



Singles Events or Stressful Auditions?

לעילוי נשמת
 מאיר יצחק בן יוסף אליהו הכהן ז"ל

Sarah asks: My candidate is nervous to go to singles events. She finds them very difficult and overwhelming. What’s the right mindset to go in with? And what can she do differently?

Aleeza answers:

Hi Sarah... first of all, please tell her she is so normal. Truly. Walking into a room full of strangers, with your heart quietly whispering, “Maybe this could be something” is vulnerable. Of course it feels overwhelming. When something matters to us, it activates everything: hope, fear, longing, self-doubt. That doesn’t mean she’s not cut out for this. It means she cares.

And I want to gently reframe something. Singles events are not auditions. They are not a stage. They are not a test to pass or fail.

They’re a room full of humans.

So many people walk in thinking, “Will they

like me?” “Will I stand out?” “What if I’m awkward?” That mindset puts her in performance mode. And performance mode creates pressure.

Instead, I want her to shift into what I call “curious connector mode.”

Rather than asking, “Who will choose me?”

She asks, “Who might I want to learn more about tonight?”

When she focuses on discovering others instead of being evaluated, her nervous system can settle. She’s no longer being judged, she’s exploring.

Now let’s get practical, because mindset without tools isn’t enough.

Here are some grounded, doable strategies she can actually use:

1. SET A MICRO-INTENTION BEFORE SHE WALKS IN.

Not “I need to meet my bashert.” That’s too

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big. That creates pressure.

Instead: “I’m going to have three meaningful conversations.”

Or: “I’m going to ask thoughtful questions.”

Small, measurable goals build confidence.

2. ARRIVE WITH QUESTIONS PREPARED.

Anxiety spikes when we don’t know what to say. So remove that stress.

She can keep a few go-to openers in her back pocket:

- “What’s been the highlight of your week?”
- “What made you decide to come tonight?”
- “What’s something you’re passionate about lately?”

Preparedness reduces panic.

3. GIVE HERSELF A TIME CONTAINER.

Tell her she doesn’t have to stay all night. She can commit to 60-90 minutes. When she knows there’s an exit plan, her body relaxes. If she’s enjoying herself, she can stay longer. But she has control.

4. TAKE GROUNDING BREAKS.

If she feels flooded, she can step aside, take three slow breaths, feel her feet on the floor, and remind herself: “I am safe. I am enough. I’m just meeting people.”

Regulation first. Connection second.

5. REDEFINE SUCCESS.

Success is not “Did I leave with a date?”

Success is:

- I showed up.
- I tried.
- I stretched.
- I practiced connection.

That’s growth. And growth compounds.

And here’s something I want her to remember deeply: confidence is not the absence of nerves. Confidence is walking in with nerves and choosing to engage anyway. That takes courage.

Also, and this is important, the energy that’s

magnetic is not perfection. It’s presence. When someone is genuinely listening, genuinely curious, genuinely themselves: that’s attractive. People feel that.

So instead of trying to be impressive, she can focus on being interested. That alone transforms the entire experience.

Tell her this from me: She doesn’t have to sparkle. She doesn’t have to shine brighter than anyone else in the room, she just has to be real. The right person isn’t looking for a performance. They’re looking for a person.

Blessings for courage, connection, and beautiful surprises.

Aleeza ■

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