



Should You Touch Up Your Friend's Shidduch Photo?

לעילוי נשמת
מאיר יצחק בן יוסף אליהו הכהן ז"ל

Ora asks:

Hi Aleeza. I have this awesome friend that I'm trying to set up, and men keep rejecting her resume because of the photo. I know this photo isn't the most flattering of her, is it that bad to maybe touch it up a little artificially? I just want to get her to the date stage.

Aleeza answers:

I know the temptation.

Your friend is wonderful. Kind. Smart. Deep. Funny. The kind of person who would make an incredible spouse. And yet every time their shidduch resume goes out, the answer comes back the same way: "No thank you."

Then you look at the picture and think, Honestly? This photo is doing them no favors.

Maybe the lighting is harsh. Maybe they look tired. Maybe the angle is awkward. Maybe you know that in real life they're much more attractive, warm, and magnetic than this one frozen image suggests.

So the question becomes: is it okay to touch up the photo a little to help them get more opportunities?

My answer is no.

And not because I think people need to post the most real version of themselves online. I

absolutely believe people should choose flattering photos. Good lighting matters. A genuine smile matters. Wearing colors that suit you matters. Confidence matters.

But digitally enhancing someone's appearance beyond reality creates a new problem instead of solving the original one.

Because eventually the person has to walk into the date.

And if the reaction becomes, "Wait... this isn't what I expected," then the photo didn't help them find love. It helped them get through a door that immediately becomes uncomfortable for both people.

That's not a foundation you want to build on.

The goal of a shidduch photo is not to create fantasy. The goal is accuracy with warmth. You want someone to look at the picture and think, "I'd love to meet them," and then feel pleasantly surprised in person, not confused.

So what should you do if a friend is getting rejected because of photos?

Get different photos.

Not enhanced ones. Better ones.

Go outside during golden hour. Use natural lighting. Let them wear clothing that makes them feel confident. Capture them laughing instead of posing stiffly against a wall. Ask people who know them well which photos

actually feel like them.

Some people are incredibly photogenic. Others come alive in motion, conversation, energy, and presence. The answer isn't to manufacture beauty that disappears in person. The answer is to communicate who they genuinely are in the most appealing and authentic way possible.

And also, let's be honest, if someone is rejecting based on one imperfect photo alone, that may not be the right match anyway.

Real relationships are not built on filtered perfection. They're built on truth, chemistry, comfort, and connection.

May we all have the courage to present ourselves honestly, the confidence to know our worth goes far beyond a photograph, and the blessing to be loved for who we truly are.

Blessings, Aleeza ■

♥

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