



# When Silence Feels Scary: Helping Singles Relax on a First Date

לעילו נשמת  
מair יצחק בן יוסף אצליחו הכהן ז"ל

## **Yochi asks:**

Aleeza, one of my candidates, is extremely anxious about awkward silences on a first date. She's afraid that if there's a quiet moment, it means something is wrong or that the date is failing. How can I help her feel calmer and more confident?

## **Aleeza answers:**

This is a common fear, and she is totally justified in having this concern. First dates can feel like an emotional performance, especially when someone is already nervous and deeply wants things to work. Ironically silence can feel loud, but it's not nearly as dangerous as we imagine.

Let's start by reframing the silence. Think about music. There is a rest which is a beat

and is very important. It allows all the other sounds to be amplified. Quiet moments don't mean failure; sometimes they mean two people are simply settling into each other's presence. In fact, comfort with silence is often a sign of safety, not disconnection. Silence is simply a pause before what comes next.

You're not there to entertain or impress. You're there to notice how you feel with this person. Do you feel calmer over time? More yourself? Those answers often come through moments of pause or silence. Not via constant conversation.

Practically, you can help her prepare by shifting her mindset. Instead of thinking, "I need to keep this going," she can tell herself, "It's okay to pause. We're allowed to breathe." A sip of water, a smile, or a simple comment like, "I'm enjoying this," can gently reset the moment without pressure.

You can also remind her that silence is shared, it's not hers to carry alone. If there's a pause, it belongs to both people. And if the other person is comfortable, that's actually valuable information. We're not looking for constant conversation. We're looking for connection and that often grows in the quiet moments.

I would also encourage her to remember that attraction and connection don't come from constant talking, they come from feeling seen



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and safe. Some of the strongest bonds are built when two people can simply be together, having moments where they look into the other's eyes, without rushing to fill the space. Silence allows authenticity to enter.

Most importantly, reassure her that her worth is not measured by how smooth the conversation feels. Dating is not just about finding someone, it's about building something. And building begins with presence, not performance.

Encourage her to trust that the right person won't be scared off by a moment of silence. The right person will sit in it with her, and maybe even feel at home there.

May she find comfort in the quiet moments and in confidence too.

Blessings,  
Aleeza ■

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