



# Attraction, Expectations, and Opening the Heart

לעילוי נשמת  
 מאיר יצחק בן יוסף אליהו הכהן ז"ל

**Yair asks:**

My candidate is extremely particular about the external look of the person he's willing to date. It feels like he's dismissing wonderful people too quickly. Should I try to help him loosen up? Or maybe he just knows what's right for him?

**Aleeza Answers:**

This is such an important question, and not so easy to answer.

When someone is very fixed on a "look," it often comes from a deeper place. Maybe it's fear: *If I don't choose exactly what I want, I'll regret it. Maybe I won't be attracted to them for a lifetime.* Or maybe it's a belief: *I have to feel instant attraction or it's not real, I don't*

*want to convince myself.* And sometimes... it's just habit. They've trained their eyes to notice a certain "type," and everything else feels "off."

We know that looks don't truly sustain a relationship. And yet you can't marry someone you're not attracted to. So what degree of attraction does a person need? Looks change. Styles shift. But middot, kindness, faith, laughter, and shared values that's what builds a bayit ne'eman and only get better over time.

I do think it's valuable to gently open the conversation. Not to pressure or shame, but to invite curiosity. You can ask questions like:

- "What matters most to you long-term?"
- "How would it feel to meet someone amazing in almost every way...what could you get used to if it was different than you expected?"
- "Would you consider dating someone outside of your typical look preference?"

Sometimes, just *trying* a different experience opens the heart. I've seen people say "not my type" and then find love with somebody they almost walked past. But they had to be willing to *look again*.

You can still support them *and* challenge them to try outside their type, with love. But remember you won't have been the first one to request this. They have likely been asked this many times.

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The goal isn't to erase their taste. It's to expand their vision. To help them see that Hashem's blessings sometimes come in unexpected wrapping. May they be open to your suggestion and may their soulmate be revealed to them soon.

With warmth, hope, and faith in the process,

*Aleeza* ■

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