



Coping During the Quiet Periods

לעילוי נשמת
מאיר יצחק בן יוסף אליהו הכהן ז"ל

Shoshana asks:

A friend of mine reached out recently, and I could hear the ache in her voice.

“How can I cope during a time when no dating suggestions are coming in? I feel stuck, and it’s bringing up a lot of difficult emotions.”

Aleeza answers:

I can feel the stress in her question, and the panic that’s behind it. These quiet periods, when no names are coming in and the waiting feels endless, can be deeply painful. She’s not imagining it. She’s not overreacting. She’s just... feeling. And she’s uncomfortable.

When the world feels still, and she’s doing everything “right” but nothing is happening,

it can feel like something’s wrong. But I want to offer a reframe: perhaps nothing is wrong. Perhaps her bashert is hidden. Or maybe he’s not ready. Hashem is working behind the scenes, even when we see nothing at all.

This is how Hashem created the world, he’s hidden in layers of life. There are moments when everything is visible and moving and we clearly see the hand of Hashem. And then there are times like this, where we’re underground, like a seed waiting to grow. No one sees it, but something sacred is taking root.

Still, that feeling of stuckness is real. And it can bring up doubt, sadness, frustration, even questions about her own value. But please remind her: her worth is not measured by the number of suggestions she gets. She is just as worthy today, without suggestions, as she will be when her story begins to unfold.

So what can she do in the meantime?

- Lean into growth. Focus on areas of life that bring light learning, creativity, friendships, connection and joy.
- Let trusted people know she’s open to new suggestions. Sometimes the network just needs a gentle reminder.
- Surround herself with people who see her. She doesn’t need everyone to understand just a few who really do.



And most of all, she can ask herself:

- Can I believe this pause is part of the plan not a punishment?
- Can I hold onto the truth that I'm being prepared, not forgotten?

She's not behind. She's exactly where she needs to be. Every "no," every silence, every moment of stillness is leading her closer to her "yes." Don't let her give up. Let her know that you believe her soulmate is on the way. Because that's the truth. He's on the way.

Blessings,

Aleeza ■

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