

THE INTIMATE RELATING EZINE

By Yvonne Chase – The Single Woman’s Cheerleader, Dating & Relationship Coach
Edited by Travis Darby

<http://www.availableandhappy.com>

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



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1. WELCOME

Hello readers,

In our last two issues I shared stories with you from other readers that put a big Kool-aid smile on my face and lots of joy in my heart. Hope you’ve enjoyed reading them as much as I’ve enjoyed sharing them with you. This month’s feature is a personal story about my colleague Beth.

Do you have a story to share? Maybe there was an insight that I shared that helped you in your single life or in your relationship. Maybe you’re a married person who enjoys reading the E-zine and learned a valuable lesson. Maybe there was a particular book I recommended in the past or one that you discovered on your own that influenced your thinking about living single, dating and relationships. Or maybe a person influenced your thinking about living single, dating and relationships. Your story should teach us something about the nature of love, men, dating, being single, or being in a relationship. I look forward to reading your stories and with your permission I will share them in future issues. Send them to me at coachyvonne@availableandhappy.com. Thanks in advance.

Coach Yvonne

The Single Woman’s Cheerleader
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2. ASK COACH YVONNE

Q: I’ve been getting to know a guy for the past few months – 4 to be exact and things have been going really well. We’ve been going with the flow and letting our interactions unfold naturally; lots of outings, dinner in and out of the home, movies, theatre, road trips, church etc. It feels and looks like we have a relationship or at least are headed in that direction but I don’t know where I stand with him or where we stand with each other. We’ve talked about non-negotiables, values, goals etc. and we do have a lot in common. He would be a guy that I would date long-term and commit to and I believe the reverse is true

for him. I want to have the talk but I feel like having the talk will put pressure on what we have and mess up our flow. Do you think I need to have “the talk” or should I just continue to go with the flow?

A: Going with the flow is the equivalent of driving cross country with no directions. Yes you are observing the scenery along the way, stopping at nice hotels to recharge, eating at local restaurants, taking pictures of the beautiful scenery and enjoying the ride etc. but then you realize it’s taking you forever to get to your destination and you’re not even sure if you are on the right path. Now if you have all year to drive cross country, I guess doing it this way is fine but wouldn’t it be easier if you did a Mapquest before you began? You may get lost but at least you have a guide to get you back on track. Instead of guessing where you are with this gentleman why not go straight to the source and have the talk? Because it looks like a relationship and feels like a relationship doesn’t make it a relationship. Time is one thing you can’t get back. The last thing you want to do is invest your time in something or someone that won’t or can’t give you what you want. Either way you win when you have the talk. If he’s feeling you the same way that you are feeling him-great! If he’s not, you now know how to proceed. I say get some courage and have the talk sooner than later to avoid any surprises. Good luck!

3. **FEATURE ARTICLE: THE CONSUMMATE SINGLE**

Beth Miller called herself the “Consummate Single.” Why? Because she was a 40-year old single woman enjoying her life not sweating when she would meet the one or giving into pressure from family and well-meaning friends to tie the knot. Her thought process was, “Why be in a relationship that’s not right for you? Why settle?” Instead, she made her life all about her work which she loved, hanging out with friends and family, cultivating new friendships, going to see live bands and attend concerts all while being the crazy aunt to her nieces and nephews. “I had a great time being single. My single girlfriends and I were always going out for a good time not to meet the one. My father died and I did not want to be in Los Angeles mourning so I called my girlfriend and we drove to Vegas to check out a live band. We both love live music. That is where I met Roger for the first time. Turns out we had mutual friends but he and I had never met until that Father’s Day. Strangely enough, Roger reminds me so much of my dad.” What happened in Vegas did not stay in Vegas. “Roger and I kept bumping into each other at clubs in Hollywood. We liked each other, had a common interest in live music and decided to exchange numbers. Six months later we were in a relationship. Our first date was a day out at Universal City Walk and as they say, the rest is history. We were married a year and a half later at a beautiful ceremony surrounded by family and friends.” Isn’t that a great story?

So, what can you as a single person do to live a fulfilling life? You can find joy in each day like Beth did or you can have a pity party all day. You can talk and listen to others or you can complain that no one talks and listens to you. You can volunteer in areas that you find interesting and fulfilling or you can become a couch potato and let life pass you by. You can enrich the life of a young person by becoming a Big Brother or Big Sister or you can complain about not having a life. We can seek out others who are single and make plans to do things with them or we can complain that we have no one

to do anything with. We don't have to be looking toward marriage or be completely compatible in order to go to a movie, concert or play with somebody else. We can have many kinds of friendships. If we make it a point to enjoy every day of our lives no matter what, our lives will be fuller and richer. Somehow, the best people seem to come into our lives naturally, when we hardly notice it is happening. This is so true.

I've been enjoying a wonderful friendship with a very nice man who fell out of the sky and into my lap. We met one Friday while out at an after work event. I was laughing, eating and having great conversation with a group of people. He and I got to talking and we both realized that we're practically neighbors and workout at the same gym, yet had never met. I gave him my number with the intention of calling him one day, if I called him at all, to see if he wanted to work out—nothing more. I wasn't thinking romance, dating or anything along that line. He called me the next day and invited me out for a drink. We've hung out every weekend and days in between since our first meeting two months ago and it's been lots of fun. Is he "The one?" He could be. I'll let you know as soon as I know. In the meantime I will continue to enjoy the getting to know you process.

Moral of the story: It's been said time and time again that when you do what you love, the money will come. The same thing holds true for living single. Do what you love and the man or woman will come. The man came for Beth and he will come for you too--in God's time not your time. Perhaps marriage is God's plan for you. Perhaps it isn't. I don't know but what I do know is this, before you were formed in your mother's womb, God knew you and loved you and had a mission for you to fulfill. Whether you marry or live the rest of your life as a single person you can fulfill that mission. There are challenges that's for sure but your life as a single person can be just as enjoyable, enriching and satisfying.

Something to think about...

4. **JUST JOKES!** *A break from the seriousness of relationships...*

10 Ways to Get Out of a Blind Date

1. Without asking, eat off of your date's plate. Eat more from their plate than they do.
2. Chew with your mouth open, talk with your mouth full, and spray crumbs. If a crumb lands anywhere near your date, pick up the crumb, put it in your mouth and say, "I'm all about conservation."
3. Eat everything on your plate within 30 seconds of it being placed in front of you.
4. Ask the people at neighboring tables for food from their plates.
5. Lick your plate. Offer to lick your dates.
6. Twitch spastically. If asked about it, pretend you don't know what they are talking about.
7. Order a baked potato. When the waiter brings your food, hide the potato, wait a few minutes, and ask the waiter for the potato you "never got." When the waiter returns with another potato, have the first one back on your plate.
8. Discuss boils and lesions, as if from personal experience.
9. During dinner guard your plate with your fork and steak knife. Give the impression that you'll stab anyone, including the waiter, reaching for it.
10. Read a newspaper, book or listen to a book on tape during the meal.

Comebacks to the Age Old Question, "Why Aren't You Married Yet?"

1. Why aren't you thin?
2. You haven't asked yet.
3. I was hoping to do something meaningful with my life.

4. Just lucky, I guess.
5. It gives my mother something to live for.
6. Do you know how hard it is to get two tickets to The Color Purple?
7. I already have enough laundry to do, thank you.
8. I wouldn't want my parents to drop dead from sheer happiness.

5. **THINK ABOUT IT**

"Don't rely on someone else for your happiness and self worth. Only you can be responsible for that. If you can't love and respect yourself - no one else will be able to make that happen. Accept who you are - completely; the good and the bad - and make changes as **YOU** see fit - not because you think someone else wants you to be different." Stacey Charter

6. **ABOUT COACH YVONNE**

Dating & Relationship Coach Yvonne Chase affectionately known as "The Single Woman's Cheerleader" is the 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. 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

7. **WHAT IS MY MISSION?**

My #1 mission is to create a movement of Available and Happy 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!

8. **INVITE COACH YVONNE TO SPEAK**

Coach Yvonne is available to speak at your church, college campus, women's conference, singles groups, 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 or call (877) 7-**RELATE** (773-5283)

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