

## THE INTIMATE RELATING EZINE

By Yvonne Chase – The Single Woman’s Cheerleader, 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!”**

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### 1. **WELCOME**

Hello readers,

I would like to say a big congratulations to David one of our single readers who said “I Do” to the love of his life this past Memorial Day weekend. I missed the festivities but saw the most beautiful photos of David and his gorgeous wife exchanging their vows on the powdery sand and clear blue waters of Aruba.

I met David about 4 years ago at a speed-dating event. I remember him being the first guy to sit in my chair for 5 minutes of conversation. We clicked immediately and broke the rules of exchanging direct personal info by swapping business cards. After that first event, David and I got to know each other quite well through daily e-versations as he called them. We sent each other 5 questions a day via email and went out on a few dates. We both realized a huge deal breaker in the midst. Instead of trying to overlook it, hope it would change or force a relationship, we remained friends believing that there was someone out there who could give us both what we need. David became a huge fan of my E-zine and spread the word to many of his friends in NJ.

**Moral of the story:** The next time you meet a great man or woman and everything else seems to work except that one thing – that one deal breaker in the midst, have the courage to walk away knowing that no matter what society or the latest statistics say, there is no shortage of great available men and women. I think it took David 2 years after our encounter to meet Stephanie the love of his life. No matter how long it takes, if it is a part of your life’s script that’s already written, you will meet each other. Until then, continue to live your life to the fullest and whenever you feel hopeless, pull up this email.

Coach Yvonne  
The Single Woman’s Cheerleader  
[www.availableandhappy.com](http://www.availableandhappy.com)

## 2. ASK COACH YVONNE

**Q: I'm a 38-year-old woman who's ready to get married and have a family. What's the best way to say this to the men I'm dating without scaring them away?**

**A:** Congratulations to you for knowing what you want. Because you know what you want, you will recognize it when you see it and hear it. You can find out if your dates are on the same page with you simply by asking questions and observing behavior. "There's a time and place for everything under the sun" is important for you to remember. Don't become a slave to your biological clock and let it lead you down a path of desperation. The first date might not be the right time for such a heavy topic. The second or third date might not be the right time either. I think your focus should be on making your dates feel comfortable in your presence. Conversation flows when a man is comfortable and feels that you are a good listener who really cares about what he has to say and can engage him in good give and take. Take your time, move slowly, be easy and sooner than later you will be able to say whatever you want. As you get to know a man while allowing him to get to know you, the comfort level increases making it very easy to talk about everything under the sun. Kathy Freston author of [The One: Finding Soul Mate Love and Making it Last](#) says something I agree with 100%, "You never find the relationship in life when you're bullishly going about it. You find the relationship when you find your own joy. People can sense when you're pushing too hard, when you're needy, when you're grabby. It's hard for people who are very geared to that Western mindset of making things happen... to let go, but that's actually what's necessary."

## 3. FEATURE ARTICLE: THE JOYS OF LIVING SINGLE

The other day I participated in a roundtable discussion about living single that pissed me off. The moderator declared that something is **WRONG** with you and me because we are single. I'm here to tell you that there is nothing wrong with you and me because we are single however there was something very wrong with the title of his discussion; The Stigma of Singleness...Is There Something Wrong With Me? Why is there a stigma attached to living single? The meaning of the word stigma is **a mark of shame or discredit; a stain, a specific diagnostic sign of a disease**. That's the problem right there; living single is not a disease that we need to hide instead it is an opportunity to be pursued. I think more people would be OK with being single if we removed the stigma.

Now you can **choose** to have a pity party about being single or you can **choose** to have a party and enjoy your life. Enjoying living single does not mean that I don't want a relationship. I do want a relationship and am preparing myself for it but until I am introduced to my fellow traveler in life, I've made a conscious choice to enjoy and make the most of my season of singleness. I think living single is absolutely wonderful. This is the best time of my life and your life. I'm exploring new things, learning so much about myself, and being the key influence at shaping my life. I choose to exercise my freedom in ways that I probably won't be able to when I get married. I'm a lucky girl who has the flexibility and opportunity to meet, get to know and have clean fun with a wide variety of men like I did recently when I

left my home to watch a basketball game at a delicious Mexican restaurant. I was at the bar by myself enjoying the game and within a few minutes I made friends with Clay, a 6'7" guy who has now become my basketball playoffs game-watching partner. Later on that week, he and I met up at the Cheesecake Factory to watch another game. We sat at the bar and made conversation with two other strangers. A gentleman squeezed in and sat next to me. He shared his ginormous side Caesar salad with Clay and I, I shared my fish tacos with him, the woman next to him bought a round of drinks for all of us and we had a good time eating, yelling at the TV every time our team scored and enjoying each other's company. At the end of the night, Clay dropped me off at my car and we made plans to connect later to watch future games, hang out and have fun.

Being at home alone is equal fun too. Some times you can find me cooking; I'm a pretty darn good cook, or you can find me curled up on the couch with a good book or magazine, or perhaps I'm listening to the radio or watching a movie if I'm not chained to my computer writing or doing research. One of the things I enjoy is preparing a meal and sitting at my dining room table with my feet up while chewing on every tiny delicious morsel. Very rarely do I turn on my TV or music while dining in; I enjoy the silence, which allows me to collect my thoughts. Because I don't have other people in my space shaping my life, I've been able to figure out exactly who I am. I've been able to figure out what I like and what I don't like. Living single has taught me how to take great care of myself and be my own best friend. It's made me not settle for being around people who can't or won't treat me as well as I'm used to treating myself.

Please don't subscribe to the notion that something is wrong with you because you are single. Ecclesiastes 3:1 says, "There is a time and a season for every activity under heaven." If this is your time and season to be single, I suggest you accept it and find ways to enjoy it and while you're at it, remember my top 2 tips for singles:

1. **Release the PAUSE button.** Don't put your life on hold until you get into a relationship. Live your life to the fullest now while you are single.
2. **Ignore the naysayers.** Stay far away from anyone who tries to make you think or believe that something is wrong with you because you are single. There is nothing wrong with you.

Something to think about...

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

"Kiss your life. Accept it, just as it is. Today. Now. So that those moments of **happiness** you're waiting for don't pass you by." Unknown

"Be **content** with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you." Lao Tzu

#### 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

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