



לעילוי נשמת
מאיר יצחק בן יוסף אליהו הכהן ז"ל

Can People Change?

Rachel asks:

My friend has an on again off again relationship. Now the guy is back and promises that this time it's different and he's ready to marry her. Should she trust him?

Aleeza answers:

"People change" is one of the most hopeful thoughts in the world.

It's also one of the most dangerous when someone wants love so badly that they stop looking at reality.

So should your friend trust him?

Maybe.

But not because he came back with a speech. And definitely not because he suddenly says he's "ready."

The real question is: what changed between the last breakup and now?

Because relationships don't magically heal during silence. Time alone doesn't create maturity. Missing someone isn't the same thing as being capable of building a healthy marriage with them.

On-again off-again relationships usually happen for a reason. One person can't commit. Someone keeps pulling away. There's instability, confusion, inconsistency, emotional highs and lows. And after enough cycles, people stop dating from clarity and start dating from memory. They remember the chemistry, the hope, the potential, the good moments... and slowly forget how painful the uncertainty actually felt.

The problem is that "this time is different" only matters if something is actually different.

Did he go to therapy? Did he work on the issue that caused the breakup? Did he suddenly develop emotional availability, communication skills, accountability, consistency? Or did he just get lonely? This is what she needs to figure out.

I would tell your friend not to focus on his words right now. Focus on patterns. Patterns tell the true story more than promises do.

And I'd also ask her something important: When he left before, what happened to her emotionally? Did she become anxious, insecure, obsessed, unable to trust herself? Because even if he now wants marriage, she has to ask whether this relationship brings out the healthiest version of her.

A relationship preparing for marriage should feel increasingly stable, not constantly resurrected from emotional wreckage.

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Now, to be fair, some couples genuinely do break up, grow separately, reconnect later, and build beautiful marriages. It happens. But usually the difference is obvious. There's humility. Ownership. Changed behavior. A deeper emotional maturity. Not just urgency because someone fears losing the other person.

I'd encourage her not to rush because he suddenly sounds certain. Real readiness can survive healthy pacing. If he truly wants marriage, he should be willing to rebuild her trust again slowly and consistently instead of demanding instant belief.

Love is not proven by coming back.

Love is proven by staying steady once you do.

May your friend have the wisdom to see clearly, and the patience to see if this is now the right time and the right one.

Blessings, Aleeza ■

♥

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