

DR. DAVID LIEBERMAN ON SHIDDUCHIM-05/27/2014

1. Some of -sometimes parents project their own likes and dislikes at to who their child should marry. If the boy/girl does not fit image the parents had in their mind, they will not let the shidduch go through. Although there is what to say as far as parental guidance, parents have to remember their child is getting married, not them

2. need to get references and check out the boy/girl-but not every stone has to be uncovered

3. medication-should not be a deal breaker. If someone is on a low dose of Prozac, should not be a reason to say no. Dr. Lieberman said, there are many people out there who need to be on medication and going for therapy and they aren't and that is a bigger problem than someone taking mild medication. Because of this distrust of anyone taking medication, parents will withhold putting their child on medication, so they do not have to answer 'yes' when asked-is he/she on any medication and this he felt was wrong.

4. Genetic history-a sibling, a relative with emotional illness. Dr. Lieberman said, the environment is a bigger factor than having genetic history . What does it mean to grow up in a house like that is more important than if someone in the family has emotional issues.

5. Girls sometimes can be too quick to say 'no' to the boy. If the boy doesn't present himself good on the first day, the girls do not give him a second chance, which the doctor thought was wrong. Girls need to understand that boys 'are diamond' in the rough. He said, he has spoken to countless rebbetzins, whose husbands today are famous, who tell him."Dr. if you would seen my husband when he was 22." Dr. Lieberman said, the boys need their wives to roughen the edges. A boy needs a girl to bring out the best in him. He said, the boy may not be as refined, sophisticated as the girl wants, but the important thing is that he has good middos. A girl must recognize that with some polishing, he can shine.

6. As far as boys go-Dr. Lieberman brought down from a book called 'paradox of choice', that today we have an explosion of choice. We go to the supermarket, and there are 85 types of crackers. The author of this book says, that because we have so many choices in so many areas- it is increasingly hard to make a decision And more importantly, even when we make our decision, we are less satisfied than if we would have had only 1 choice. This applies to the crackers, to the shoes we buy and to our shidduch decisions.

Proctor and Gamble reduced the number of the shampoos they sell from 26 to 15 and believe it or not, their sales went up. People decide better when they have less choices. Studies have been made from choices made on online dating sights, and they have found that the more choices, the less likely someone is to make a choice. Same thing , with singles week-ends-the boys have too many choices. When too many girls are available, this leads to a delay in making a choice.

There is also something called a 'decision paralysis'- which means any decision we make we will be less satisfied because we had so many choices.

- there is also an escalation of expectation-and because we are expecting so much, we are not happy with our choice.

Many times, boys expectation is that there is no excuse for less than perfection. And because of this, they say no. Dr. Lieberman says, it is wrong for parents to let their sons know all the names of the girls being offered to them. All this does, is make the boy take longer to choose and at the end, he will not be happy with his choice.

Dr. Lieberman says, if a girl hears the boy has a list of names, she should not put herself on that list, because a boy like that will never decide. And when the boys date a lot, all that happens is, they have 'burn out'

-Middos to look out for: When teaching a child, to say thank you, please at a young age-we are trying to get to the core of the child, so that 'hakoras hatov' becomes ingrained in him. This is what to look for in a spouse. When dating, how does he treat the doorman, the waiter-people he doesn't know . Does he show them respect? This is a good indication if he has the middah of appreciation which is very important in a marriage.

-of course, if one sees any type of temper/ anger/seeking to totally control the situation –these are 'red flags'. Not to say that no one is ever allowed to get angry.

-the person should be a 'mevater'

-the person should have a sense of 'simcha'. Dr. Lieberman says, a person who has the middah of gratitude will be a person 'b'simcha'-the 2 go together. Someone who has an appreciation for others is a person 'b'simcha'. Dr. Lieberman suggests that before a boy/girl date, they should think about what they are happy about and this will make for a better mood on the date.

This simcha will in turn make the person more charismatic. A sense of joy translates into charisma. Satisfaction and a sense of joy translate into making us more attractive.

-boy/girl should have a sense of humility. Confidence is fine, but arrogance is really a manifestation of low self-esteem.

DEAL BREAKERS-if the person had an addiction of any sort-that is a 'red flag'

-certain types of mental illness

-the values of the boy/girl contradict

-have to respect each other, otherwise there will be problems

-if a person can't commit. After dating for awhile and the boy/girl can't commit, then that is a problem

-CHEMISTRY-Dr. Lieberman says, if you go on a date, and it doesn't go well, please give the boy/girl a 2nd chance. Many people are so nervous on the first date, that it is not fair to judge them on the first date

-If the boy/girl does something grossly inappropriate

Men are always looking at what 'they are getting' vs **being satisfied** with 'what they are getting'

Rabbi Schneerson quoted a Rosh Yeshiva who said, "when a boy dates, his attitude seems to be- 'Prove to me you are my beshert' but the way for a boy to date, is to have the attitude 'you are my beshert' and then see where it goes.