



Shagririm Balev

Everyone Can Make a Match

ALEEZA BEN SHALOM | Jewish Matchmaking



לעילוי נשמת
מאיר יצחק בן יוסף אליהו הכהן ז"ל

Fear of Rejection

Shmuel asks:

My close friend recently shared something that felt so honest and I didn't have a good answer for her..

"What can I do with my fear of rejection? It holds me back, and I don't want it to close my heart to something good."

Aleeza answers:

Thank you so much for asking this question it's one that lives quietly in so many hearts. The fear of rejection is so human, so normal... and yet it can feel so heavy. I want to gently remind her: she's not alone in this.

Here's what I've learned: rejection doesn't define your worth. It redirects your path. Sometimes it feels like someone is saying "no" to you, but really, Hashem is saying, "not this person, not now." That doesn't mean something is wrong with you. It means something better is ahead. We take a step forward, and sometimes Hashem says "yes," sometimes "not yet," and sometimes "no." But every time, our we become stronger. More resilient. More ready for the one who will choose us and whom we'll choose back.

Fear of rejection often comes from the belief that it says something about who we are. But it's not about you. It's about the match not being right. Every person who dates faces fear of rejection in some way. It's part of the courage it takes to build something real. Dating is not just about finding someone it's about becoming someone. And every time you show up, even afraid, you're becoming braver, wiser, and of course heading towards your match.

Here are a few gentle questions she can ask herself:

- What am I really afraid will happen if someone says "no"?
- Have I survived rejection before and what did I learn from it?
- What if this next "no" is just one step



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closer to my “yes”?

She doesn't have to erase the fear. She just can't let it lead. Let hope lead. Let clarity lead. Let curiosity lead.

She is strong enough to face disappointment. And when it's right, nothing not even fear will stand in the way of the bayit ne'eman Hashem is preparing for her.

Blessings, Aleeza ■



**Want to set up your friends?
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join Shagririm Balev!**



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MIZRACHI
WORLD MOVEMENT

Founded in Israel in 2019 and led by Rav Rimon, **Shagririm Balev** - a social online matchmaking initiative - has taken the dating scene by storm. With over 10,000 candidates and 3,000 Ambassadors, in Israel and the US, Shagririm Balev is averaging a Wedding every 2 days!



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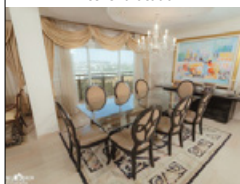
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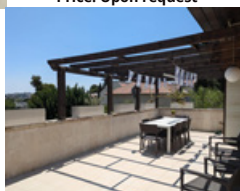
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Yitzchak Kowalsky

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