

ING CAMP

ARI LYMAN



For: QA Call on April 6, 2021

Debra Asberry

I am questioning why I reverted to a fix him mentality? Riy reappeared, apologized, wanted a new start. I did go to dinner and spent some time with him, but did not jump in. He was talking about my moving in with him, travel, holiday plans. Then he flaked out on a simple Friday night plan. I pulled out and ended it, I find myself worried about him, but need to focus on what's right for me.

Him, whom I met on line prior to MTM, continues to show up, be vulnerable, communicative, has shared goals and values, though excited about possibilities with him, I am slipping at times into worry ... what if I am not all that he believes I am and lives about me? This is an emotionally available man who has done the work, I am excited, but feeling some lack of confidence and standing in my own..

1. I'm starting to date. . . (I met someone who could be great).
2. I won't meet the person! What if he discovers "the truth" that I'm broken. What if **I'm not worthy...** What if he finds out the truth. . . I'm outta here. . . back to alone. By myself. .
3. Disappointed, why did you give up? Bummed out, familiar, junk, sad. frustrated, hopeless, alone. . .
4. Absolutely! I KNOW IT IN MY HEART!!! Everyone deserves it and I feel like I am so clear and how I would operate. I'm born to be with my soulmate. He's going to LOVE ALL OF ME!!!! The person is actually healthy and available and has the capacity to love. . . If this person is securely attached and achievable. . . I've never had it!! My parents are deficient. This is a secure attachment. . . Because I'm connected to my wholeness. . (I love and embrace and celebrate) all parts, I can easily attract a person. I 100% believe that my soulmate is waiting for me!!! I allow healthy love in my life!! I condition this with daily practices. Mirror, gratitude, visualization!!!
5. Good and I choose to keep myself on that path.

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Anita Casale

I feel like because of that process, I know and can see it very clearly.
I can feel it and envision and I'll easily know when I meet that person.

We did the mindset call last week and then I can totally feel this.
I did the visioning and this guy emailed me out of the blue.
I know him. . . last Christmas party 2019 and he's an architect and he is all about remote working.

Be open
This is what
A clear intention . . . is what this is.

With my kids, I am manifesting. ..
The dynamic of bringing another person. . . in to the fold.
It experienced at brunch!
I'm grateful for the experience.

In my vision, I let my soulmate comfort me. . .
I reminded myself. . . I don't have to be upset about this.
I'm over it!!!

Rena

I love listening and there are so many thing I can relate to and it makes you realize you're really not alone.
Wishing I had my person.
It felt good and that's why it felt positive.
I did a Challenge Your Thinking and it's such a great tool and I love it.



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I worked on it and I emailed it in an email document.
I'm almost finished it. . .

I had not been dating. . . dating myself and paid for the 3 months on
Bumble
Because I'm going to NY and going to see my parents.
I don't want to go without a pipeline and I decided to write to 20 people and
I looked at my profile. . .

It was a little bit of a mini pushing forward and it made me feel like

I feel empowered more -- 11 wrote back or 12. . .

I can say that I know what I want. . .
I just really feel so clear about the details of the things that are exciting to me.

Will I judge and the fears and I will I recognize it and will I judge it?



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Rena Challenge Your Thinking

1. **I'm about to start dating in the new way....the empowered way.**
2. The story: I'm asking "Will I cut him off" Will I recongize? I don't think I'm capable enough. . .and I used to chose so poorly. . . **I'm not good enough!! ---> The LIE**
3. Awful, worthless, sad, empty, alone. . .
4. I'm 100% good enough and I deserve it. Because I'm a great person. I'm a **confident warm, loving happy person** who raised a beautiful child and I deserve and I CHOOSE to share my life with someone amazing and wonderful. It's my childhood teling me that I can't do it . . . just like when I was a child with parents. I had a cold mother and passively judging father. I'm mother and father to myself. I'm not a 7 year old anymore. There's no future in the past. The past is gone. I am no longer a child and I believe that I'm worthy and I know that I'm capable of it. I don't live in the past. . . Even when thoughts go into my head and the ability that they are based on a lie I told myself that is simply not true. I deserve love in my life and I have every right to have that person and love in my life. I know what I want. I know my value, my goals my dreams. I don't know him! I've never met him. We've been communicating for 2 months. I don't know that. He may smell. If he's my soulmate. I'm an empowered dater. I have tools and skills. I have a very clear vision. I know my value. **I know to assess if someone is for me and if they're not.** I DON'T GET ATTACHED OR DATE POTENTIAL. I have the words, I know how I want to feel and when someone isn't that, I close the door. I DON'T WASTE ANY TIME. I have support! I'm not doing ti alone!
5. It's good. It's great and so I can have it in my purse.



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**Deb Seamster
Celebration!**

Can I rekindle

It's in the back of my mind about having a relapse. .

Challenge Your Thinking

- 1. I'm about to start dating as a empowered dater.**
2. Story: I'm worried about having a relapse. Will I be promiscuous? I'm allowing my disease to overtake me. Something is not right with me.
I'm broken. ---> The lie THE SUFFERING
3. Frustrated, defeated, angry with myself, upset.
4. I DESERVE to be with my soulmate wholeheartedly. I think G-d wanted us to be as 2. It's the design. It's life's purpose. It's life's meaning. Not at all. Having a mental challenge DOES NOT DEFINE ME!! My soulmate will be there to support me and understand me. To avoid a relapse, I exercise, this program has me doing gratitude. I spend more time doing mirror work. . vision board and getting. I take care of myself. I see my therapist and psychiatrist and I take care of myself and check in about my medication. I am responsible for my life and my health. . . . My next one will be my soulmate and when I feel caring and commitment and that we're on the same page, that is when I will open myself to physical. I don't fit into a box. I define who I am.
- 5. It feels better! I feel empowered!! I'm in charge of my choices and my life. I make the decisions.**

Sabrina

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**I resonate with some of the ladies.
I choose to own my beliefs 100%.**