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## Stress & Mental illness

**No.1 Source: Conflict or Disputes with each other due to Women's involvement (Selfishness) and results in cut off relationship between two brothers and suffering from helplessness and severe poverty**

**Marriage is the No.1 Source of Poverty** which triggered mental stress and crisis when a man follows his wife blindly and plan to cuts off the relation with family members and to stay alone and isolated due to personal jealousy and hatred between two women so to protect the interest and concerned of his wife he never hesitate to punish his brother's wife and other family members as a result he immediately cuts off relation with them and then he become alone and suffers due to cut the relation with families , relatives, friends then he feels shy to approach them whenever we are in crisis & due to panic & stress we never able to take right decision then our sufferings increased more & it broken us and our Confidence & put Fear in our Heart so then no matter we feel run out of money , support , no Job, No Business, Medical Problem, Family Problem, Marriage Problem, Legal Problem, Money Problem, Marriage of daughter etc. we feel isolated & can't find a help since we have disputed, fought with our own families, neighbors, relatives, brothers, sisters, inside the office, disputes with client, disputes with land lord, disputes with legal authority, disputes with your close friend, disputes between husband & wife then these disputes caused us suffering alone in our life & we may never get help nor Solution & it's increases our stress , anxiety & various Health & Mental problem, on the other side the other person also suffers due to they can't able to call you, they can't able to come to your home but they saw in front of their eyes that how you are being destroyed & suffered by day to day but they even can't come forward to help & rescue you due to ego or sometimes it's valid they were hurt by your behaviors so they try to protect their sentiments and not to approach you which is also bad for both of the brothers and their families



### **No.1 Fixer:**

We must forgive each other and never cut off the blood relationship this has advised by Prophet SAW(PBUH) is various Sahih Hadiths. So you may have enough money but your brother don't have, but he may have other resources that can be enough to secure the whole family, take care of their needs and a wise decision could protect the entire family from any future crisis and calamities so we must not forget about the future and we all needs each other, since we are not self-sufficient where Allah is , because He is As Samad i.e. free from all needs , He is Al Hayyu Al Qayyum i.e. Self-sustainable, ever living and every lasting where He created a men from a sperm and made him into a men a dependable men, where all the Provision He only provided to us, so that some people are capable of earning and some are not so a brother must provide to his brother what he even liked for his own families so like an education, healthcare, living, eating and drinking, home, further education, marriage and Job or Career, so have mercy to your parents , looks after them and become United since who knows what test and difficulties might come into your life when you least expect it and it may ,will destroy all your wealth, health and mental peace.

### **No.1 Breaking Point:**

We constantly exposing to an environment i.e. Daily soap and TV serial where they show family hatred, game, drama, revenge etc. which always trigger us to visualized any past bitter and negative experiences and it's also become a fitnah in our life where it never means to solve or fix the family problem but to always spray the salt in our wound.

And in some others cases unknowingly following and adopting advices from those they are main source of fitnah i.e. the mother of bride or groom, due to their bitter and negative experience in their own life they try to analyze the problem from their life's experiences where the reality could be different since on other side the groom or bride



could have different mindset since they are educated and they may expect something else than what you wanted to guide them, so at any point of time you taught your daughter become Selfish which she might never intend to do first but when she start listening to you, it will definitely destroy the life of your own daughter since she can't able to continue at the home of her in laws, and all your point would be to remove your daughter & son in law from that house and provision them to live separately and let them cut off the relation completely. On the other side if incase as a mother of a groom is impatient of the whole situation and start torturing to their daughter in laws , its also a trigger to create situation of escapism so that to accommodate her, your son has to come out from the house, and in such cases if you can't control your anger and revenge you may destroy the life of both of them and can create an enmity between your son which results loss of wealth, family conflict, chronic disease, court case, its also suffers the child of your son and daughter and all you did that to destroy the life of your grandson and granddaughter, so somebody has to sacrifice the ego and become cool mind to handle everything and let go the ego, jealousy and give them a solution where both of the families could participate an events to bring harmony in their life.