

# THE SHIDDUCH CHECKLIST

Follow me on a journey that will hopefully inspire you to think & feel more confidently when embarking on the Shidduch scene.

Generations ago, the Shidduch scene was totally different then it is today.

Women looked for a Talmid Chochom; a good provider; a strong man. Men looked for a warm and nurturing woman; a real Aishes Chayil that would raise their kids with the warmth of Torah and love of Yiddishkeit.

Today, our new challenge is to not only find the above, but to look for our soul mate. Not just a provider or real aishes chayil, but someone that has it all. Or so it seems. We are looking for a partner in marriage, that can fulfill our emotional, spiritual and physical needs, with good communication skills, be able to be kind and loving and also maintain a long lasting and beautiful relationship.

We must always remember that no matter what, HASHEM IS IN CHARGE! And that "ALL MARRIAGES ARE MADE IN HEAVEN". Hashem organized your shidduch a long, long time ago, before you were even born. So, the other half is there! Just have faith.

This journey I am taking you on is just a collection of my personal experiences over the years, in helping people find their bashert. To the young men and women embarking on the Shidduch scene, I suggest the following ideas, as merely suggestions, that can possibly help make the journey a lot more pleasant.

Firstly, take the time to think. Think aloud, with a close friend, mashpia, or parent. Think of all the qualities you would love to have in your soul mate. Write them all down. We call this 'brainstorming'. Afterwards, select from the list of 25 qualities, only a few, only 5 non-negotiables, deal breakers, that are of most importance to you.

This is simply a guide to enable you to think. It is meant for you to think of what qualities may be most important to you. What you value most. As you read through the suggestions, have in mind the next time you are going out on a date to look out for these important qualities only – these 5 Non negotiables.

Here is a list of possible choices to look at, in order to help you 'PRIORITIZE' your values; to help you select what your top 5 most important values you seek in a spouse.

## VALUE CHOICES



### 1. EMOTIONALLY STABLE:

Are they emotionally well balanced? Do they have a lot of emotional baggage? What sort of a mother did they have? What sort of a role model was their father? Was there shalom bayis in their home? Were they brought up very

narrow-mindedly, or open-minded? Are they in touch with their feelings? Can they 'express' themselves, to others? Do they have good emotional IQ? Are they in a square box? Or 'open'?

Does this person come from a well-rounded, secure, warm family environment? What kind of role model is his/her mother and father? Do they speak highly of them? What was the Shalom Bayis like in their home? What sort of an environment/value system do they anticipate for the future, which they received from family or friends?



2. HONESTY AND INTEGRITY: Are they sincere? Are they straightforward and honest? Or is there a hidden agenda, and you don't really know their intentions? Are they authentic, real? Do they have an honest reputation, one who you can trust? Are they real?



3. SENSE OF HUMOR: Are they more serious, or more chilled about life? Some people have a great sense of humor and can laugh off problems; they tend to see the humor in everything, which gives a 'lift' to the seriousness that life holds for us. Others take everything so seriously, sometimes too much. Does this person carry a 'healthy' sense of humor? Can they make you laugh? Are they a happy-go-lucky, 'light' type of person?



4. TEMPER What is this person's temper like? Do they keep it all in? Do they talk things out? Do they have panic attacks? Do they 'blow up' at everything? How easily do they lose their temper? What do they do when they lose it? Are they able to say "It's OK, big deal" easily? Or, "It is all meant to be for the good?" or the opposite? Can you see yourself live with someone that blows their lid quite easily, quite often? Do you mind a screamer? Someone with a temper? Does it bother you?



5. GROWING: Is this person one that enjoys a good book? Do they get excited or inspired easily when they hear something new? Do they look at making new resolutions in areas of growth, every now and then, because they are constantly growing? They are never satisfied with where they're at, they are eager to be more, or constantly aware of improving themselves, spiritually, as well as emotionally. Are they open to change?



6. RESPECT: Does this person respect everyone equally? Do they respect themselves? Are they continually putting people into boxes, or labeling them, discriminating people as a habit? Or are they Melamed Zechus people, and situations easily, without jumping to conclusions? You know, those kind of people who will shake hands with 'anybody', and won't discriminate who they bring home for lunch? Do they carry a sense of respect for non-Jews as well? Like in shops, or the janitor? Do they respect little kids, or just walk away when a kid is crying? Are they accepting of all types of people?



7. OPENMINDED: Is this person more or less open-minded, or stuck in their own ways? (I mean really flexible.) Are they easy to see another person's point of view? Are they stubborn? Do they insist on only their point of view? Is this person peace-oriented? Are they able to easily say, "Let's agree to disagree"? Are they accepting of all types of people?



8. LEARNING: Is this person studious? Do they learn for the sake of real deep learning, or that's not their thing? Do they pick up a book to further their interests in knowledge, or have a shiur at least once a week? Do they like to listen to educational inspirational talks online? Can they pick up a sefer and learn easily, or is that challenging for them?



9. STREET SMART: Are they equipped with a good sense of 'common sense' (which is not so common!). How street smart are they? Can they book an airline ticket easily? Are they worldly?



10. POSITIVE OR NEGATIVE MINDED: Some people always see the good in every situation. They say, "It's meant to be", or "big deal", naturally. They are able to let go of things and see the positive in all or most situations. What type is this person? Do they 'kvetch' all the time? Is everything 'hard' for them to do? Do they take risks? Do they complain about everything and everyone?



11. YIDDISHKEIT: How do they behave, inwards and outwards? How does their Yiddishkeit play a role in their life? Do they have Yiras Shomayim? What's their davening like? Tznius? Are they Shomer Shabbos; do they keep Kosher, or T'hmp? Are they involved in any chesed? What's their Shabbos table going to look like? Do they have the intention of having an open home? Are having guests are part of their vision? Do they care about the Torah Halacha? Are they shomer?



12. PERSONALITY: Do they have a 'spark', a creative side to their personality? Are they quiet and reserved, too hard to talk to? Are they lively and full of life? Are they more serious about life? Are they a more sociable type, or rather stay at home type? Are they a chevreman? How do they interact with people socially? Introvert, or extrovert? Are they a people pleaser? Or very opinionated?



13. CHARACTER: Are they kind, by nature? Are they soft and gentle? Are they generous? Are they the type that looks how to help others, or are they more self-centered? Are they sensitive to other people's needs? or do they 'pretend' they didn't 'notice' it. Do they have a generous nature or a more stingy nature ('penny pincher')? What are their main character traits? Are they kind and giving, tough and strong, soft and gentle, patient and a good listener? Are they peace-oriented?



14. RESPONSIBLE: Can you give them tasks to perform, and know that it'll get done? Are they 'dependable'? Would you entrust this person with major responsibilities? What successful projects have they done & were responsible for? Are they reliable? Are they self-motivated? Not lazy?



15. ORGANIZATIONAL SKILLS: Are they 'sloppy'? Are they neat n tidy? Can they set up a home? Run a business? Can they organize events? Are they a leader or a follower? Do they make things happen or watch things happen? Or don't even know that something happened? Do they have management skills?



16. FAMILY ORIENTED: Does this person come from a secure, well-balanced, family-oriented, warm environment? Do they love family stuff? Is family super important to them? Do they talk much about their family? What is their relationship with their mother? Do they speak highly of her? What about the father? How do they respect him? What sort of a size family would they want, if given a choice? Large or small? Are they a 'stay at home parent' or more of a 'go-getter'?



17. THEIR NATURE: Are they the relaxed type by nature, or always on the go type? Can they sit back, relax and spend time with little kids and enjoy their company? Or do they get nervous around kids? Are they a 'good listener'? Are they really listening to you when you talk? Do they have the patience to hear you out, or are they too busy, or looking at their watch? Do they know how to 'chill'? Are they laid back?



18. QUALITY: Do they go for a higher-end quality life? Or are they very happy living with the bare minimum? How do they dress? Are they 'baalabatish? Or didn't bother to look in the mirror type? Do they appreciate the finer things in life, or doesn't know the difference?



20. CONFIDENCE: Do they have a good sense of self-esteem? What is their confidence like? Do they set goals and carry them out? Do they believe in themselves, or are they always put themselves down? Are they shy and reserved? Can they talk to anyone about anything? Do they have healthy, vibrant self-esteem, or are they always worried that what they do is not good enough? Do they believe in themselves, or are they busy putting themselves down? Do they know where they are headed; do they have a sense of purpose and confidence? (Not a time-waster, or would they rather take life as it hits them, no particular agenda – although sometimes having no particular agenda is a very good, healthy thing).



21. GOAL ORIENTED Are they goal-oriented? Do they have a plan for the future? Are they studying a profession? What are their goals? Are they the 'let's play it by ear' type? Are they put-together, self-disciplined and the one that has a plan?



22. HEALTH: Is there anything we should be aware of; is there anything that would be important for us to know? What is their family's state of health presently? Is there anything that occurred in the past (to him/her or a family member) that you should be aware of? Did he/she go through anything traumatic, even unrelated to health? For the sake of all parties involved, is there anything that you heard that would be important for us to know or find out about?



23. MENTOR Are they the type that people would look up to someone for advice? Would they have a mentor, or a Rabbi, someone they look up to? Or do they have too much of an ego to ask for advice? Are they humble?



24. SPARE TIME, HOBBIES: What do they do when they have some 'spare' time? Who do they hang out with when they want to just hang around? Where do they go to socialize? What are their talents, and interests? When they make time for leisure or vacations, what is their sense of a good vacation? What are their hobbies? Are they an 'outdoorsy' type, adventurous, and fun? What is their interpretation of fun?



25. STRENGTHS/WEAKNESSES: What would you say are their strengths and weaknesses? Everybody has both, otherwise, we'd all be angels! What are theirs? If they had to make a resolution for their birthday, what would they improve on? What are they best at? What shines the most when you think of this person? Is this person vulnerable? Is that their strength or weakness?



Choose your 5 Non-Negotiables from this list above. This will be your guide in helping to select your TOP 5 QUALITIES.