

## Self-Care and Clarity of Mind...a weekly column by Princess Lakshman (Sister Iqra)



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **Control Versus Care**

A common dialogue that happens during my couple/ family counselling sessions is as follows:

Family Member 1: You're always trying to control me. I can't stand it anymore.

Family Member 2: But, it's only because I care about you, about our relationship, about our family. Why can't you see that I care?

It's easy for people to yearn for certain outcomes in life, whether in a relationship or in life's other matters. The yearning for these outcomes leads them to display behaviours that make them come across as a 'control freak'. Any person who demonstrates the behaviours of a 'control freak' narrows the lens through which she/he perceives the world, which then constricts her/his mind to only see a single point of view: 'my way or the highway'. She/he begins to dictate to other people that things should and must and only be her/his way. The intention behind the yearning for the desired outcomes may be kind and caring, however, the execution of actions to achieve those outcomes are often far from kindness and care.

**To care for someone is to have regard or liking for the person and to treat them with respect and understanding.**

**To control someone is to command or dominate them emotionally, physically and intellectually.**

Reflect on your own life. Have a heart to heart conversation with your spouse or other family members. Find out if your actions towards them and their actions towards you come from a space of care or control. It is vital that you are able to identify the difference between care and control.

Trying to control people or situations leads us away from completely submitting to ALMIGHTY ALLAH. It also causes anxiety and desperation. This in turn manifests as aggression, frustration and self-sabotaging decisions. No doubt, you will have challenges with people and situations daily in your life. Instead of trying to control them, remind yourself that **it is best to control your own response to them**. Control your thoughts, your words, your actions. The moment you change the way you look at things, the things you look at change.

## Cultivate Care, Banish Control

The following strategies may help you cultivate a caring practice rather than a yearning to control outcomes.

Test	Care Strategy
<p>Spouse - when you feel your spouse is not in alignment with your own thinking/ goals/ desires.</p> <p>Child - when you feel your child is rebelling.</p>	<ol style="list-style-type: none"><li>1. Chat with your spouse/ child to find out what exactly are his/her concerns. Do not be tempted to reply to those concerns. Simply listen and jot them down.</li><li>2. Give him/her a hug and tell them you will now think about all these concerns and pray about them.</li><li>3. Ask ALLAH to guide you through each of those concerns and help you both find the right way to address them.</li><li>4. Demonstrate to your spouse/ child that ALLAH is there to fix these concerns and that you care about maintaining peace in the home while ALLAH guides you both to find ways to deal with these concerns.</li><li>5. Find moments together everyday where you both can express gratitude to ALLAH for the peace in your home and the strength, wisdom, patience and guidance that ALLAH gives you daily. Expressing gratitude will increase your peace, wisdom, patience and strength.</li></ol>

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In Shaa ALLAH, next week we will explore the topic: **Pulling Out The Culture Card On Your Teenage Child?**

If you wish to know about a specific topic with regards to Self-Care and Clarity of Mind, please text or email me or visit [www.muslimahmindmatters.com](http://www.muslimahmindmatters.com). If you wish to have a FREE one hour **Finding Clarity** telephone session, contact me on 0451977786



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