

## **THE INTIMATE RELATING EZINE**

Yvonne Chase, Dating & Relationship Coach

<http://www.availableandhappy.com>



**Your guide to, “Living the life that you love, Attracting the Love of your Life and Keeping the Love you find!”**

### **IN THIS ISSUE:**

1. Welcome
2. Ask Coach Yvonne: Should I Move?
3. Feature Article: Slow Down Baby
4. Think About It
5. About Coach Yvonne
6. What Is My Mission?
7. Invite Coach Yvonne to Speak

### **1. WELCOME**

Hello readers,

I'm trying something new. Apparently sending out a monthly E-zine leaves too much time in between our contact. Beginning this month, I am going to send out a bi-monthly E-zine. Only God knows what I will find to write about twice a month but with all the dating stories I hear and all the single woman sagas that come my way, I'm sure it won't be too difficult. Do you think this is a good idea or is once a month good for you? Please let me know what you prefer by sending an email to me at [coachyvonne@availableandhappy.com](mailto:coachyvonne@availableandhappy.com).

Happy reading!

Coach Yvonne

The Single Woman's Cheerleader

### **2. ASK COACH YVONNE**

**Q:** I'm thinking about selling my home, giving up a great job and moving away from my family and close friends to be with my man. We've been together for a little over a year flying back and forth to see each other. We've talked about marriage but he has not yet proposed. I'm approaching 40 and want a family. I don't have another year to give this man. I plan on giving him an ultimatum. What do you suggest?

**A:** Giving him an ultimatum is not the answer. You want him to ask for your hand in marriage because he wants to not because you twisted his arm. I want you to ask yourself a few questions; If I move to his city and things don't work out between he and I, would I be comfortable living there? Can I find work in my career? How easy/difficult will that be? Can I afford the cost of living? Would I be comfortable being at such a distance from my family and close friends? Is it easy for me to meet new people and make new friends? Is he worth it? You seem to have everything in its place except this one element – a man. Moving for the sole reason of being with a man goes against every thing I tell you single ladies. It's clear to me that you know what you want--to be married and have a family. Great! That should be your focus; what you want not what you're not getting. If this man can't give you what you want after talking about it and being with you for a little over a year, it's time to move on. The longer you stay with him, the further you keep yourself away from having what you want. There are a lot more fish in the sea. I think it's time to start swimming!

### 3. **FEATURE ARTICLE: SLOW DOWN BABY**

A few weekends ago, I took a drive to Carlsbad; a gorgeous town right outside of San Diego. According to my directions from Mapquest, it would take one hour and forty-eight minutes door to door. After navigating a few side streets, I made my way on to the freeway and surprisingly, there was no traffic. I was doing at least 90+mph and thought to myself, "You better slow down before you get a ticket, miss your exit or worst yet have an accident." I would've welcomed some traffic at that point. When there is no traffic and the road is wide open I seriously break the law. I can't help it. My friends call me lead foot. Thankfully, I made it to my destination safely and had a blast. So, what does my speed trip to Carlsbad have to do with relationships, dating and living single?

Life like relationships is not a destination. I was listening to Slow Down a song by India.Arie and this line; "Thinking the faster that I go, the faster I will reach my goal" really struck me. Sometimes we actually think that the faster we go in relationships, the faster we will reach our goal. How many of you meet someone and speed off into a relationship? You barely know this person, they barely know you and yet you are on your way, full speed ahead to a relationship? And then you're sitting around looking like a deer in the headlights when it crashes and burns. The next time you meet someone that's interested in you, remember to:

**Take your time.** Explore all of the possibilities. Maybe he won't be the one. Maybe he will turn out to be a great friend and that's it. You will never know if you speed directly into a relationship. We miss so much when we speed; whether driving or getting to know someone. On my way home from Carlsbad, I took it slow and realized that I missed out on so much on the way up. "Slow down and enjoy life. It's not only the scenery you miss by going too fast - you also miss the sense of where you are going and why." Eddie Cantor

**Ask lots of questions.** Find out about his life – what makes him tick and what ticks him off. Ask about his goals and future plans. Find out what he likes to do when he's not working. Make sure that he does work or have his own business unless of course he doesn't have too because his rich parents left him lots of moolah that he's invested well. You get my drift. None of us has to walk around wondering anything about anyone. We can simply ask.

**Observe behavior.** How does he act in public? Is he rude to others? Is he loud and obnoxious? How does he act when you and he are alone? Is he like an octopus with his hands all over you? Does he respect you? How does he handle stress? What does he do when he's upset? If he has children and you've met them, pay attention to how he treats and disciplines his children. You get the picture!

**Give yourself a break.** Pressuring yourself to get married and have children by a certain age can wreak havoc on your single life. Let go of the outcome and believe that God has great things in store for you.

Something to think about.....

#### 4. **THINK ABOUT IT!**

“Mr. Right's coming, but he's in Africa, and he's walking.” Oprah Winfrey

“For fast acting relief, try slowing down.” Lily Tomlin

#### 5. **ABOUT COACH YVONNE**

Dating & Relationship Coach Yvonne Chase affectionately known as “The Single Woman’s Cheerleader” is creator of the life changing course, Stop Looking, Start Attracting. If you liked this month’s issue, you’ll LOVE this step-by-step course, guaranteed to be the most complete and enjoyable guide to living the life you love and attracting the love of your life. Browse its contents and reader reviews now at [http://www.availableandhappy.com/sitedocs/classes\\_offered.htm](http://www.availableandhappy.com/sitedocs/classes_offered.htm) Coach Yvonne also offers FREE articles, workshops, and other resources to help single women live the life that you love. Learn more now at [www.AvailableandHappy.com](http://www.AvailableandHappy.com)

#### 6. **WHAT IS MY MISSION?**

My #1 mission is to create a movement of Available and Happy Christian single women who celebrate living single. I want Christian single women all over the world to embrace living single, accept living single and take total advantage of this season in life. Our single years can provide unique opportunities that may not show up later in life. The time, energy, and material resources that we can devote to these opportunities - and the spontaneity and intensity with which we can do so - are typically much greater during our single years than they are after we marry and start families.

My #2 mission is to bring the climbing divorce rate to a screeching halt by teaching single women dating and relationship skills via the STOP LOOKING – START ATTRACTING program. This program will help you become clear about who you are, what you want and how to get what you want in your life and relationship. The first step in making a love connection is being the best, happiest most fulfilled YOU that you can be. Remember, 1 Whole Person + 1 Whole Person = 1 Whole Union!

#### 7. **INVITE COACH YVONNE TO SPEAK**

Coach Yvonne is available to speak at your church, college campus, women’s conference, singles group, human resources organization or other special event. She can speak on a variety of topics related to singles, couples, communication, dating, living single, improving work relations and so much more. Read what one organization had to say about Coach Yvonne:

"Yvonne is indeed a savvy single, high energy, polished professional and force to be reckoned with. She sets the atmosphere as an expert, taps into the need of the group and captivates her audience with her engaging presentation. To come in contact with Yvonne is to know and appreciate a strong Christian woman of faith who is living on purpose and utilizing her God given gifts, talents and abilities to impact and change the lives of single women all over the world. Yvonne has a powerful message that every single person needs to hear today!" Michelle Collins – Living Word Worship Center—Los Angeles, CA

“You did a great job on Wednesday. We loved your presentation. Your delivery made everyone in the room feel as though they were listening to their best girlfriend. You were funny, inviting and straight to the point. We look forward to working with you again very soon.”

La' Tanya Martin – W.I.M.E.N

Send all inquiries to [coachyvonne@availableandhappy.com](mailto:coachyvonne@availableandhappy.com) or call (877) 7-**RELATE** (773-5283)

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