



לעילוי נשמת מאיר יצחק בן יוסף אליהו הכהן ז"ל

Identifying Red Flags

Alex asks:

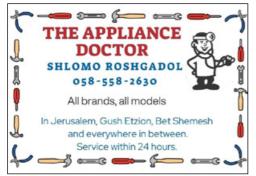
My candidate recently came to me with this deep concern. "How can I recognize red flags in a relationship or in the person I'm dating? I want to stay open, but also protect my heart and make wise choices."

Aleeza answers:

Thank you for bringing up such an important question.

Sometimes, when we want something to work especially when we see good qualities in the other person we might ignore or minimize signs that something is off. But Hashem gave us intuition for a reason. That quiet inner voice? It's not paranoia. It's protection.

And when something doesn't sit right, it's worth paying attention.



A red flag doesn't always look dramatic. Sometimes it's subtle. She doesn't feel safe being herself. She feels small after conversations. She's constantly second-guessing what's okay to say. Or maybe the relationship feels like it's all on her terms or never on her terms.

Torah teaches us that shalom, peace, is one of the highest values in building a bayit ne'eman. That doesn't mean perfection. But it does mean a sense of emotional safety. A feeling that her soul can rest here with him.

Here are some helpful questions she can ask herself:

- Do I feel emotionally safe with this person?
- Can I express myself without fear of being shut down, criticized, or ignored?
- Do I walk away from conversations feeling more secure or more anxious?
- When I raise concerns, does this person respond with care and take me seriously?

And she shouldn't ignore her body either. A knot in the stomach, a sense of dread, or even just constant tension those can be signals, too.

Now, there's a difference between red flags and human imperfections. We're not looking for someone who never messes up. We're looking for someone who is growing. Who is self-aware. Who takes responsibility when needed.

So if something feels off, she can slow down. Ask more questions. Speak with someone she trusts.

And remember: if something isn't right, that's not a failure. That's a gift. There's a blessing in a no.

Blessings, Aleeza

Want to set up your friends? Become their ambassador join Shagririm Balev!



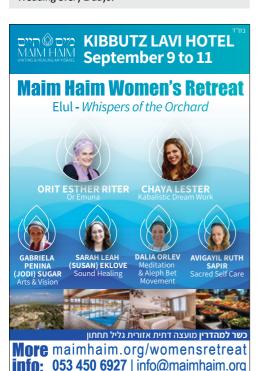
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Founded in Israel in 2019 and led by Rav Rimon, Shagririm Balev - a social online matchmaking initiative - has taken the dating scene by storm. With over 10.000 candidates and 3.000 Ambassadors. in Israel and the US, Shagririm Balev is averaging a Wedding every 2 days!





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