple's situation when there is only information from one person. I am also unsure of the exact nature of the problem.

- Are you able to complete the act of intercourse with her and choose not to? Are you unable to complete the act of intercourse because you cannot maintain an erection?
  
- Are you unable to complete the act of intercourse because you do not ejaculate? Or is there another reason?

I did understand from what you said that in the beginning



## **Sex in Marriage** 10 Counseling Q & A

the situation may have been mutual, however at this point it sounds like your wife is ready to move forward, and you have not been able to. However, I also understood that according to the doctor you have seen that you do not have any physical problems.

Since I am not sure as to the exact nature of the problem I will suggest some solutions in each category.

If you are unable to “perform” in some way you could benefit from herbal therapy.

Many men who do not have any visible physical problems have found herbs beneficial. Achieving an erection is complex. It involves psychological impulses from the brain, adequate levels of testosterone, a functioning nervous system, and healthy vascular tissue of the penis.

If a doctor has stated that you are physically OK, then we can assume that you have been tested for testosterone levels, and that your vascular tissue is healthy.



## Sex in Marriage 10 Counseling Q & A

However, I always recommend that people get a second, and perhaps even a third opinion when dealing with life altering health problems.

Couples have been using herbal therapy for centuries to enhance physical relations.

Yohimbe bark, damiana, ginseng, sarsaparilla, gingko and horny goat weed are all helpful in this area.

Take capsules or tinctures of one of these herbs three times daily for 6 weeks.

You should see improvement within ten days. Please check the contraindications for each of these herbs before taking them to make sure they are safe for you to take.

**You may also benefit from acupressure or reflexology.**

You can, as a couple, give each other reflexology treatments. When you are massaging each other's feet your wife should focus on putting pressure on the areas just below your ankle bones.



## **Sex in Marriage** 10 Counseling Q & A

This is the area of sexual stimulation for men.

A session should last at least 15-30 minutes. When you are giving your wife a treatment you can also massage the entire foot, and focus on the ankle areas.

### **Another effective treatment is massage therapy.**

Instead of meeting for intercourse, you can have your wife give you a therapeutic massage and you can give her one as well.

This usually works best if you give these on alternate days so you each have time to focus on the other person, and are not spending time thinking about when it is your turn, or so the effects of the therapy are not lost when the person who has been massaged has to suddenly get up and work at massaging the other person.

A massage session should last at least 30 minutes. If you add massage oils like sandalwood or ylang-ylang, this will help increase the effectiveness of the massage.





## Sex in Marriage 10 Counseling Q & A

- Are you currently taking any medications? Many medications can also cause trouble in this area. You may want to consider alternative therapies or an alternate medication.
- If you are unable to perform in some way, and the doctor's only advice was "you need to try harder" then you need to change doctors – it is not a mechanical process!

If you are able to perform, but for some reason you do not enter your wife during intercourse, then you need to seek couple's therapy at this point (paid counseling, through a free clinic, or a faith-based counselor).

Your wife will also need to be involved in any solution you seek as, after two years, there will be a lot of issues that have been avoided for long enough that it would be a difficult task for a couple to tackle alone. Help from a third party who can speak to both of you together will help.

However, if you are unable to find or afford any counseling you will need to take some time each week that you set aside for each of you to talk about the situation.



## **Sex in Marriage** 10 Counseling Q & A

However, you will need to change the formula of the discussions you have been having because it is not effective.

You will need to set a timer and allow each person time to talk about the situation for an equal amount of time.

Anger and criticism should be avoided. The topic should be focused on problems, and possible solutions.

If you seek help on the Internet your wife should be with you during this time. This time together could be spent reading books on the topic, and discussing them or simply on discussing how your wife feels or how you feel about the situation.

I strongly suggest, however, that you have a third party help you through some of the first discussions - even if you can only afford a few sessions.

What may have started out as a physical problem now involves emotions and psychological problems as well, so it will be more difficult now than before.



## **Sex in Marriage 10 Counseling Q & A**

It may be hard to understand why “after all this time” things are not better. However, it is actually the opposite.

It is because of the time that has elapsed that it has become harder and harder to solve the problem.

Because of this you will both need to adapt an attitude about this issue that is new.

You both cannot think of this issue as the same one that you had two years ago. It is not. You both cannot say you are “tired of dealing with this issue for two years” because you have not.

What you are dealing with now is more complex. You will need to get very serious about solving the problem, and deal with it on an emotional, physical and psychological level with all the options you can find.

Herbs, reflexology, acupuncture and therapy can all help. However, the time to do something is now, before any more time passes.

# Sex in Marriage 10 Counseling Q & A

## Chapter 8

### I Want Him to Take the First Step

My husband and I have been married for 6+ years now, and we have an age difference of eight years.

We have two beautiful boys aged five and one, al hamd Lillah.

I got pregnant two months after our marriage, and the problems started soon after the birth of our first son.

It's like we lost all the good things in our marriage. My husband doesn't get close to me at all, in the beginning he





## Sex in Marriage 10 Counseling Q & A

used to say it was because of his work pressure - we haven't had intercourse for more than a month.

Due to this I had depression (had to take medicines to overcome it).

I always want him to take the first step and wait for it, but most of the nights I cry myself to sleep due to sexual frustration.

Due to my unsatisfied marriage I once mentioned it to my parents, and they spoke to him about it. The following two weeks we were very happy, I thought he had changed, but then gradually he went back to his old self.

Now it's over a year now, sometimes my mother asks me if everything is all right, and I tell her I am happy because she was very sad and cried last time on hearing about my problems.

I don't want to burden her with my problems again. Even now the problem continues.



## **Sex in Marriage** 10 Counseling Q & A

We don't have sex for weeks together. Once in a blue moon when we had sex, I did not have any feelings, I have lost all the affection towards him.

For six months he has been complaining about uric acid pain in his wrist, and when ever I go to him he says that and moves away. I don't know what to do, sometimes I feel, because of these frustrations I cannot concentrate on my kids.

Please help, awaiting a quick reply from you. Thank you

### **Counselor Karima Burns**

As salamu `alaykum, dear sister,

First, I can reassure you that your problem is not uncommon.

You are a desirable person and you do not need to take it personally.



## **Sex in Marriage** 10 Counseling Q & A

In my years of counseling clients I have discovered that there are many couples in your situation. After a time it becomes a pattern and something needs to be done to break the pattern.

You have already taken the first step by asking for help. A problem between two people is like a tangled ball of yarn.

You need to start untangling it from somewhere, but usually each person in the relationship waits for the other one to start untangling the ball of yarn.

In your case, you are asking for help, but are waiting for him to start untangling the “yarn”.

But if we envision a real ball of yarn, does it make sense for two people to start untangling it at the same time?

If I were to sit with you, and do that we would end up with a worse problem than we started with.

It is usually more effective for someone who has an idea what they want the ball of yarn to look like to start

A decorative header featuring a bird in flight on the left and a close-up of hands on the right. The bird is flying towards the right, leaving a trail of red petals. The hands are positioned as if holding or working with something, possibly a piece of fabric or a tool.

## **Sex in Marriage** 10 Counseling Q & A

unraveling it. Perhaps then, they can pass the yarn to the other person and have them help finish the job.

However, somebody needs to start.

You have the motivation and desire to change this situation, so you would be the best person to start un-tangling the “ball”.

To do this, you can start looking at what you can do to make it easier for your husband to help you. So don't think of this as a situation where you are doing everything or you are the one making the changes.

Think of it as a situation where you are making it easier for him to start helping.

Let's start with what will help him feel attraction. Women are attracted to men through intimate experiences with a man like having children, living together, having a good conversation or sharing a common experience.





## Sex in Marriage 10 Counseling Q & A

Men, however, are attracted by physical & visual stimuli. Surveys done of men find that they are most attracted by confidence and a sense of humor.

The appearance of a woman is usually the third item down on the list, and in the area of appearance they find cleanliness, and attractive attire more important than actual “magazine like beauty”.

Many women find it hard to engage in sexual encounters without feeling intimately connected with a man.

In the same way, men find it hard to engage when they are not physically or visually stimulated.

So how can you bring this visual and physical stimulation to your man and make it easier for him to help the situation himself?

Below I have listed some ideas you can use.



## Sex in Marriage 10 Counseling Q & A

Keep in mind that change is sometimes slow. In Islamic healing, it is said that it takes forty days to change a habit or to heal from emotional or spiritual damage.

It is said that if one can do something for 40 days that they can do it for the rest of their life. That is why many spiritual retreats are set at 40 days.

So keep in mind from now, that you may need to change your approach for 40 days before it becomes easy for you and before it results in any actual change.

It does not always take 40 days, but I always tell people to be prepared for that amount of time.

1. First you need to make sure your mother is out of the picture in your husband's eyes. Make sure your husband knows that she is no longer part of your private sex life.

If she remains in the picture as a confidant and your husband knows this he will get images of her when he sees you in an intimate way and this could be very disturbing for him.



## Sex in Marriage 10 Counseling Q & A

2. Cultivate confidence. Instead of feeling rejected, or needy or upset, focus your energies on envisioning yourself as an attractive, desirable woman who is irresistible.

This is the opposite of how we are taught to envision ourselves as Muslim women outside the home to other men, so it is sometimes difficult for women to get in touch with this part of themselves because they have an unconscious fear that if they let this “feeling” get out, that it will be out for everyone to see and they will lose their “humility”.

However, this does not need to happen. As long as you remain conservatively dressed, others will find this new confidence simply attractive in a friendly way. However, at home, your husband will notice something has changed.

A secret that men keep is that they are actually very unsure of themselves. They have a lot of pressure! Think about it. All we need to do as women is just lie there and the men can have sexual pleasure from us.



## Sex in Marriage 10 Counseling Q & A

However, a man actually has to perform. I think there is always that fear in a man's heart, "what if I can't"? So if a woman is weepy or seems not confident in some way, it creates even more fear for the man.

They are already using all their reserves of confidence to begin with, if the woman seems unsure they may feel they need to provide her confidence as well.

That is too much pressure for many men.

3. Let him know how attractive he is to you and that no matter what he does he will succeed.

Men like to succeed and know they have done well. This is very important to them. If he feels that he may be doing something that is not "good enough" then he becomes insecure and rather than deal with that feeling, most men will do anything possible to avoid it.

Make sure he knows that the sex you have had in the past is wonderful (even if it was not perfect) and that no matter what he does you will be happy.



## Sex in Marriage 10 Counseling Q & A

Let him know how happy you are with him now. Let him feel he has already succeeded. If he feels he is a “failure” because he is not giving you as much sex as you need, then he will not be motivated.

He will want to avoid that failure feeling and will “run away” from the problem. This will result in less sex for you.

Perhaps he will feel like “well, once a month is not good enough, will I ever be good enough?”

4. Dress like you are confident. When you go for a job interview if you wear a suit the company will feel more confidence in you. If you wear a formal suit that is very expensive they may feel too pushed or like you are trying too hard.

If you wear jeans they will feel you are not serious enough.

In the same way, if you wear attractive pyjamas that are flattering, a nice color and clean, your husband will feel comfortable with you.



## Sex in Marriage 10 Counseling Q & A

If you wear lingerie (there is a time for this, but that is not now) he may feel pushed and like you are trying too hard.

If you wear an old T-shirt to bed he will feel you are not interested in him.

5. Cultivate intimacy with him to help him and yourself. Sometimes when sex becomes the focus it becomes hard for either person to feel desire or motivation.

There is pressure on the man to perform and pressure on you to feel attracted to him. However, you can do things that “might” lead to sex if you focus on intimacy instead of sex.

One very effective tool some of my clients have used is reflexology.

**Reflexology** is the process of stimulating the feet for healing purposes. You can find a chart online by doing a search for “reflexology chart”. From what you have said it sounds like your husband would benefit from having his entire foot stimulated (to help release the uric acid pain)



## Sex in Marriage 10 Counseling Q & A

as well as the sides right below the bump of the ankle bone (to help stimulate sexual desire).

You could suggest to him a few evenings a week that you massage his feet to help his pain heal and to help relax him from work.

Don't expect to receive anything in return. Give freely and see what happens.

To do this for my clients for healing purposes I have them wash their feet and then sit in a chair and put their feet up on top of a towel. I then sit on a cushion on the floor and put pressure on their feet with my thumbs.

I start at the top and work my way down, moving my thumb like "an inchworm" across the foot until I reach the bottom.

I squeeze each toe and massage it and then I massage the ankle area. If you approach him and say "This is a method I learned to help you heal" and don't mention sex at all, he will be more receptive.



## **Sex in Marriage 10 Counseling Q & A**

I am sending you prayers for healing this in your relationship. It is very painful to be experiencing this.

Blessings & Health...



# Sex in Marriage 10 Counseling Q & A

## Chapter 9

### He Makes His Own Pleasure without His Wife

My husband prefers to masturbate than have any intimate relations with me.

Our sex was never great even when we first got married.

It went from once a month to nothing now, and we have been married for three years to date.

I was a virgin he was not - I was confused thinking there was something wrong with me for the longest time.

It left me depressed and sad all the time. He was addicted to porn before we got married, and even during our





## Sex in Marriage 10 Counseling Q & A

marriage, but I think he stopped after many talks, and some counseling we had!

I have talked to him about masturbating and my rights in away, but all he can come up with is that I do not initiate sex so it's hard for him to approach me!

It's even hard for me to approach him about the subject especially because I am shy when it comes to this topic.

I am confused and I don't know what to do. We have one child, and I think about divorce day and night, but I try to be patient, and to avoid it especially because of our child.

I need some advice as to what to do, and where to go from here please. Jazakum Allah Khayrun...

**Answered by counselor Dr. Feryad Hussain**

As salamu `alaykum wa rahmatullahi wa barakatuh sister,  
Jazaka Allah khayrun for writing to us.



## Sex in Marriage 10 Counseling Q & A

Your email highlights the importance of the role of sex within marriage, and is something that is often underestimated.

The difficulty is exacerbated since in such situations it is usually only one spouse who takes responsibility for resolving the problem. Insha-Allah choose a specific (undisturbed) time for the conversation - this is something both of you insha-Allah need to consider together/ as a couple.

Forgive me, but your communicate is general in the issues you raise. The main question I have is: are you actually talking about the problem?

It seems from your email that you are not making your point clearly enough (you say you have talked 'in a way') but appear to be simply spending a lot of time feeling unhappy.

Silence always leaves a lot of room for misinterpretation. This of course means that there are no positive changes

The header features a light blue background. On the left, a small bird is perched on a branch with several red rose petals falling around it. On the right, a close-up shows a person's hands, one wearing a ring, delicately handling a white, textured object, possibly a piece of fabric or a flower, over a glass bowl containing more white material.

## Sex in Marriage 10 Counseling Q & A

and such a situation will naturally, only result in increasing isolation from each other.

It seems that the discussion to date is perhaps limited or lacking direction. I suggest insha-Allah that you take a much more active and problem solving approach. My suggestion is that both you and your husband have a joint discussion around the following questions:

Are you aware about the role of sex in marriage in Islam and the rights that you have over each other in this context?

Both you and your husband should be aware that Abstinence / Celibacy within marriage is not accepted in Islam and is not something that you should both be agreeing to – precisely because it results in the type of problems you are both now facing.

Does your husband accept that masturbation is *haram* in marriage and is he willing to stop?

A decorative header image featuring a bird in flight on the left and a close-up of hands on the right. The background is a light blue gradient.

## **Sex in Marriage** 10 Counseling Q & A

If the answer to the above question is NO – what are his justifications? And so what are both practically doing to try and overcome this problem?

You say that your husband says one reason for masturbation is because you do not initiate sex – but I am wondering why if he wants sex he can not initiate sex instead ( at least until the two of you come to an understanding?)

When you went for previous counseling sessions – what was it that made your husband stop using pornographic material? (You say you think he is no longer looking at porn – are you certain?)

You say you both went for counseling – did you raise the issue around masturbation replacing sex in your marriage during your sessions? What was the outcome?

Do you discuss your sexual needs with each other? You say sex was never great – what was the problem here? Clearly



## **Sex in Marriage** 10 Counseling Q & A

the sexual relationship will end / diminish when couples stop talking about their sexual needs.

Have you personally ever initiated sex successfully? If yes, what made you stop? If no, why have you not tried this?

Sex is a much the right of the wife as it is the husbands and is not the domain of one spouse only.

If you do not initiate sex – then you create a similar situation to the one your husband is facing – feeling that your spouse does not want to have sex with you.

You say you are shy and I am wondering what your shyness is about?

Shyness is not helpful if it is actually preventing you from fulfilling your Islamic obligations to each other.

There are many Islamic resources available for you to help you think about this and what steps you need to be taking. insha-Allah, go and have a look at what is available together.



## **Sex in Marriage** 10 Counseling Q & A

Does your husband consider this problem to be as serious as you do?

Is he aware you are considering divorce because of this problem?

These questions are not about apportioning blame – rather they are intended to open up the conversation and help you both to think and understand what the other is experiencing.

This opening conversation insha-Allah should lead to further discussions. But you may both like to consider going for counseling once more but with a direct focus on this issue.

As I have said, as your email is brief but if you would like more information, insha-Allah please send me specific details regarding your situation so I can get a clearer picture of what you are experiencing.



## **Sex in Marriage** 10 Counseling Q & A

May Allah (Glorified be He and Exalted) bring a speedy end to this problem and return you both to a healthy marriage of Peace , Mercy and Love as only He promises and delivers.



# Sex in Marriage 10 Counseling Q & A

## Chapter 10

### Married but Deprived of Sex and Children

This is a great place for us women to have their problems addressed.

May Allah bless you.

Coming to the point: I have been married for two and a half years. My husband is a divorcee who has a 15 years old son who lives with us.

My parents married me to him because of *deen*. Yet there is very little *deen*. Alhamdulillah *haram* is avoided but besides that there is not much of Islam in our house.



A decorative header featuring a bird in flight on the left and a couple in wedding attire on the right. The text 'Sex in Marriage 10 Counseling Q & A' is overlaid in a red serif font.

## Sex in Marriage 10 Counseling Q & A

My husband only recently started going for Friday prayers. But he has a beard. He is a decent enough man and I like him. My first worry is that after marriage he told me that he does not want to have any children and does not intend to have a family.

I adore kids and have always wanted a bunch of children. Also I want to give my kids in the way of Allah. This is a dream.

My second worry is that because of this above reason my husband makes sure he does not have intercourse with me.

This means that he usually makes me reach orgasm manually. He also tells me to use my mouth. Alhamdulillah there is no ejaculation in the mouth but the rest takes place in the mouth. I have never reached orgasm with him in all the time that we have been married.

Every time there is sexual activity I am left in limbo and this disturbs my life because it brings me to the third issue.



## Sex in Marriage 10 Counseling Q & A

My third worry is that due to being sexually unsatisfied I indulge in masturbation. I know it is *haram* and feel depressed and disgusted with myself. This act disturbs my life so much as I leave prayer because I feel I am horrid. Once I leave *salah* then all my peace is gone and I cannot explain to you the state I go into.

I believe that I am the worst person on earth and Allah must really hate me.

Efforts: I have tried talking to him about the children issue. He knows that it is *haram*. We heard it in a reliable **dars** (religious lecture) together that this act is *haram*.yet he goes on with it.

When I try talking to him about the sexual issue he just tells me not to eat his head.

I have tried to be patient. I don't pester him and pressurize him all the time.

I pray and pray to Allah.



## Sex in Marriage 10 Counseling Q & A

My question is what I can do. I have been considering divorce. I don't want to leave him as this will break him and the image he has in the eyes of his son.

Talking to him and praying I am doing as well as give *sadaqah*. I have also asked Allah to forgive me profusely because troubles are the result of our sins.

What else? What else? What else can I do?

Jazakumullahu khairun. Wassalam.

**Answered by Counselor Dr. Maryam Bachmeier**

Assalam Alaykum sister,

I am sorry to hear you are facing such challenges that you suffer so much. You seem disappointed with your marriage on more than one level. **Let's look at the first concern. You are not satisfied with the level of spiritual practice in your home.**

My question to you is this: If you were not unhappy otherwise, and since your husband is an honorable man



## Sex in Marriage 10 Counseling Q & A

and you like him well enough, would you be happy enough develop your own routine of studying Qur'an, praying the regular prayers, and seeking to grow spiritually thereby bringing this spiritual energy into your home by your actively seeking relationship with Allah?

Or are you seeking a very spiritual man and thus cannot be happy without a deeper level of spirituality in the husband?

And, to be realistic, what are the chances of finding a man who exhibits a deep level of spirituality in the manner that you speak of?

And, is it possible that your husband's level of desire to be pious and to understand spiritual matters is within him, and he just does not show it?

He does seem to be able to keep himself from the temptations of this world that cause harm and destruction.

A decorative header featuring a bird in flight on the left and a close-up of hands in a wedding ring on the right, set against a light blue background with falling red petals.

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Is it possible that you wishing for a deeper level of Islam from your husband is more of a desire to have a deeper relationship with him?

Consider these questions, and then see how you feel about your marriage. If you find that you do want to have a closer relationship with your husband, perhaps you can talk to him about this possibility.

**With the issue of having children**, I must ask, did you discuss this prior to marriage? It is unfortunate when people marry with the assumption of children, because we are living in a changing world and many people are truly afraid that they will not be able to provide for children properly.

Is your husband afraid that he cannot handle the responsibility? Have you and your husband talked about the reasons that he does not want children?



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I sense that what is lacking between you and your husband is both communication and the ability to meet each other's emotional needs.

Often times, women believe that if they are not fulfilled emotionally with the marital relationship, that children will fill that void. However, this is rarely the case. Children and family can be a blessing, if the married couples have a good communication between each other, know how to support each other emotionally and physically, and they have the means to provide for children in a world where life can sometimes be quite harsh.

With all this said, my suggestion is to try to talk with your husband and discover what is behind his hesitation to have children.

Be open and listen to what he has to say. Try to understand his reasons whether they be legitimate, or just fears.



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Then, see if you are able to develop a communication and friendship with your husband that can sustain itself whether or not you have children. Separate this issue from your sexual issue.

**Develop relationship on a heart level, and an emotional connection.** Get to know your husband as a human being. Learn what his beliefs about Allah are. Learn about his worldview. Find out how he feels about his family and learn what his dreams for his life are. Feel him.

Then, if you are certain that you cannot be happy with the individual that you know, be honest and talk to a trusted member of your family and then decide if you want to remain in the marriage or if you want to ask for divorce.

**The last issue to work through is the sexual issue.** Indeed, there are many ways for husband and wife to mutually satisfy each other sexually that does not require ejaculation inside the woman so that conception is prevented.





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This is not the proper forum to discuss actual sexual methods. However, if you put the effort into developing a friendship based on trust and you are able to connect emotionally to your husband, then you will be able to create an emotionally safe environment where you can express your sexual needs to him.

It is likely that once he becomes aware of your needs, that he will be happy to accommodate you. This will probably make him quite happy also.

It is natural for a man to want to fulfill a woman.

Basic nature, so trust me on this. Just make sure you are not presenting your needs in a way that is engaging a power struggle or to make him feel bad.

Be sincere and honest about what you want and need sexually. I doubt he will deny you.