

Rabbi Ben Zion Shafier



How Do You Know She's The Right One?

I got a call from a fellow who said, “Rebbe, you have to help me.” “Sure, sure. What’s up?” I replied. “Well, I was set up with this girl, and I think I’m going to fall for her.” “That’s great. So what’s the problem?” “What’s the problem? That’s the problem. She’s not what I’m looking for! I want a girl who...” and he went on to list the “Miss Potato Head” qualities that he needed to be truly happy.

It took me almost an hour to help him see what he was doing. He had a clear image of the kind of girl he was going to marry, and this young woman did not fit that picture. But that was the problem – he wasn’t looking for his *bashert*. He was out looking for his choice – the woman he fashioned in the image he formed – and he was convinced that nothing but that would bring him lasting happiness. He wasn’t focused on the fact that it’s Hashem’s job to create people. And it’s Hashem’s job to find matches for those people.

The proper way to go out is to forget all the criteria, skip the laundry lists, drop all the “I needs” and “I wants,” and ask only one question: how do I feel about this person? Not, is she the best girl I can get? Not even, is she the best one for me? Or, do I see myself in 20 years from now being happy with her?

Ask yourself how you feel now. Is there a certain comfort level? Does it just seem to be right? If she passed the paper test, and the answer to this question is yes, then that’s the sign she’s the right person. She is the person who

was predetermined by Hashem for you. You’ve done your proper *hishtadlut*. Now you move forward with confidence and assurance that Hashem has predetermined the one right for you and brought her to you.

32 Reasons to Drop Someone

One of the complications with this system is that when a person has a feeling this is the right one, they won’t allow themselves to feel it. “I need someone smarter, or taller, or richer, or funnier, or more easygoing, or more driven,” or whatever imaginable attribute people can think up. So they say no.

Now you may ask, aren’t these things important? Good family, smart, and attractive? Aren’t they huge contributors to the success of a marriage? The answer is they are incredibly important, and if you were putting together your Mrs. Potato Head, I think you should grab a whole big bunch of all of them. But that’s the point. You aren’t creating your *bashert*; you are searching for her. And you don’t know whether she is smart, or pretty, or comes from a good family or not. There is only one thing you will know about her – that she’s the one Hashem picked for you. The way you tell that is by allowing your heart to tell you.

The Other Side of the Fence

This doesn’t only apply to men. A woman might be going out with someone, and she’ll say, “It’s going well, but...” And there’s something blocking

her from moving forward but she can’t quite put her finger on it.

It may well be that he isn’t the right person for her. However, there are many times she’s stopping herself from feeling it’s a good fit because (and now fill in the blank):

That’s when she needs help sorting out her feelings, and she should speak to someone older and wiser for direction.

Most often, that guidance is to help you sort out what’s realistic, what you should be looking for, and more than anything, what you are feeling. At the end of the day, the decision is yours. Hashem gave you an inner guidance system: the superb set of emotions, understandings and intuitions we call your heart. Sometimes, however, you need help sorting through exactly what you’re feeling. And that’s where it’s invaluable to have someone older and wiser to guide you.

But the guidance isn’t to make the decision for you. It’s to help you focus on how you feel. Your heart may know, but cutting through the static and asking yourself, “What do I honestly feel?”

Rabbi Ben Zion Shafier is a veteran educator and noted relationships expert who served as a high school rebbe for 15 years before creating TheShmuz.com.