



The Ultimate Marriage-Readiness Checklist For A Man

Know if you have what it takes to make a marriage thrive as a man.

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The Ultimate Marriage-Readiness Checklist For A Man

Brought To You By:
Purify Your Gaze

PURIFY
YOUR GAZE

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Sexual Fitnah Immunity

Finally you can understand sexual temptations and know how you can face them directly without being controlled anymore as a single Muslim man.

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ABOUT PURIFY YOUR GAZE

Purify Your Gaze is the safe-place where Muslims struggling with pornography and sex addiction can find acceptance, guidance, and healing as they aspire towards a life of sexual purity and intimate connections, grounded in the deep surrender to God.

We aim to share ideas and thought-provoking content on a wide range of topics: including the effects of pornography and sexual addiction, healing from trauma, recovery principles for those seeking change, personal accounts of Muslims in recovery, and a new paradigm for healthy sexuality, relationships and intimacy as inspired by our Islamic traditions.

The Prophet Muhammad (peace and blessings of God be upon him) said,
“If there comes to you one with whose character and religious commitment you are pleased, then give (your daughter or female relative under your care) to him in marriage.”

This checklist was derived out of my direct work as a strategic interventionist in working with single Muslim men on their road to getting married. It is helped to gauge and understand the standards you should set for yourself as a man when it comes to emotional maturity and preparedness for marriage.

Go through this checklist openly and honestly and see how you do! Wherever you fall short, make it your personal commitment to refine yourself towards the achievement of that particular standard.

It's time to begin:



COMFORT IN YOUR OWN SKIN

I genuinely like myself and feel good about who I am and what I have to offer.

FREEDOM FROM PAST RELATIONSHIPS

I have no unresolved emotions or feelings for one (or several) of my past relationships that could interfere with my new marital relationship.

TAKING CARE OF YOUR PHYSICAL HEALTH

I take good care of my body and physical health and not concerned that my physical well-being will get in the way of my relationship.

RELATIONSHIP WITH FAMILY OF ORIGIN

I have a healthy and functional relationship with my parents and siblings.

SEXUAL FIDELITY

I have not used pornography or masturbation as a way to deal with sexual temptations in the past year.

HANDLING OUTSIDE PRESSURE

I do not feel pressured by family or friends to get married.



PERSONAL GOALS AND DIRECTION

I understand my personal long and short-term goals and am actively working towards them.

PERSONAL VALUES CLARITY

I know my most important values and live my life in accordance to them.

PERSONAL VISION CLARITY

I have a vision for my life, which inspires me and includes my future spouse.

OPENNESS AND HONESTY IN RELATIONSHIPS

I presently am honest, open and transparent in my relationships and having nothing to hide or any hidden secrets.

EXPRESSION OF NEEDS

I take the responsibility to communicate what I want and need in my relationships; I don't make others guess.

EMOTIONAL MATURITY

I do not react impulsively in my relationship with others and am able to respond to others in a way that honors their best self.



EMOTIONAL INTELLIGENCE

I can feel and express my feelings authentically in all my important relationships without fear nor shame.

HUMILITY

I take responsibility for my faults and mistakes in my important relationships and apologize for my shortcomings.

FREEDOM FROM NUMBING OUT AGENTS

I am present with my emotions and myself and do not numb out, withdraw or self-medicate with drugs, TV, pornography, alcohol, adrenaline or the Internet.

FINANCIAL WELL-BEING

I am comfortable with my financial direction and have a good balance between saving and spending.

RIGHTS OF GOD

I pray all my five daily prayers and on time.

DECISION MAKING INDEPENDENCE

When push comes to shove, I have final decision making authority in my life.



FINANCIAL AUTONOMY

I pay my own bills.

PERSONAL SPACE

I am not living in my parent's home and have my own personal apartment or home.

RESOLUTION OF PAST WOUNDS

I have resolved any past emotional, sexual, physical or spiritual traumas with a coach, counselor or therapist.

CAREER AND WORK FULFILLMENT

I am fulfilled by my work and feel that it is not too stressful and comfortably supports my lifestyle and spending.

INTENTIONS FOR MARRIAGE

I am looking to get married out of a desire for companionship, not out of desperation and need.

TIME TO INVEST IN A RELATIONSHIP

My schedule, commitments and lifestyle allow for me to invest time, and energy in this new relationship



COMMUNICATING DIFFERENCES

I can negotiate my differences with others positively, without holding grudges nor resentments.

ABILITY TO EXPERIENCE JOY

I know how to play. I have hobbies and things that I enjoy outside of school and work that fulfill me.

FAMILY MATTERS RESOLUTION

I have resolved any troubling issues with my parents that may impact my marital relationship.

ISLAMIC IDENTITY

I am growing spiritually, emotionally and mentally as a Muslim and am actively learning my religion through reading and taking classes.



How did you do?

One of the things we are taught about marriage is that a spouse you look at and is pleasing to you is a source of happiness. Allah also informs us that He has made for us mates that we might dwell in serenity with them, that He has created love and mercy, and placed this right between us (Ar-Rum.21).

We need to bear in mind that the believer is the mirror of a believer, so if we want to accept and love someone despite their faults and we want to be pleased with them, we need to be pleased with our own selves.

This checklist was put together to give you a picture of where your gap for growth will be, what it is you need to work on and improve so that you can become a man who is capable of contributing towards a thriving relationship.



PURIFY YOUR GAZE MEMBER EXTRA

Access your Sexual Fitnah Immunity training that will teach you how to you can face sexual temptations without needing more willpower

[Click Here To Access Your Training](#)