



A PRACTICAL DISCUSSION BOOK

Ghirah

Jealousy in the household of the Prophet ﷺ and how to handle it — sahih stories, their lessons, and practical steps for wives and husbands, in families with one wife or more

وَلَا تَمْتَنُوا مَا فَضَّلَ اللَّهُ بِهِ بَعْضُكُمْ عَلَى بَعْضٍ ۚ لِلرِّجَالِ نَصِيبٌ مِّمَّا كَسَبُوا...

Before We Begin

Almost every household has experienced jealousy—towards a partner's colleague, towards an ex-wife, towards in-laws, and in polygamous families, towards a co-wife (madu). This feeling is often hidden due to shame, or released in painful ways.

This book takes you to the home of the Prophet ﷺ, a place where the best women of this Ummah also experienced jealousy, and shows how he managed it. The stories are drawn only from authentic narrations checked on the MYPolygyny website.

From these stories, we learn to distinguish between healthy jealousy and destructive jealousy, and practical steps for both wives and husbands. This book is for all families, whether one wife or more.

A reminder: jealousy that turns into threats, control, or violence is no longer just about feelings. The final chapter explains when you need to seek immediate help.

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The stories in this book are taken only from sahih narrations already checked on the MPolygyny site. Each chapter ends with a **Summary & reflection** page. Further reference at mypolygyny.com.

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CHAPTER 1

Jealousy is Natural

What is judged is the action, not the feeling.

وَلَا تَتَمَنَّوْا مَا فَضَّلَ اللَّهُ بِهِ بَعْضَكُمْ عَلَى بَعْضٍ ۚ لِلرِّجَالِ نَصِيبٌ مِّمَّا
اَكْتَسَبُوا وَلِلنِّسَاءِ نَصِيبٌ مِّمَّا اَكْتَسَبْنَ ... ﴿٣٢﴾

*"And do not covet that in which Allah has favoured some of you over others.
Men shall have a share of what they have earned, and women shall have a
share of what they have earned..."*

Surah an-Nisa' 4:32

Acknowledged Feelings

Authentic narrations show that the Prophet's ﷺ wives, the best women of this ummah, also felt jealousy. Islam does not deny that feeling. What is judged are the actions that arise from it.

Jealousy is human nature, including among the wives of the Prophet ﷺ. What is required is to control it so that it does not lead to strife, backbiting or injustice. In other words, you are not sinful for feeling jealous; you are accountable for what you do with that feeling.

The opening verse of this chapter gives a profound medicine: do not covet what Allah has given to others, but ask for His bounty. Jealousy diminishes when the heart is busy with gratitude for what it has and asking Allah, rather than counting what others have.

Four Things About Jealousy



The Feeling

It comes uninvited. It is not sinful, but it needs to be recognized and named.



The Forgivable

Feeling sadness, disappointment, or wanting attention, as long as it does not wrong anyone.



The Unforgivable

Slander, backbiting, plotting, spying, and harshness.



The Cure

Supplication (Dua), gratitude (Shukr), assuming the best (husn al-zann), clear boundaries, and the husband's justice.

Summary & Reflection

Jealousy is a natural feeling experienced by the wives of the Prophet ﷺ themselves. The feeling itself is not sinful; the action is what is judged. The cure begins with gratitude and asking Allah.

Reflection Questions

- In what situations am I most likely to feel jealous?
- What actions have I taken that stemmed from jealousy, and do I regret them?
- What are the three blessings in my marriage that I often forget to be grateful for?

02

CHAPTER 2

The Broken Dish

How the Prophet ﷺ handled jealousy with composure.

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاظِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ
النَّاسِ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ ﴿١٣٤﴾

"(The God-conscious are) those who give in times of ease and of hardship, who restrain their anger and pardon people. And Allah loves those who do good."

Surah Ali 'Imran 3:134

One Story, Many Lessons

When the Prophet ﷺ was in one wife's home, another wife sent a dish of food. The wife whose home it was struck the servant's hand so that the dish broke. The Prophet ﷺ gathered up the food, saying "Your mother is jealous", then replaced the dish with a sound one (Sahih al-Bukhari 5225).

Notice what he **did not** do. He did not scold his wife in front of people, he did not humiliate her, he did not exaggerate the incident, nor did he let the damage go unreplaced. He handled it with calm and justice, without embarrassing anyone.

He also named the feeling gently—"your mother is jealous"—as if to say: this is a human feeling, not a sin. At the same time, the right of the wife who sent the food was protected: her dish was replaced. Gentleness to the jealous, and justice to the wronged.

Five Lessons from the Broken Dish

1

Do Not Humiliate

Scolding in front of others adds to the wound. Deal with it privately and calmly.

2

Name the Feeling Gently

Acknowledging "you are jealous" without insulting helps the partner feel understood.

3

Rectify the Damage

What is broken needs to be replaced, so that the wronged party is not treated unjustly.

4

Do Not Exaggerate

One incident does not make a person bad. Resolve it, and then move on with life.

5

Be Just to Both Parties

Gentleness to the jealous does not mean ignoring the rights of others.

Summary & Reflection

In the story of the broken dish, the Prophet ﷺ did not humiliate, named the feeling gently, replaced the damage, and acted justly towards both wives. Gentleness and justice go hand in hand.

Reflection Questions

- When my partner is jealous, do I tend to scold or to understand?
- Have I ever corrected my partner in front of other people?
- What do I need to 'replace' after a past argument?

03

CHAPTER 3

Jealousy Towards the Deceased

Khadijah r.a. and Unfading Loyalty.

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ^{قُلْ} أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

﴿٢٨﴾

"Those who believe, and whose hearts find rest in the remembrance of Allah. Know that it is in the remembrance of Allah that hearts find rest."

Surah ar-Ra'd 13:28

Cherished Memories

Aishah r.a. said she was not as jealous of any of the Prophet's ﷺ wives as she was of Khadijah r.a., because the Prophet ﷺ often mentioned her and sent gifts to her friends, even though Khadijah had passed away (Sahih al-Bukhari 6004, see also 3817; Sahih Muslim, Kitab Fadha'il as-Sahabah).

This story shows two things. First, the Prophet's ﷺ loyalty to a deceased wife—he did not forget her service. Second, jealousy can arise even when the 'rival' is gone. Many wives today feel it towards their late first wives, towards ex-wives, or towards a partner's past.

Honouring someone's memory is not wrong. What needs to be guarded is the way it is mentioned. Comparing a current partner to someone else—'she used to cook better'—kills the feeling of being appreciated. Memories can be kept with respect without being used as a measure to belittle the person who is by your side.

Mentioning the Past

Do

- ✓ Respect the memories and contributions of those who have passed away
- ✓ Build new memories with your current partner
- ✓ Acknowledge your partner's feelings when they feel hurt
- ✓ Maintain good relationships with their children and family

Avoid

- ✗ Comparing cooking, appearance, or character
- ✗ Bringing up the past during an argument
- ✗ Keeping secrets about relationships with ex-partners
- ✗ Belittling your partner's feelings of jealousy

Summary & Reflection

Aisyah r.a. was jealous of Khadijah r.a. who had passed away, because of the Prophet's ﷺ loyalty to her. Honouring memories is not wrong; what is damaging is comparing and bringing up the past.

Reflection Questions

- Are there any 'shadows' of the past in our marriage?
- Have I ever compared my partner to someone else, even jokingly?
- What new memories can we build together this month?

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CHAPTER 4

When Jealousy Becomes a Conspiracy

The Qur'anic Rebuke of a Plot.

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اجْتَنِبُوا كَثِيرًا مِّنَ الظَّنِّ إِنَّ بَعْضَ الظَّنِّ إِثْمٌ وَلَا
تَجَسَّسُوا وَلَا يَغْتَبَ بَعْضُكُم بَعْضًا ... ﴿١٢﴾

"O ye who believe! Avoid suspicion as much (as possible): for suspicion in some cases is a sin: And spy not on each other behind their backs..."

Surah al-Hujurat 49:12 · tr. Abdullah Yusuf Ali

Forgiven Feelings, Condemned Pacts

Two of the wives agreed together to keep the Prophet ﷺ away from the home of Zaynab r.a., where he drank honey. This incident is linked with the revelation of Surah at-Tahrim 66:1–4, which rebuked that pact (Sahih al-Bukhari 5267; Sahih Muslim, Kitab at-Talaq).

The lesson: The Prophet ﷺ did not scold natural jealousy. He set right the damage gently and justly. The Qur'an, for its part, rebuked a **pact** that caused hurt. Jealousy is forgiven. Injustice, slander and plotting are not.

Compare this to the conduct of Zaynab binti Jahsh r.a. herself. During the incident of slander (al-ifk), Aisyah r.a. testified that Zaynab binti Jahsh r.a., the co-wife who most rivalled her status, was protected by Allah with the quality of piety (wara') because she only spoke what was good (Sahih al-Bukhari 4750). Today, a "pact" often occurs in WhatsApp groups, conversations with friends or family that incite. Feelings of rivalry may exist, but the tongue must remain guarded.

Talking to Friends and Family

Do

- ✓ Confide in a trusted person to get advice
- ✓ Ask a counsellor for an opinion, not support to attack
- ✓ Mention the good things, or remain silent
- ✓ Verify before believing a story

Avoid

- ✗ Gathering support to bring down a spouse or co-wife
- ✗ Gossip groups that slander and incite
- ✗ Spreading screenshots of private conversations
- ✗ Planning to hurt or separate

Summary & Reflection

The Qur'an rebuked a pact that caused hurt, even if it stemmed from jealousy. The example of Zaynab r.a.—who only spoke well of her co-wife—shows that the tongue can be guarded even when hearts are in competition.

Reflection Questions

- With whom do I usually vent about my household, and do they soothe or incite?
- Have I ever joined a conversation that belittled someone in the family?
- How can I be like Zaynab r.a.—truthful even towards a competitor?

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CHAPTER 5

Healthy Jealousy vs. Destructive Jealousy

Protecting without controlling.

يَا أَيُّهَا الَّذِينَ ءَامَنُوا إِن جَاءَكُمْ فَاسِقٌ بِنَبَأٍ فَتَبَيَّنُوا أَن تُصِيبُوا قَوْمًا بِجَهَالَةٍ
فَتُصْبِحُوا عَلَىٰ مَا فَعَلْتُمْ نَادِمِينَ ﴿٦﴾

"O ye who believe! If a wicked person comes to you with any news, ascertain the truth, lest ye harm people unwittingly, and afterwards become full of repentance for what ye have done."

Surah al-Hujurat 49:6 · tr. Abdullah Yusuf Ali

Between Caring and Controlling

Jealousy can also be felt by the husband. In a healthy form, it prompts the husband to guard his family's honour, protect his wife from danger, and stay away from things that might cause slander. In a destructive form, it turns into control: restricting social interaction, checking phones, and accusing without proof.

The Prophet ﷺ said: "Beware of suspicion, for suspicion is the most untruthful of speech; do not seek out one another's faults and do not spy..." (Sahih al-Bukhari 6064, and with the same wording 6066 and 5143; also Sunan Abu Dawud 4917 — sahih). Checking a partner's phone, messages, or accounts without their knowledge is considered tajassus (spying) and seeking faults, which is clearly forbidden—and marriage does not lift this prohibition.

The solution is agreed-upon openness, not snooping. An effective rule for couples: no private conversations with non-mahram (someone one could lawfully marry) that the partner is unaware of. This is not phone snooping—it is pre-agreed openness.

Healthy or Destructive?

Healthy Jealousy

- ✓ Asking honestly when worried
- ✓ Agreeing on social boundaries
- ✓ Protecting family honour in public
- ✓ Trusting until there is clear evidence
- ✓ Expressing feelings without judging

Destructive Jealousy

- ✗ Secretly checking phones
- ✗ Accusing based on suspicion
- ✗ Restricting the partner from family and friends
- ✗ Controlling finances and movements
- ✗ Threatening or punishing

Summary & Reflection

Healthy jealousy protects family honour; destructive jealousy controls, spies, and accuses. Suspicion and tajassus (spying) are forbidden, and agreed-upon openness is more effective than snooping.

Reflection Questions

- Does my jealousy tend to protect or control?
- Do we have mutually agreed-upon social boundaries?
- Have I ever acted on suspicion before asking?

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CHAPTER 6

For Wives: Managing the Heart

Practical steps when jealousy flares up.

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ... ﴿٢٨٦﴾

"Allah does not burden a soul beyond what it can bear..."

Surah al-Baqarah 2:286

When the Heart is Hot

There is a phrase taught for moments of intense anger and jealousy. Two people argued in front of the Prophet ﷺ until the face of one of them turned red; he said that there is a phrase that, if uttered, will make the anger disappear —'I seek refuge in Allah from Satan' (Sahih al-Bukhari 6115; also see 3282).

The body can also help the heart. 'When someone is angry and standing, he should sit. If his anger subsides, that is good; if not, he should lie down' (narrated by Abu Dawud 4782 — sahih). Pausing for a moment and performing ablution (wudu) are practical steps before discussing things.

When restless or having trouble sleeping, remember: 'Indeed, by remembering Allah, hearts find rest' (Surah ar-Ra'd 13:28). Then, when the heart has calmed down, convey your feelings to your husband using 'I feel...' rather than 'You always...' In a polygamous family, maintain agreed boundaries: no calls to the husband on the co-wife's night except in emergencies, and no monitoring of her social media accounts.

Five Steps When Jealousy Flares Up

1

Name It

'I am feeling jealous.' Feelings that are named are easier to manage.

2

Seek Refuge (Isti'azah)

A'udzu billahi minasy-syaitanir-rajim. Sit down, or lie down if necessary.

3

Put the Phone Away

Do not send messages or post anything when your heart is hot.

4

Wait for Calm

Perform ablution (wudu), pray two rak'ahs, or recite remembrance (dhikr).

Postpone the discussion.

5

Express with Wisdom

Choose a calm time and state what you need, not who is at fault.

Summary & Reflection

When jealousy flares up: recite isti'azah, sit or lie down, put the phone away, wait for calm with dhikr, then express with wisdom. Clear boundaries reduce flare-ups.

Reflection Questions

- Which step is the hardest for me to do when I am angry?
- What are the 'triggers' for jealousy that I can reduce?
- How can I ask for my husband's attention without blaming anyone?

07

CHAPTER 7

For Husbands: Becoming the Source of Tranquillity

Most jealousy stems from lack of clarity.

وَلَنْ تَسْتَطِيعُوا أَنْ تَعْدِلُوا بَيْنَ النِّسَاءِ وَلَوْ حَرَصْتُمْ فَلَا تَمِيلُوا كُلَّ الْمِيلِ
فَتَذَرُوهُنَّ كَالْمُعَلَّقَةِ وَإِنْ تُصْلِحُوا وَتَتَّقُوا فَإِنَّ اللَّهَ كَانَ غَفُورًا رَحِيمًا

﴿١٢٩﴾

"And you will never be able to be just between your wives, even if you strive earnestly; so do not incline excessively towards the one you love, so that you leave the other like something suspended."

An-Nisa' 4:129

The Husband as the Source of Peace

Most co-wife conflict stems from the husband's injustice or lack of clarity, and the husband must be just and transparent and must not carry tales between wives. The same applies in a single-wife household: jealousy grows when the husband keeps secrets, fails to keep promises, or is insensitive.

The Prophet ﷺ was sensitive to his wives' feelings. He said to Aisha that he knew when she was pleased and when she was angry—from small changes in her words (Sahih al-Bukhari 5228). He also reduced the space for jealousy with a just system: when the Messenger of Allah ﷺ intended to travel, he would draw lots among his wives, and whoever's name was called, he would take her (Sahih al-Bukhari 2593).

The husband is not a gossip courier. It is forbidden for a husband to carry one wife's words to another to inflame the situation. The Prophet ﷺ said: "The talebearer will not enter Paradise" (Sahih al-Bukhari 6056; Sahih Muslim, Kitab al-Iman). And the warning for bias: "Whoever has two wives and inclines towards one of them, he will come on the Day of Resurrection with one side of his body leaning" (Sunan Abu Dawud 2133; sahih according to al-Albani).

Seven Practices for Husbands to Reduce Jealousy

- ✓ A clear, written, and adhered-to schedule for turns (giliran) and financial maintenance (nafkah).
- ✓ Drawing lots or mutual agreement for travel and holidays.
- ✓ Not comparing cooking, appearance, house, or children in front of the wives.
- ✓ Not carrying stories from one home to another.
- ✓ Being sensitive to small changes in the wife's tone and demeanor.
- ✓ Being transparent about phones and social engagements, even without being asked.
- ✓ Addressing the wife's jealousy gently, rather than dismissing it.

Summary & Reflection

The husband is either the source of peace or the source of jealousy. Be sensitive like the Prophet ﷺ to Aisha, be just with clear lots and schedules, do not spread tales, and do not favour one wife.

Reflection Questions

- Does my wife know my schedule and plans clearly?
- What 'small changes' in my wife might I be overlooking?
- Have I ever, even unintentionally, passed on hurtful stories between households?

08

CHAPTER 8

When Jealousy Becomes Dangerous

Safety first.

... وَعَاشِرُوهُمْ بِالْمَعْرُوفِ ۚ فَإِنْ كَرِهْتُمُوهُمْ فَعَسَى أَنْ تَكْرَهُوا شَيْئًا
وَيَجْعَلَ اللَّهُ فِيهِ خَيْرًا كَثِيرًا ﴿١٩﴾

"...on the contrary live with them on a footing of kindness and equity. If ye take a dislike to them it may be that ye dislike a thing, and Allah brings about through it a great deal of good."

Surah an-Nisa' 4:19 · tr. Abdullah Yusuf Ali

This is no longer love

There is jealousy that has crossed the line: threats, stalking, isolating from family, confiscating phones, constant insults, or violence. This is not a sign of love. This is harm, whether committed by the husband or the wife.

The Prophet ﷺ forbade a man to beat his wife as he beats a slave (Sahih al-Bukhari 5204), and forbade slapping the face and reviling the wife (narrated by Abu Dawud 2142 — sahih). No feeling, including jealousy, justifies injustice.

If you feel afraid of your partner, safety comes first. Call 999 if there is danger, or Talian Kasih 15999 (24 hours). For jealousy that has not reached the level of danger but is damaging, "...and reconciliation is better" (Surah an-Nisa' 4:128); for serious disputes, appoint a mediator (hakam) from both families (4:35), or seek support from the JAIN family counselling unit, which is there to help without judging.

If a partner's jealousy frightens you

1

Safety first

In danger: 999. Plan a safe place for you and the children.

2

Contact Talian Kasih 15999

24 hours, for advice and referral.

3

Keep evidence

Threatening messages, photos of injuries, medical reports — in a place the partner cannot reach.

4

Tell someone

A trusted family member or friend, so you are not alone.

5

Get official help

The JAIN family counselling unit, Syariah Court, and police can explain the protection available in your situation.

Summary & Reflection

Jealousy that becomes a threat, control, or violence is harm, not love. Safety comes first: 999 and Talian Kasih 15999; then JAIN counselling or official assistance.

Reflection Questions

- Have I ever felt afraid to return home?
- Has my jealousy ever made my partner afraid?
- Who is one person I can call if the situation becomes dangerous?

Summary: Healthy vs. Destructive Jealousy

Healthy

- ✓ Acknowledged and named honestly
- ✓ Expressed calmly at the appropriate time
- ✓ Leads to discussion and boundaries
- ✓ Maintains family dignity
- ✓ Accompanied by prayer and good assumption (sangka baik)

Destructive

- ✗ Spying on a partner's phone and accounts
- ✗ Accusing without proof
- ✗ Conspiracy, slander, and defamation
- ✗ Controlling movements and associations
- ✗ Threats or violence

Getting help



In danger right now?

Call the Police on 999. Your safety and your children's comes first; everything else can follow.



Talian Kasih 15999 (24 hours)

For urgent cases involving the safety or welfare of a family. Talian HEAL 15555 and Befrienders KL 03-7627 2929 for emotional support.



Family Counselling Unit, state JAIN

Every state Islamic Religious Department has a family counselling unit, and it is free. There is no need to wait until a problem grows — coming early is welcome.



Sulh Officer, Syariah Court

Mediation before a full hearing, also free. Rights, procedures and rules can differ from state to state; the Syariah Court or the state Islamic religious office can explain what applies in your situation.

CLOSING

A Pure Heart

Jealousy will not disappear completely, as it is part of human nature (fitrah). But it can be managed—with prayer, with the husband's justice (adl), with clear boundaries, and with good assumption (sangka baik).

May Allah cleanse our hearts from envy, and make our homes places of tranquillity (sakinah) for every wife, husband, and child.

وَالَّذِينَ جَاءُوا مِنْ بَعْدِهِمْ يَقُولُونَ رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا
بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ ءَامَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ



"And those who came after them say: "Our Lord! Forgive us, and our brethren who came before us into the Faith, and leave not, in our hearts, rancour (or sense of injury) against those who have believed. Our Lord! Thou art indeed Full of Kindness, Most Merciful."

Surah al-Hashr 59:10

mypolygyny.com · A general reference and practical discussion, not a fatwa and not professional counselling advice. Jealousy that turns into threats, control or violence is not normal: call 999 or Talian Kasih 15999; the JAIN family counselling unit is also there to help.