



Shagririm Balev

Everyone Can Make a Match

ALEEZA BEN SHALOM | Jewish Matchmaking



לעילוי נשמת
מאיר יצחק בן יוסף אליהו הכהן ז"ל

When Are They Ready to Move On?

Davis asks:

My candidate just ended a relationship of a few months and the very next day told me they're ready for suggestions. How can I tell if they're actually ready?

Aleeza answers:

There isn't a magic number of days, weeks, or months that tells you someone is ready to date again. I've seen people genuinely ready after a week, and I've seen others still carrying a breakup years later. The calendar isn't your best guide. The conversation is.

Here are a few things I look for before making another suggestion.

1. Ask what they've learned.

A breakup should leave us with more than heartache, it should leave us with insight. Ask what they discovered about themselves, what worked, and what didn't. If they can reflect thoughtfully instead of simply blaming the other person, that's a healthy sign.

2. Ask what still hurts.

You don't need every detail, but it's important to understand whether they're processing the relationship or still living inside it. If every answer circles back to the ex, the emotions are probably still too fresh. If they can acknowledge the pain without being consumed by it, they're likely further along.

3. Ask what they're looking for now.

Sometimes a breakup brings tremendous clarity. Other times it creates confusion. Has anything changed about what they're hoping to build? Have their priorities shifted? If so, what new info do you need to make a thoughtful accurate suggestion?

4. Watch their motivation.

One of my favorite questions is, "Why do you want another suggestion right now?" Are they excited to meet someone new? Do they feel emotionally available? Or are they simply trying to fill the silence that the breakup left behind? There's a big difference between running toward a future and running away from loneliness.

5. Pay attention to how they speak.

Listen for emotional regulation more

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than emotional perfection. They don't have to be completely over the relationship. Most people aren't. But can they speak respectfully about what happened? Can they own their part? Can they imagine a new relationship without constantly comparing it to the last one? Those are encouraging signs.

As an ambassador, remember that your role isn't to decide whether someone is "allowed" to date again. Your role is to help them succeed. Sometimes that means making the introduction. Sometimes it means gently encouraging them to give themselves another week, another conversation with a trusted friend, or simply a little more space to heal.

And just because they are ready doesn't mean you are ready to make another suggestion. Thoughtful matches take time to find and vet.

May Hashem grant every person the wisdom to heal with honesty, the courage to begin again when the time is right.

Blessings,
Aleeza ■

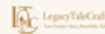
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Founded in Israel in 2019 and led by Rav Rimon, **Shagririm Balev** - a social online matchmaking initiative - has taken the dating scene by storm. With over 10,000 candidates and 3,000 Ambassadors, in Israel and the US, Shagririm Balev is averaging a Wedding every 2 days!



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