



# Dating During War

לעילוי נשמת  
מאיר יצחק בן יוסף אליהו הכהן ז"ל

War changes the rhythm of life. The simple routines we once took for granted, morning coffee, long walks by the beach, spontaneous nights out...suddenly feel like luxuries from another world. And yet, even during war, people still long for connection, companionship, and love. Dating doesn't stop in times of crisis; in many ways, the desire for partnership becomes even stronger.

But dating during war requires extra awareness, emotional honesty, and a steady heart.

## 1. BE MINDFUL OF TRAUMA BONDING

When people experience fear, uncertainty, and constant stress, emotions run high. Sharing difficult moments, running to a bomb shelter together, hearing sirens, checking the news, can create an intense sense of closeness very quickly. This is sometimes called trauma bonding: when connection forms primarily through shared distress.

While these feelings are real, they can also blur judgment. Ask yourself: Would I feel the same connection if life were calm? A relationship built only on crisis may not hold the same strength once stability returns. Take time to see if your values, goals, and personalities truly align beyond the current moment.

## 2. ADJUST EXPECTATIONS

Right now, romance might look less like

sunset strolls and more like sitting together near a bomb shelter with two cups of tea. And that's okay.

Connection isn't defined by location; it's defined by presence. Some of the most meaningful and true conversations happen when life is stripped down to its essentials. If both people show up with sincerity, kindness, and curiosity, even a simple meeting can become meaningful.

## 3. DON'T RUSH MAJOR DECISIONS

War creates urgency. When life feels fragile, people sometimes feel pressure to commit quickly, to get engaged, or define the relationship immediately.

But healthy relationships still need time to grow. Continue asking thoughtful questions, observing how the other person behaves under stress, and seeing how they treat others. Time reveals character, especially during difficult periods.

## 4. NOTICE HOW SOMEONE HANDLES PRESSURE

Crisis reveals core traits. Does your date remain calm or become reactive? Do they communicate openly or withdraw? Are they compassionate toward others around them?

These moments are actually valuable data. You're not just dating a person during peaceful circumstances, you're seeing who they are when life is hard.

## 5. PROTECT EMOTIONAL BOUNDARIES

During war, many people feel vulnerable and raw. It's easy to overshare too quickly or

lean on someone emotionally before trust has fully developed.

Healthy intimacy builds gradually. Share honestly, but allow the relationship to develop in layers. Emotional safety grows through consistency, not intensity.

### 6. KEEP HOPE ALIVE

Even in the darkest seasons, life continues. Couples still meet. Relationships still begin. Families still form. Hope is not naive, it's necessary.

Dating during war is not about pretending everything is normal. It's about acknowledging reality while still believing that love can exist within it.

May you have the wisdom to see clearly, the patience to let love unfold in its proper time, and the courage to keep your heart open even when the world feels uncertain.

Blessings, Aleeza ■

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