



# After a Breakup: Helping the Heart Get Ready Again

לעילוי נשמת  
מאיר יצחק בן יוסף אליהו הכהן ז"ל

## Ora asks:

My candidate recently ended a long relationship. He told me he's ready to move on and hear new suggestions, but I'm not so sure. Each time I suggest someone, he finds vague reasons to reject the idea. It feels like he's just looking for excuses to say no.

How can I really help him?

## Aleeza answers:

When someone comes out of a long relationship, even if they say they're ready, the heart often needs more time than the mind admits. Ending something significant leaves a space that doesn't fill instantly. And sometimes, the fear of being hurt again shows up as a quick rejection.

First, let's validate: he's not wrong for feeling hesitant. This is how Hashem created the world when we lose something meaningful, we need a process of healing. The question is not just "Is he ready to date?" but "Is he ready to open his heart again?" Those are very different things.

So how can you help? Gently. With patience. Instead of only suggesting matches, invite him to reflect on what he learned from his last relationship. Ask: *What worked well? What would you like to build differently next time?* This helps shift his focus from "what I don't want" to "what I truly want to create."

You can also remind him: dating is not about finding someone perfect, it's about finding someone who is perfectly imperfect for you. If he's using small flaws as reasons to reject, that may be fear of making the same mistake twice so he's ruling out people

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who may remind him of what didn't work previously.

After making three suggestions and receiving three no's, let him know that you don't have any other relevant suggestions at this time. Let him know you've made thoughtful solid suggestions and you believe they have potential. Pause your suggestions and give him a moment to reflect. An endless supply of match suggestions will just prove you're throwing spaghetti at the wall rather than making targeted suggestions.

May Hashem bless him with clarity, healing, and the courage to say yes when the right person comes along. And may you be blessed with spot on suggestions.

Aleeza ■

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