



BETTER QUESTIONS

- Can you stop focusing on *him*? (whether he's in your life, or someone you picture)
- Can you redirect your obsessive thoughts from *him* to your own self-care? (even once you have “landed” him, your own care is first.)
- Can you create a full life so you aren't lonely?
- Can you build a foundation of support that doesn't include 'having to be' in a relationship?
- Can you learn to be present and feel fulfilled during activities that don't include finding or having intimate relationships?
- Can you heal and explore your capacity for emotional intimacy and your sexuality regardless if you are alone or partnered?
- Are you embracing God?

- Can you build emotional immunity to being attracted to proverbial "bad boys"?
- Can you dig deep to see what all your relationships have in common so you don't repeat the patterns?
- Can you accept and release what pathology is in your background, and stop making excuses for pathological obstacles, and instead simply avoid focusing on them?
- Can you take time OFF from dating, anywhere from 21 days to months, to nurture all those places in you that are wounded and broken?
- Do you contemplate and UNDERSTAND past relationship failures, and how your traits and his traits are/were a magnet to each other? For better or for worse...
- Can you own past mistakes and consider with compassion why he may have left, and understand? Liberation from the victim mindset regarding past relationships makes a LOT of room for new experiences.
- Most of all... can you really, really LOVE and accept yourself?

When you realize that

YOU ARE ENOUGH FOR YOU,

you can achieve joy and contentment, even if a relationship doesn't come along.

If you're really determined, you'll even THRIVE. Get grounded in God, and reality—not fantasy. Be willing to challenge old belief systems, old assumptions, old patterns, and old preferences.

Give up the fantasy and enter the dream.

There is nothing more irresistible than a gorgeous, independent woman who cares for her

- hygiene
- home
- office
- car

And nurtures relationships with

- God
- self
- close friends
- neighbors
- colleagues and co-workers
- nieces and nephews
- sisters and brothers
- parents

in an empowered, balanced, serene, right-sized and loving way.

She accepts and enjoys being single, yet rarely remains single.