



## Finding the One Q&A Call Synopsis

### For: QA Call on March 15, 2021

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Michelle

Sounds great!!  
I'm doing mirror work. . .

Somehow, I don't see feel like a wall

Celebrating. . .  
I don't have to relive my parents life or my marriage or listen to their voices. . .  
I lived, I loved I learned. . .  
I'm 100% complete with my past today. ..  
A million times a day, every day . . .

Inner peace. . .

Debbie L.

Send a text. . . to the guy soulmate. . .  
So not what I expected!!  
Maybe you're

I'm open to having what I want.  
My father always dismissed my feelings.  
The concept of conditional love.  
We all seem to be saying the same thing!  
I was taking notes and I wrong there's SOMETHING WRONG WITH  
And I realized this week and I started a new mantra with myself. . .

Why am I in this life?  
I'm okay. . .

The positive things I wanted to share. . .



It made me really think. . .  
Being at the right time and place and mindset. . .  
I never thought

I didn't realize that he was looking for a soulmate.  
I did 2 letter and you said spend an hour on the first one, that was Matt, I feel closure  
and I'm 2/3rds of the way and the thing.

I bought a car this week. And I looked at a gazillion cars and I questioned myself.  
Do I trust myself enough to make the right decision.  
You're not smart enough and we know better than you.  
I tend to procrastinate . . . and he gave me an offer and I had done my homework. . .  
I walked outside and I walked back in and I gave my guy the credit card.

I had to stretch and I don't have to research and give the guy.  
I walked back in and the guy had worked there for a month. . . he became a car sales  
and he was shocked I bought the car. My son was joking and mom that was your  
activity for the next time. . .

I realized how I spin in circles. . . I already knew the answer. . .

This was big. I told you last time I get rid of Richard's things and one thing...and it was  
so huge for me, in my bedroom, I had picture of my children, young and son and  
daughter in law and a picture of Richard. . . and it was in my bedroom.

I had a small, older folder in an antique frme and I put it with the other dead people  
where I have lots of member and it was the hugest, hugest step with me. . .

It's been for 8 years. . . now I have in a better place. . .  
I feel the magnitutde and it left a big opening in my heart and my brain. . .

IT'S REALLY BIG!!

I REALLY DIDN'T TELL ANYONE that I'm doing this.  
It's something for me. . .  
We're all in different places. We all have the same issues.  
It's a very interesting sisterhood. . .

What's really interesting that are different.



Apparently, all of our parents didn't us what we needed. . .  
We put too much credance and I hope that people who are parenting them now is that  
although we love our parents. . . my kids are grown but I hope that when  
I become a grandma, I can use these skills. . .

I'm hopeful. . .

### **Shana**

**It's been difficult and it's draining. . .  
I am not being the mother I want them to have and . .  
They are 10. . .**

**I knew it subconsciously . . . when I thought I was letting my guard down. .**

I'm listening to them screaming. . .  
They want to win. . .

But he made me mad. . .  
In my adult mind. . .

I want to do it, I'm not sure I'm able to do it.  
What does it mean to be very vulnerable. . .

Celebrating:  
Getting clear on how I want to feel with my partner.  
When I was trying to

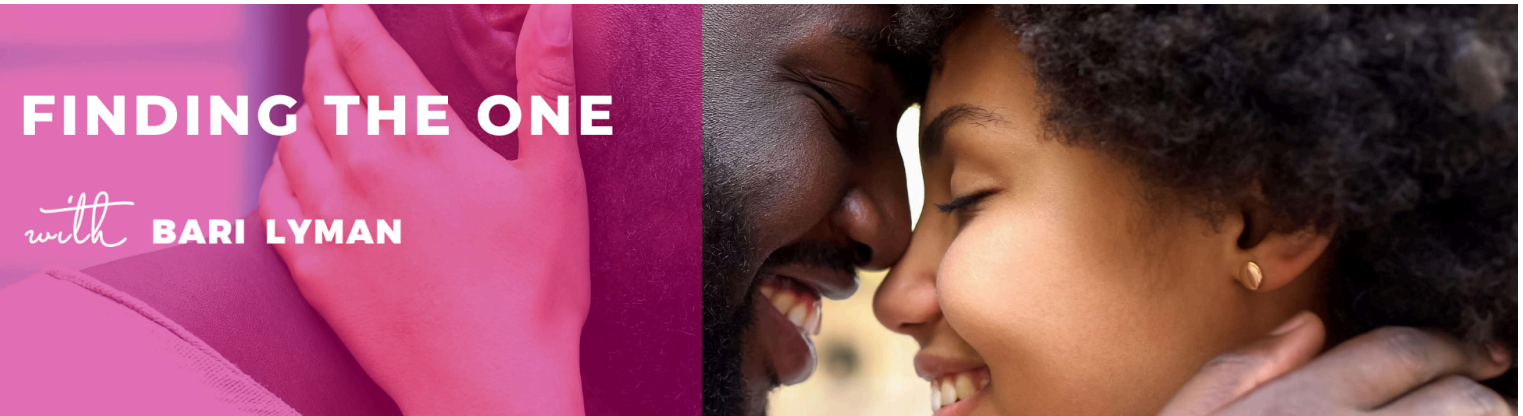
Understood/valued

Loving, sweet,

Empathetic, playful, passionate, joyful, warm, creative. . .

### **Rena**

**I look at this and I see what I was and I see what I am.  
That was me. . . I'm so proud. . .**



**That's the life I lived. . .  
I'm so self aware. . .**

What's great is I can actually feel, I can feel the interdependence.  
What's so interesting about being vulnerable or I went to a new city, it's not your home. .  
. it's not your comfort zone.  
You're out of your world. . . that's where all the magic happens.  
It's a new mindset and it's new place to. . .  
I want to trust and I want to choose love and I do know myself. . .  
It's 180 and I feel like that's great

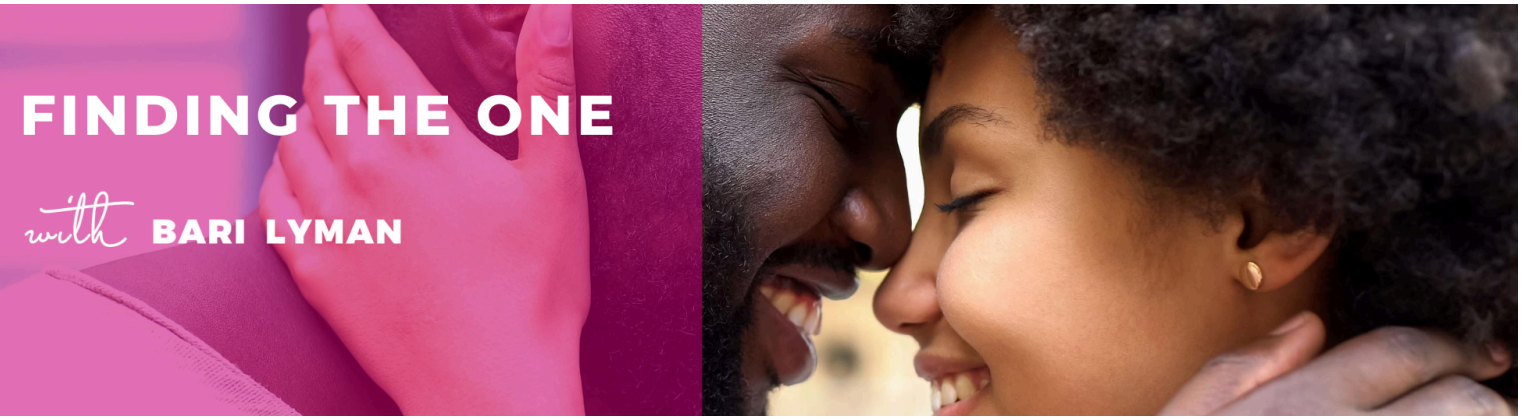
And I see how the boundaries are being set.  
I see it and I'm believing it to be real and what a remarkable things that was me on the  
left. . .  
And  
I can't wait. . .  
I have to look at this every day and a reminder and independence is not  
Okay I always felt freer when I was vulable and you let that guard down and that armor.  
. . and I'm excited. . .

Such exciting!!!

**Scary. . . What's scary?  
Let's do a Challenge Your Thinking to remove the "scary"**

### **Challenge Your Thinking**

- 1. About to start dating as an Empowered Dater**
- 2. The word scary. . .it's not scary, I'm sure there's another and I don't want to go back to that hardened and disappointment and I'm not going into...it's the scary, it's the unknown. . .I'm doing it different and not going to do mystery dating. . . the hope is to look at people with a different mindset. . . I'm going to mess it up...will I be able to? Fear of intimacy. . . I have to trust. . .i don't trust. . .I haven't it , I won't know how, I don't' know. . .**  
**There's something wrong with me!!!!** ☐ the lie. . .
- 3. Scared, disappointed, let down**



4. I deserve to have my soulmate. . . for loving, connected, adventurous life. .  
. I'm a fun, warm, kind, human being and I deserve. . . I'm human being. .  
.I'M BORN FOR IT. . I don't want to do things myself and the excitement and  
the joy and the idea of finding that person who is there for me. It feels safe  
and it feels good and it feels like I'm so ready. . .It's being conscious, the  
fact that I can pinpoint when something is bothering and me and WHY and  
let that . . .I have tools and mantras. . . I go right to them. I'm loving it. . . I  
know myself. . . My vibration has changed, my heart, I have a way of dating  
that invites in the men with the right questions. . . After one encounter...we  
say ciao. . . I can trust myself. . .and my instincts. . . I have the words and  
the vibration and the tools.
5. I'm going to be fine. . .

The Dating Yourself was so important to building my own sense of self and the  
hours I spent, you get a sense of the things that matter whereas before, all the  
dating. . .didn't know what I wanted and I wouldn't even have known and now I  
feel prepared and it's preparing me to . . .

## Anita

Basically, I just got my coaching. . .  
It was great to listen to Rena. . .  
I did Challenge Your Thinking. . .

Broken. . .I'll screw it up. . .  
Not going to work out for me. .  
It's not

There's nothing wrong with me. . .  
I deserve love because I'm a human and I'm doing it difficulty and I'm so much  
more prepared.

I want my soulmate with me. . .  
I don't have to keep the Plan B's. . .

I've been kind of  
Can I trust  
I really liked going through your essence and your values. .



# FINDING THE ONE

with **BARI LYMAN**

**I never really explained why those are important ot me and how I lived them. .  
And seeing yourself the way someone would**

**Pulling it all together and it was these bits and pieces on the surface  
With out a deep clarity. . .**

**I think I know my values. . .  
It's deeper and more clarity and to share who I am and what I want. . .  
There was a little part of me. . .too  
Since I don't know what my vibration and it's goes in this little path again.**

**I've been noticing and I went to get that . . .  
3 different men smiled  
I won't bend or deviate from that vision and I know how crazy. . .  
I was talking to dating. . .  
Why would you make that choice. . .  
I burnt out. . .  
When you're not choosing**

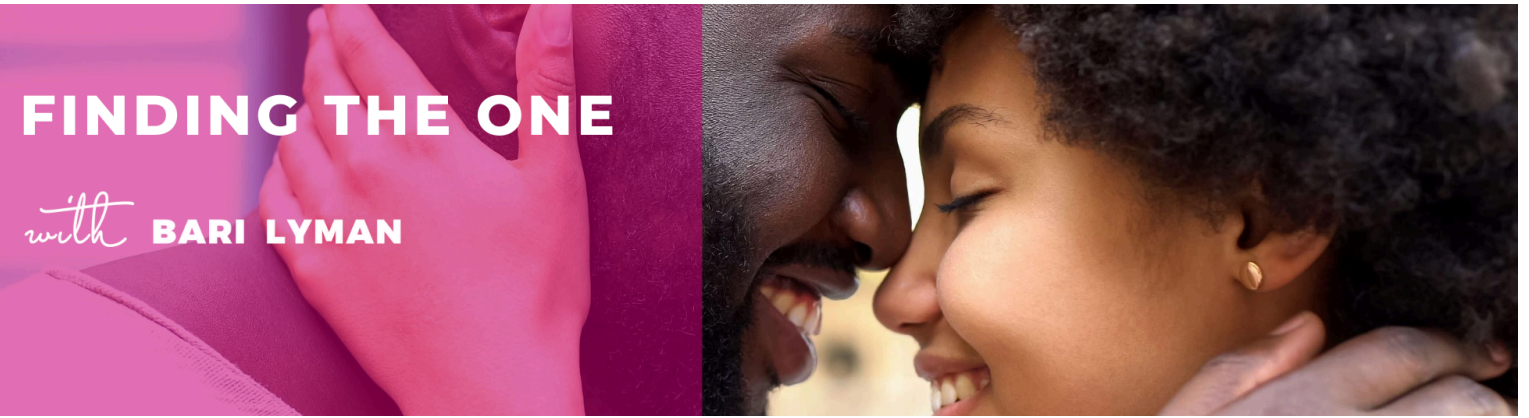
**Share a win!!**

**I was working on a project with someone . . .  
We had 3 weeks and I was increasingly and I was noticing that in the dynamic and  
it's super subtle and then they said something that completely triggered me.  
I immediately shut it.  
When I don't feel seen and heard.**

**I'm done with this. . .  
I'm feeling**

## **Lilian**

**I kind of thought back a little bit to my relatiionships and there are some things. . . when you  
gave the  
Looking at the list. . .  
Independent versus interdependent. . .**



# FINDING THE ONE

with **BARI LYMAN**

I don't think I'm always thought of myself and I should be able to do things on my own. . . not knowing how to go about it. Having a pre-existing person and you're dating . .

I think so far, I've been doing okay. . .

I choose to believe, keep saying that to myself. . .  
I've made notes to like . . . take myself out and . . .  
Volunteer somewhere. .

My mom is a bit more negative. . .  
I told her, we can talk every other other day. . .

She doesn't understand. . . she doesn't. . . .  
I've trained myself . . .  
Oh you need to do this and then I assess and if I'm going. . .  
Non confrontational. . .

## Debra

It's difficult to ask for help. . .  
I think I'll be able to do it. . .  
I feel lighter and knowing I feel lighter. . .  
It feels lighter.  
I trust myself more!!  
More at peace. . .  
Just finished the first portion and moving into

## Debra S.

It was funny, I volunteered at a seniors and I came on my phone. . .  
I got home and now I know.  
I've always been independent and I feel like I've been more interdepeneding and the trust goes back to being cheated on. .  
I've been . . .  
I started off really gung ho. . .  
I'm in that limbo. . . reading the inner child book and it's like. . .  
It's an eye opener. . .

The mirror work is going good. . .



# FINDING THE ONE

with **BARI LYMAN**

I will say 10 statements to myself. . .  
You are sexy. . .  
I've done

## Challenge Your thinking

1. I'm doing the mirror work. . . I preparing for a new life with my soulmate. . .
2. You need to lose some weight, You've got some skin issues going on. .  
.fear of putting yourself out there, I'm going get hurt. . . Ive been rejected  
and in the past, it makes it hard to believe that it won't happen next time. . .  
I let it, I only see the good, I'm satisfied, I'm know I'm not satisfied, I settle  
and take less, It's easier to settle, I dn't allow my vulneragility to be out, I've  
gotten . . . I've been let down, I have to do it myself,  
**I'm not good enough!!!! -- the lie . . .**
3. Depressed, sad, outcast, lonely
4. I deserve to have love. . . I'm lovable and I'm sexy and I deserve to have. . .  
NO.. . . . I DON'T' HAVE TO LOSE WEIGHT TO FIND LOVE. . . HE WILL  
LOVE ME NO WHAT, . . . I HAVE BELIEVE IT. . . . I HAVE LOVE MYSELF  
UNCONDITIONALLY. . . THE PAST DOESN'T EQUAL THE FUTURE, I GOT  
HURT IN THE PAST BECAUSE I DIDN'T BETTER. . . NOW I WON'T SETTLE.  
. . I WASTED TOO MANY YEARS. . . I KNOW MY VALUE AND I KNOW WHAT  
I'M CAPABLE OF DOING. . . . SEARHCING FOR THE RIGHT ONE. . .
5. I feel better. . .