

The Emotion Code

Here is where your
presence

Emotional Intelligence: R.U.L.E.R.



R ↔ Recognize

E ↔ Express

U ↔ Understand

R ↔ Regulate

L ↔ Label

Intrapersonal

Interpersonal

Why emotional intelligence is important for Muslims?



To act with accordance to how Allah wants us to



To have fruitful and positive interaction with others



Topics we will cover



**Prophetic
Emotional
Intelligence**



**Intrapersonal
Emotional
Intelligence**



**Interpersonal
Emotional
Intelligence**



Ideal Shepherd



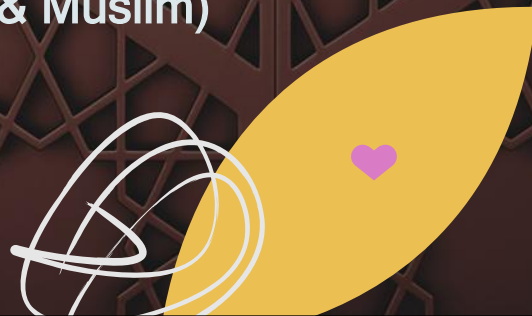
The Messenger of Allah ﷺ said:
“Every one of you is a shepherd
and is responsible for his flock...
A woman is the guardian of her
husband's home and his children
and she is responsible for them...”
(Sahih al-Bukhari & Muslim)

Emotional & Social Intelligence

Teach us how to help, guide &
engage with others.

Emotional Investment

Healthy Relationships



I want to be
an ideal
shepherd to...





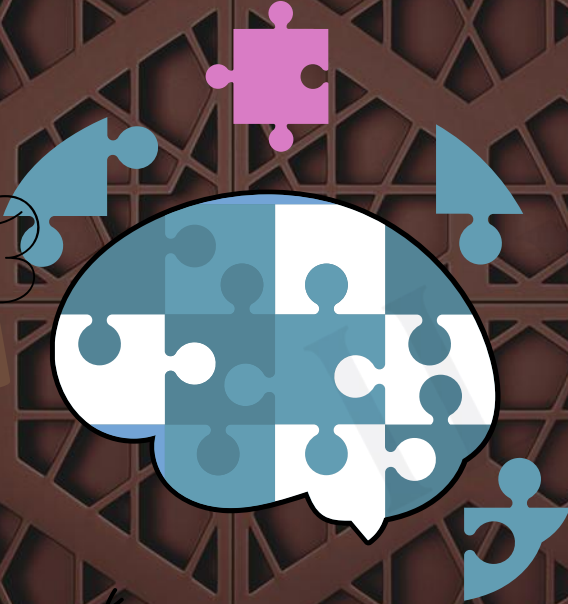
Healthy Relationships

The Prophet ﷺ said:
“Indeed, the family of my father
are not my protectors. Rather my
close protectors are only Allah &
the righteous believers. They (the
family of my father) have a bond
of kinship with me that I keep
damp.”
(Sahih al-Bukhari)



Emotional investment in the
lives of those closest to us is
how we maintain the moisture
needed for healthy
relationships.





Who was the most
Emotionally Intelligent
person?



Prophet Muhammad ﷺ

وَإِنَّكَ لَعَلَىٰ خُلُقٍ عَظِيمٍ
“And indeed, you are of
a great moral
character.”
(Quran 68:4)

The Prophet ﷺ said:
“The best of you are the
best to their families, and
I am the best to my
family.”
(Tirmidhi)

Prophetic Emotional Intelligence





Perfection of Intelligence



Husayn ibn Ali said:

"I asked my father about the gatherings of Prophet ﷺ.

He said, The Messenger of Allah ﷺ would not stand or sit except with the remembrance of Allah. when he would go to people, he would sit wherever there was space available, & he would order others to do the same. He would give every attendee his due portion of attention. To such an extent that every attendee would think there was no more noble in the sight of Prophet ﷺ than himself.' (Tirmidhi)



Emotional investment
Consistently & thoroughly



People around
Felt valued, important & special



Prophetic Emotional Intelligence



Keen awareness
& understanding

Emotional
regulation

Empathy

Intrapersonal

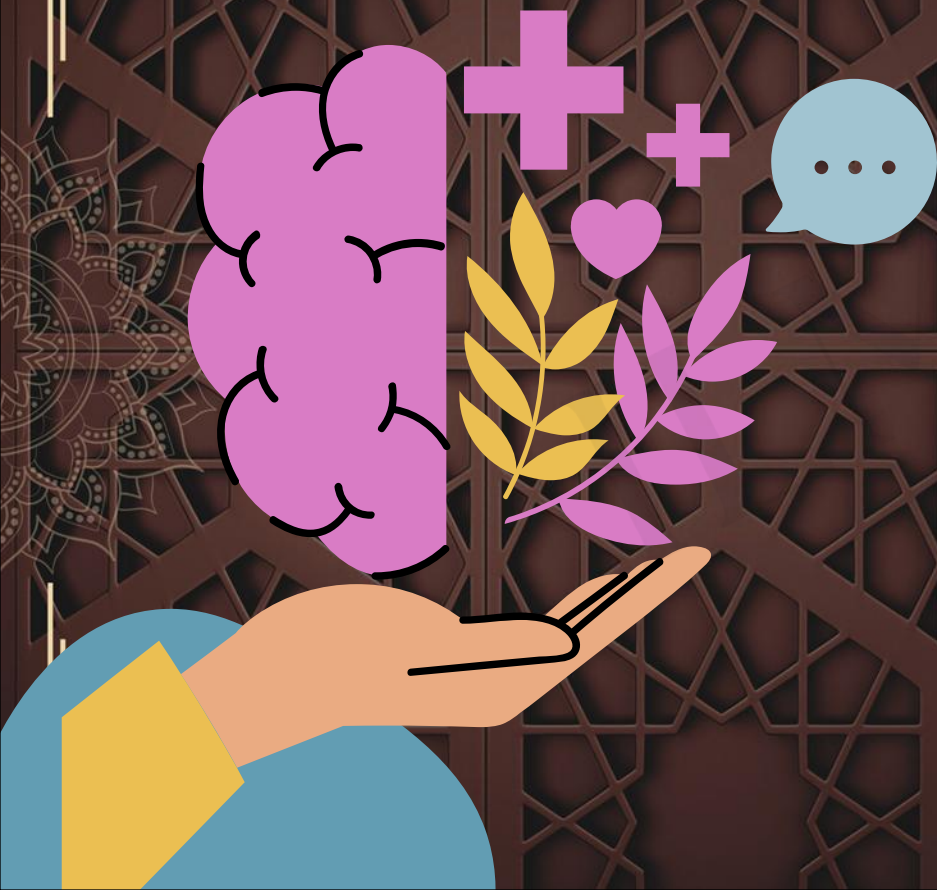
Interpersonal

Building Emotional Intelligence in Sahabas

- Deconstructing the concept of masculinity
- Introduced male emotionality
- Publicly displayed his feelings



Male emotionality



Abu Huraira reported that al-Aqra' b. Habis saw Allah's Apostle ﷺ kissing Hasan.

He said: I have ten children, but I have never kissed any one of them, whereupon Allah's Messenger ﷺ said: "He who does not show mercy (towards his children), no mercy would be shown to him."

(Sahih Muslim)

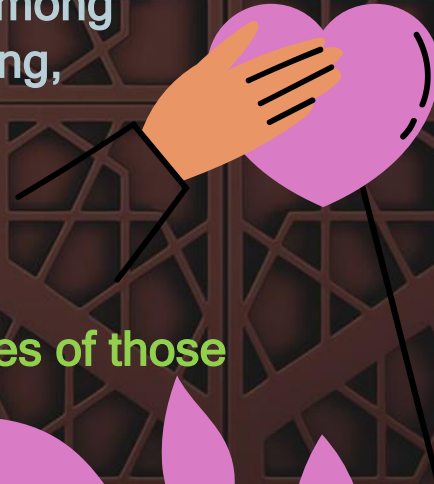
Prophet's ﷺ deepest pain



Allah says:

There has come to you a Messenger from among yourselves, grievous to whom is your suffering, concerned for you, to the believers gentle & compassionate.
(Quran 9:128)

Prophet ﷺ was so deeply invested in the lives of those around him that he shared their pain.



He ﷺ removed
cognitive & emotional
barriers to receptivity

Allah says:

‘If you (O Muhammad) were harsh & hard hearted,
then people would flee from you...’
(Quran 3:159)



Stories from the Seerah



Story of Julaybib (RA)



He loved the Prophet ﷺ & the Prophet ﷺ loved him

Prophet ﷺ

“O Julaybib! Are you not getting married?”

Julaybib (RA)

“O Messenger of Allah, who will marry his daughter to me ? I neither possess wealth, nor good looks nor status.”



Story of Julaybib (RA)



Prophet ﷺ

“O Julaybib! I shall arrange marriage for you”

Julaybib (RA)

“Who would be happy to marry a poor person like me, O Messenger of Allah?”

Prophet ﷺ

“No Julaybib! You are not poor in the sight of Allah; you are a Companion of status & high-rank with Him”



Story of Julaybib (RA)



Girl

“Do you refuse the request of the Messenger of Allah? Send me to the Messenger of Allah for he shall certainly not bring ruin to me”

Prophet

ﷺ

“O Allah! Pour much goodness upon him and do not make their lives hard”

(Musnad Ahmed)



Lessons learnt ♥



**Societal
pressure**

Empathy

**Inferiority
complex**

**Emotional
investment**

Self-esteem

Self-worth

**Verily, Allah does not look at
your appearance or wealth, but
rather He looks at your hearts
and actions.”
(Sahih Muslim)**



Story of Abdullah



A Gift but at a Price

Prophet ﷺ

“Did you not give it to me as gift,
O Abdullah?”

Abdullah

“Yes, I gave it to you but I
cannot afford to pay for it.”



Story of Abdullah



A Gift but at a Price

Companions

“O Allah, curse him for the number of times he has been brought to the messenger of Allah!”



Prophet ﷺ

“Do not curse him. By Allah, I know only that he loves Allah & His Messenger. Do not be an aid of the Shaytan against your brother!”

(Sahih al-Bukhari)

Lessons learnt ♥



**Friendly
attitude**

**Social
inclusion**

**Mercy &
compassion**

**Emotional
investment**

Honouring

**Highlighting
positive
qualities**

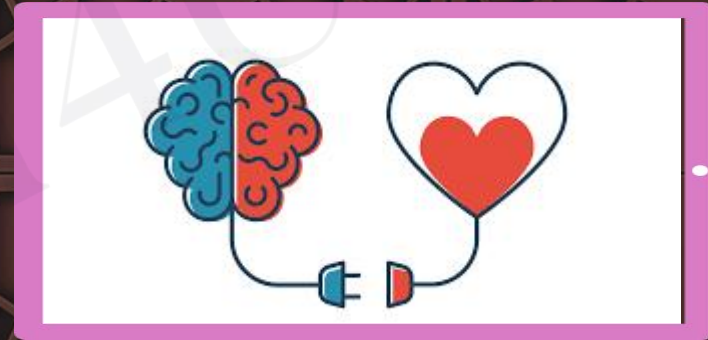
**“It is sufficient evil for a man to despise his Muslim brother. The whole of a Muslim is sacred to another Muslim, his blood, his wealth and his honour.”
(Sahih Muslim)**

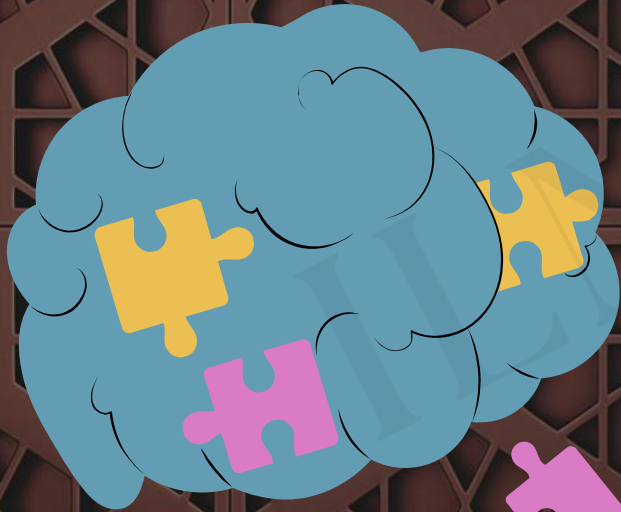




How
emotionally
intelligent are
you?

EQ Quiz by lhhp





♥

Jazakallahu Khiiaran