



לעילוי נשמת מאיר יצחק בן יוסף אליהו הכהן ז"ל

Should She Know About His PTSD Before the First Date?

Malka asks:

Hi Aleeza

I read your articles in Torah Tidbits and feel you do a great job.

I am looking into making a match and the young man is on meds for a few years for PTSD, however he is and has been stable for years. I used to think one waits to tell that until after they have at least met

once, but the young man tells me that in our society, potentials are checked out before meeting so he figures it is better to say upfront.

The question is should I share this before they meet or not?

Aleeza answers:

There isn't only one right time to share something like PTSD. There are actually two very reasonable ways to handle it, and a lot depends on the person whose story it is.

Generally, I'm comfortable with a single sharing something like this themselves once they've started dating. It doesn't necessarily need to be a first-date conversation. A first date is usually about meeting the person, not meeting their entire medical and emotional history.

By the second, third or fourth date, when there is some connection and both people are interested in continuing, there may be an appropriate opportunity to say, "There's something important about my history that I want you to know."

That gives the person the chance to explain their own experience instead of having a matchmaker explain it for them. They can share what happened, where they are today, why they take medication, how they're doing and anything else that would



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be important for someone considering a future with them to understand.

But your situation is different for one important reason: he is asking you to share it beforehand.

And in this case, I would.

He isn't embarrassed by his history. He isn't asking you to hide it or worried that someone will find out. He's actually saying, "I would rather know that the woman saying yes to me knows this information and is still comfortable meeting me."

I think that's very reasonable.

Especially in a community where people do significant checking before agreeing to a date, sharing this information upfront also means she isn't going to hear something through someone else, wonder why it wasn't mentioned or feel caught off guard later.

At a baseline, if she knows he previously suffered from PTSD, is currently taking medication, and still says yes, you're already one step ahead. She has enough information to decide whether she is comfortable exploring the match.

But, and this is important, the matchmaker should give the headline, not the whole story.

You can share the basic information honestly and calmly, without diagnosing, explaining, defending or giving details that really belong to him.

Then, if they date and a connection develops, I would strongly encourage him to have the deeper conversation himself. At that point, she can understand not only what was, but what is: his emotional health today, how the PTSD affects him now, what role medication plays, and anything else that could meaningfully impact a marriage.

The goal isn't simply disclosure. The goal is disclosure with the right person,

at the right time, with the right amount of information.

And in this case, because he is comfortable having the information shared upfront, I would follow his lead and have you disclose the information and also vouch for how long you've known him and you can describe his stability from your own personal experience of him.

May Hashem give you the wisdom to share what needs to be shared with sensitivity, and dignity.

And keep me posted about this match!

Blessings, Aleeza ■

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