

Shattered Glass

• Healing A Broken Heart •



Yasmin Mogahed

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SHATTERED GLASS: HEALING A BROKEN HEART

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Chapter One

EMOTIONAL FIRST AID

The topic on emotional first aid is something that I feel deeply passionate about and I feel like this is something that we have to start talking about – something we have to start training in. We as people, as a community – both Muslim and non-Muslim – are very educated on how to treat a broken leg. We are very educated on how to treat a gunshot wound. However, we are not very educated on how to treat a broken heart.

Emotional trauma is something that, as a human race, we are handicapped in. We do not teach, we do not have the tools, and beyond that we are not very supportive of the healing process that is necessary for healing a broken heart. If someone breaks their leg, no one tells them, “You know what, just get over it. Walk it off.” We are not going to tell someone with a broken leg to walk it off. This is because we know that a leg that is broken has to go through a process to heal before a person can walk, or walk as they walked before, or run.

Unfortunately, we do not have the same type of compassion and the same type of understanding when it comes to emotional wounds, emotional breaks, emotional trauma, and broken hearts. We expect people to just shake it off. Get over it. The time limit has come, and of course, this time limit is determined by who? By the people.

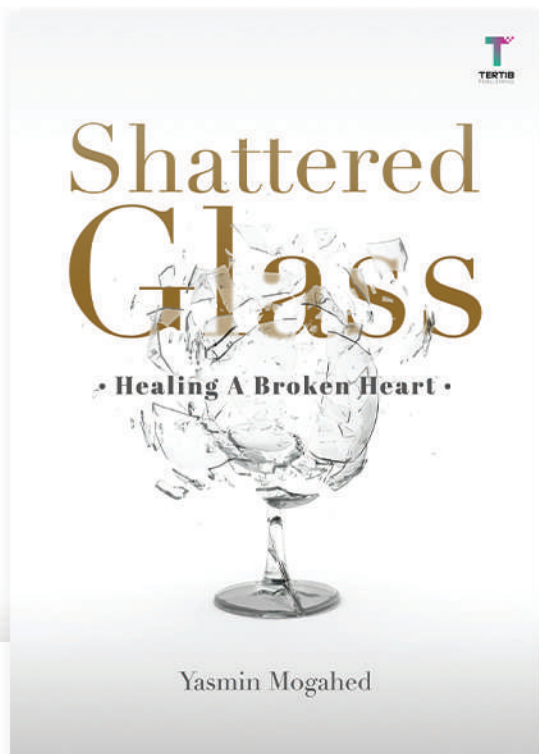
I feel like this is something that is particularly important for us to start to learn and to teach. Also, not just to teach and train ourselves, but this is something we have to give our children. This has to be part of our *tarbiya* of our children. It is how to be able to fall and get back up. Unfortunately, the way we teach is: Just do not ever fall, which is not very useful.

If you have an Olympic trainer who tells their trainees or their athletes, “Okay, just don’t ever fall.” Obviously, the goal is not to fall. Yet to tell someone “Just don’t ever fall” and to never give them the training of what to do if they fall, it means we are not good trainers. As the reality of life is that no matter how good an athlete is, no matter how talented an Olympic athlete is, there will be a time when they slip and fall.

A figure skater, at one point in their life, has slipped. The best trainer is the one who teach these athletes to be able to gracefully get back up. Anyone who we have seen competing or performing, what happens after they fall? They get back up. Have we ever seen a gymnast or a figure skater, who, when they slip, they just stay there on the ice or on the ground? Nobody does that. They quickly and gracefully get back up and keep going. That is part of their training, and it needs to be part of our training as well.

Life is not perfect, and humans are not perfect. It is impossible that we will be going through life and never have times where we fall. It is impossible that there is not going to be times when we get broken or we get hurt. This is because here it is *dunya*, it is not *jannah*. Therefore, part of our training and our first aid kit needs to be this emotional first aid. Learning how to come back up after a broken heart – how to heal. That is why I feel like this is so important and yet it is missing.

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