



Mismatched Emotional Pace

לעילוי נשמת
מאיר יצחק בן יוסף אליהו הכהן ז"ל

Yael asks:

One of the singles I represent opened up about something delicate. She's in a relationship where the emotional pace feels mismatched.

"How can I handle it when the pace of the relationship feels different for each of us? I don't want to feel hurt, but I also want to keep things flowing naturally."

Aleeza answers:

Thank you for asking such an honest and important question. So many people experience this one person moves a little faster, the other a little slower and it can create real emotional tension. I want you to know, you're not doing anything wrong. You're just human. And so is the person across from you.

What I've learned over the years is that relationships don't always move in a straight line. One person might be clearer,

quicker, more certain. The other might need more time, more space, or more questions answered before moving forward. That difference doesn't mean the connection isn't real. It just means you're two people with two different emotional clocks.

This is how Hashem created the world: not with perfect symmetry, but with contrast and balance. Think of it like a dance sometimes one leads, sometimes the other. The key is not to match every step perfectly, but to stay in rhythm together.

If she's the one who feels ready sooner, it can be painful to wait. And if she's the one who needs more time, it can feel overwhelming to keep up. But here's what I want her to hold onto: if there is kindness, honesty, and effort from both sides, the pace can adjust. The gap can close.

Here are a few questions she can reflect on:

- Can I share my feelings gently without pressure or judgment?
- Is the other person emotionally present and responsive, even if slower?
- Can I be patient and trust the process without abandoning my own needs?

Each has their own pace, and their own path of growth. If this relationship is meant to last, it will find its way to align through their conversations and connections.

So she should keep breathing. Keep

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listening. She will need strength and patience to get through this time period until their emotions become more in sync. Blessings,
Aleeza ■

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