

## **ASK COACH YVONNE EZINE**

By Yvonne Chase – The Single Woman’s Cheerleader, Dating 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,

How was your Thanksgiving? Mine was totally unplanned and wonderful. I had invitations to three homes for dinner but didn't really feel like doing any of that; I wanted to do something different so I offered up my plans to God and let him have his way with my day. I went to church and after church I bumped into a great friend that I enjoy spending time with. We connected and spent the entire day together going to the movies, going out to dinner (we actually found one restaurant open in our neighborhood) talking, laughing and having a great time like we always do when we get together. Don't you just love it when things just come together so effortlessly?

Last month's Q&A about shacking up generated a lot of feedback. Here's what one reader had to say:

**Yvonne, I disagree with the comment about living together. Before I got married, I swore that I would never shack up. After talking to some people at work, I decided to do a temp shack. During that time, I got to see what living together was all about. Although I was "getting the milk for free" I considered it "putting the cow on lay away." I was able to see the good things and the bad things, to determine if I could live with her the rest of my life. Finally we got engaged and she moved in with me full time. Again, not free milk, but I was "renting to own the cow." Her attitude changed because she now had the "hardware" that symbolized a commitment and a promise of marriage.**

**In conclusion, I think that if 2 people get together and shack with the purpose of trying to determine if they are compatible for marriage, I think it's okay. I would say have an open discussion up front about what the goals are, set a time line for re-evaluating the goals, and if the goals don't look like they can be met, then move out. That doesn't necessarily mean the relationship is over, but it's going through a re-evaluation period.**

So, what are your thoughts on shacking up? I would love to hear them. Please send your feedback to me at [coachyvonne@availableandhappy.com](mailto:coachyvonne@availableandhappy.com).

Thanks to all of you who take the time to read the E-zine and send your comments. It lets me know that sharing my gift is not in vain.

Happy reading!

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

## 2. **ASK COACH YVONNE**

**Q:** I feel stuck in time or suspended in air and can't seem to move forward with my life, what can I do? My husband left our children and me about 9 months ago for another woman. He also quit his job about a month ago, so he won't have to pay child support; he says it's too much money coming out of his check. On top of the emotional strain, I now have a serious financial strain on me. Being a stay at home mom, I am now back in the workforce but there is never enough for all the bills. Emotionally sometimes I feel like screaming. I'm so angry! Not only did he use me to come to this country, he gave me children he does not want to be responsible for. It is like a How Stella Got Her Groove Back gone bad!

**A:** The first step to moving forward is forgiveness. You must forgive your ex-husband and you must forgive yourself. Next, you must stop blaming him. You participated in getting him into the country and you participated in creating your children. When we blame others for our bad choices, it keeps us stuck and gives our power away to that person. It's time to get your power back by owning your bad choices and taking responsibility for your role in the breakdown of your marriage.

Unfortunately, you can't make your ex-husband want to take care of his children. All you can do after you've forgiven and stopped blaming is to focus on taking care of yourself emotionally, physically and spiritually so that you can be an excellent mother to your children. Believe it or not, anger will help you do this as long as you don't sin in your anger. Anger when used productively can help you draw a line in the sand and create a better life.

I know you are faced with many challenges at the moment and the road ahead seems rough, but I promise you that if you stay focused on the big picture, which is taking care of you and your children, this too shall pass and you will be a better woman and mother. I wish you well.

### 3. **FEATURE ARTICLE: THE CONS OF MODERN DAY DATING**

I know this may sound a bit crazy, but based on all I have seen and heard and from my own personal experiences modern day dating does not work. Let me tell you a story about Tom and Tina. Tina and Tom met at happy hour. Tom saw Tina across the room and was immediately captivated by her beauty. He musters up an ounce of courage and decides to walk over and say hello. He makes his way over to her and offers to buy her a drink. Tina accepts the compliments and the drink and she and Tom begin to chat it up. Tina is smitten by Tom's charm and good looks while Tom can't wait to tell his boys about this fine sister he met. At the end of the evening, they exchange numbers and make plans to get together real soon.

Later on that week, they meet for dinner and by the weekend they are out at the movies. This series of dates to movies and other events continue for a couple of weeks. Tom and Tina take their dates indoors spending countless hours at each other's place. Little by little, she leaves an item at his place and he leaves an item at her place. Sex has now been added to the equation and Tom and Tina are in love, or so they think. Things continue to move along quite well between these two but all of a sudden, the smooth waters have become tumultuous. Tom and Tina don't talk as often as they used too and when they do, somehow it turns into an argument. Before long, Tom and Tina break up and move on to new partners continuing this pattern of serial monogamy.

Many of us know Tina – actually, we could probably substitute our name in her place. There are many variations to this story. I'm sure you can create your own bad ending. Some Tina's walk away pregnant and alone because the guy who knocked her up does not want to be bothered and now she has to take him to child support court; another Tina may walk away with an STD that is curable while another walks away with an incurable STD and yet another Tina walks away emotionally scarred and angry. Other Tina's simply walk away with another bad memory, swearing that there are no good men left. Do you get the picture I'm trying to paint?

We see this picture often on shows like Sex and the City. I hate to admit it but this is actually one of my favorite shows. I sit up and watch re-runs every night and gag every time one of the ladies goes on a first date and brings the guy back to her place for hot butt naked sex. I'm particularly amazed to see how many men Samantha has sex with in one episode yet she seems totally unfazed by it all.

Some of you may say, "Oh that's just TV" but there are a lot of Samantha's in the real world working a door of revolving men. The difference between TV and the real world is that in the real world, there are serious consequences. We never see those consequences with Samantha, no STD, no unwanted pregnancy, no anger, no sadness, no nothing. Instead, she seems quite happy and proud to be a promiscuous girl. She celebrates her sex drive and happily shares her conquests with her girlfriends and anyone who will listen, wearing each conquest as a badge of honor. No matter how many men she sleeps with, as long as she's got her condoms in tow, everything is fine and Samantha comes out on top.

In his book **The Art of Happiness – A Handbook for Living**, the Dalai Lama says, “ The motive or impetus behind relationships based on sexual desire is temporary satisfaction and immediate gratification. In that type of relationship, individuals are relating to each other not so much as people but as objects. If the relationship is based only on sexual desire, without a component of mutual respect, then the relationship becomes almost like prostitution, in which neither side has respect for the other. A relationship built primarily on sexual desire is like a house built on a foundation of ice; as soon as the ice melts, the building collapses.”

Something to think about...

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

“When a person has sex, they're not just having it with that partner, they're having it with everybody that partner has had it with for the past ten years.” Otis Ray Bowen

#### 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 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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