

ASK COACH YVONNE EZINE

Yvonne Chase, "The Single Woman's Cheerleader"

<http://www.availableandhappy.com>

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

IN THIS ISSUE:

1. Welcome
2. Ask Coach Yvonne: How Do We Stay Close?
3. Feature Article: Non-Negotiables are Non-Negotiable
4. Reading Room: 2 Becoming 1
5. Think About It
6. About Coach Yvonne
7. What Is My Mission
8. Invite Coach Yvonne To Speak

1. WELCOME

Hello readers,

How are you?

I hope you are having a terrific Thursday. This issue is packed with lots of information. Did you know that there's a ring for single men AND women? I have one and I love it. You can get yours by clicking here:

<http://www.us.singelringen.com/Default.aspx?partnerid=availableandhappy>

A few years ago I worked with a client and her boyfriend to help them iron out a couple of wrinkles in their relationship. I received the following email from her last week and I am thrilled:

"Hey Coach Yvonne! I just wanted to share some wonderful news with you. I'm engaged! We are excited about being engaged and planning our life together. Hopefully you remember coaching us via telephone a few years ago when you were in NY. We are planning for a wedding sometime in the first quarter of 2008. I really enjoy your E-zine. I love the issues you address and you always have a rational way of responding to the questions. I send it to my single girlfriends all the time."

Available and Happy has a new look. It's a work in progress but ready for your viewing pleasure. Click [here](#) to check it out.

One more thing before I go, **Conversations w/Coach Yvonne** goes live this Saturday March 17th at 10 AM PST. Click [here](#) to learn more.

Happy reading!

Coach Yvonne
The Single Woman's Cheerleader



2. ASK COACH YVONNE

Q: My boyfriend lives two hours away, and though we e-mail at least once a day, it's hard not seeing each other during the week. Is there anything we can do to stay close, despite being so far apart?

A: Long distance relationships can be tough. Thank God the distance between the two of you is not that great. With proper planning, you should be able to see each other on the weekends. Make sure that you and he have something to look forward to when you do see each other. In the meantime, I would continue to email often and call as often as I can. You do have phones right? I would also send cards and gifts. Lastly, I would not focus on what I cannot do instead, I would stay focused on what I can do and be grateful that I have someone in my life who understands that even though we're far physically, we are close in each others hearts. If you begin to focus on the distance and the fact that you can't see each other during the week, this could make for a very dreadful experience. Keep your mind focused on all of the positive things you have to be thankful for in your relationship. I wish you well!

3. FEATURE ARTICLE: NON-NEGOTIABLES ARE NON-NEGOTIABLE

In our last article The Case of the Non-Negotiables, I told you a story about a smoker and a social drinker. Carrie's man can't date a smoker and my friend can't date someone who drinks alcohol. Here's what one reader had to say:

Personally, I don't see anything wrong with folks having "non-negotiables" - especially if it's something in regards to health, lifestyle or religious beliefs. As a contact lens wearer, I don't want a mate who smokes since I have sensitive eyes. Not to mention that it's unhealthy and smells bad. So obviously, I'm not going to be dating a smoker. Now on the other hand - I know people can be too picky about their non-negotiables. I know women who won't date a man who is over a certain age, who isn't a particular height, who doesn't wear certain brand names!! I think that's just being too picky! People really need to stop and consider what are the most important things for a mate to have since in the long run.... designer clothes won't make a relationship last!!

This reader gets it. Non-negotiables are non- negotiable and have nothing to do with height, hair, weight or wardrobe. They stem from our values and vision for our life and are behavioral events in the relationship.

Here is a sample list of non-negotiables:

- Fidelity
- Addiction free
- Financial responsibility

- Shared spiritual beliefs.
- Non-Smoker
- Heterosexual
- Loves animals and pets

Here's the question to ask yourself about your non-negotiables: **If (X) were missing, would this relationship work for me?**

Let me give you a personal example. Two of my non-negotiables are no sex before marriage and shared spiritual beliefs.

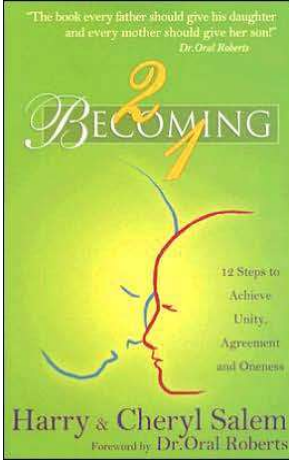
What does that mean? I am a Christian therefore my partner must be a Christian. He must have a relationship with God. He cannot simply be a man who goes to church on Sunday and lives like Lucifer on Monday thru Saturday. He must be filled with and guided by the power of the Holy Spirit. Our dating relationship must honor God in every area. If I met a man who was tall, dark and handsome, educated, owned a mansion on a hill, had money to burn, had great respect for me, was ready to commit and build a monogamous relationship but was not a Christian man as I described above, I would have to say no. A relationship that takes me away from my core values would not work for me; been there done that. People ask me all the time, "Yvonne, why are you single?" Now you know why. There aren't exactly a ton of men; Christian men included who will submit to waiting until marriage.

Most relationships fail because we settle and think we can live with that smoker or casual drinker. We settle because we don't believe that what we want is out there and attainable. We think that we can convince that person to change. We forget that the only person we can change is the one staring at us in the mirror.

I know it may be hard to walk away from a relationship where everything is present except that one important non-negotiable but you must if you want to experience relationship success.

Something to think about!

4. **READING ROOM: 2 BECOMING 1**



When we are considering marrying someone, it is important that we get to know each other. A longer courtship can help to reveal the true nature of the person we want to marry. Time reveals much about ourselves and others. Many people make good first impressions. These impressions may last until challenged by a situation, circumstance or stressful event. In your relationships, you need to take the time to truly know more than one dimension of the person you are thinking seriously about. Physical attraction is not enough!

5. **THINK ABOUT IT!**

"Life is all about timing... the unreachable becomes reachable, the unavailable become available, the unattainable... attainable. Have the patience, wait it out. It's all about timing." Stacey Charter

"Choose your life's mate carefully. From this one decision will come 90 percent of all your happiness or misery." H. Jackson Brown, Jr.

6. **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 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 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!**

8. 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 or call (877) 7-**RELATE** (773-5283)

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