



When Dating Fatigue Turns Into Resistance: How Do You Help Someone Re-Engage?

לעילי נשמה
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Dvir asks:

I represent a candidate who is completely exhausted from dating. He says he's no longer willing to travel far or pay for dates unless the woman already wants to continue after a first date. In practice, this means he asks to split expenses early on. Many women are turned off by this, and I'm struggling to help him see it differently. How do I shift his mindset?

Aleeza answers:

After enough disappointing experiences, people stop feeling generous and start protecting themselves. The problem is that what feels like "self-protection" often comes across as emotional withdrawal and lack of interest. Early on in dating is exactly when generosity

matters most. As we know, you never get a second chance to make a first impression.

When someone says, "I'm tired of investing unless I know it's worth it," what they're really saying is, "I don't trust the process anymore." That's understandable but it's also the very thing blocking connection.

Paying, making the effort to travel, and showing up fully are simply about being ready to be a giver and be in a relationship. I always remind people, splitting the bill splits the connection. I prefer one side pays. And early in dating, the man pays. Later on she can plan a date and treat him.

That said, forcing someone to "just try harder" when they're depleted won't work.

If the exhaustion feels overwhelming, I often recommend a brief, intentional dating detox, a defined break with a return date, so dating stops feeling like a drain and starts feeling like a positive effort being made to find the one. I actually have a dating detox program starting Feb 1 if that's of interest.

A detox is simply a reset so he can go back to dating with hope, curiosity and energy for the process.

Once he's rested, the conversation shifts. Help him see that dating effort is not about the woman earning him, it's about who he wants to be while dating. Is he showing up as someone



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open, curious, and generous? Or guarded and calculating?

You can also help him set smarter boundaries that don't punish the other person: limit distance reasonably, choose simpler date formats, or cap the number of dates per month, without outsourcing emotional risk to the woman across the table.

Remind him: the right person won't need convincing, but she will need to feel wanted.

Dating requires showing up with intention and energy. And if he can't do that right now, the most honest move is to pause, take a break and come back when he feels more positive and ready to step it up.

May he take the time he needs to reset and find the process more tolerable moving forward.

Blessings, Aleeza ■



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