

Finding the One Q&A Call Synopsis

For: QA Call on 2021-03-08

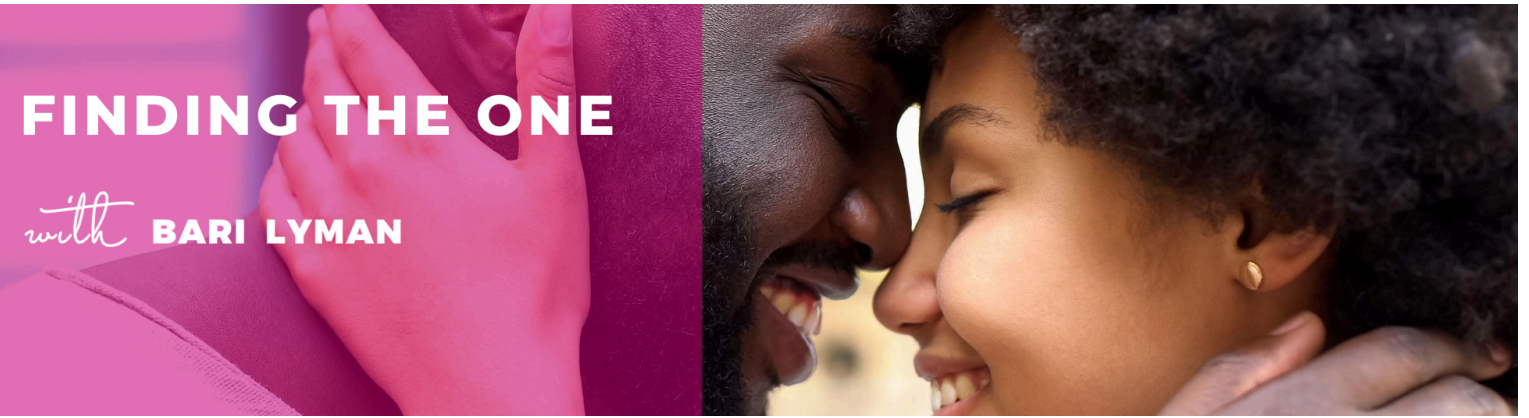
Debra

I was coming from a place of broken. . .
I not broken and I

Shana

It doesn't feel as awkward. . . when I get sucked
When am I going. . .
Choosing to relive the trauma. . .
Sometimes people say mean things. . .
She's always beautiful to me!!!
You don't need to change anything. . .
Like a big warm hug!!
Safe!!!

I already feel a lot better!!



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Very excited!!!

Anita

Really acknowledging and how it's so subtle underneath a lot of things

And I put a reminder and that's what I focus on the mirror. . .

I was born with some heart defects . .

Challenge Your Thinking

1. What's happening: I'm thinking about what it will be like when I'd dating again.
2. What is the story: I'm afraid I won't anyone and I attach . . .
THERE'S SOMETHING WRONG WITH ME. ☐ the lie
3. Shitty, sad, lonely, isolated. . .
4. There's nothing wrong with me. I deserve to find my soulmate and life partner. . . everyone deserves does. . . and I have a lot to offer. . . In childhood, I didn't get the love I needed the way I needed. . . I was taught about my wholeness, I wasn't comforted. . that's not who I am. . . I was criticized . . I have parents who



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couldn't meet my needs. . . I dated men who were a reflection of that childhood and my fears. Now I'm clear about what I want and now I have the tools to make healthy choices and find my soulmate. I'm not going to attract wrong people I'm going to be approaching dating differently. . . I know now that there is nothing wrong with me. . . I can be clear about they're not the right people and if I get disappointed, I made healthy choices and I can comfort myself. . . when I comfort myself, all my needs are met! There's nothing to worry about . . . I'm in the driver's seat.

5. It feels hopeful and I can stand in that truth.

I am. . .

Nurtured safe. . . .

Together we are. . . we nurture our family and friends .. .

Debbie

I have closure on my 25 year marriage, but no with my boyfriend who died suddenly....

I notice there might be 2 that I don't have closure with. There was a fork in the . . . I often think about . . I tend to be stuck with the



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boyfriend who died. . . I felt like I had waited my whole life what and I keep getting stuck and. . . and even though

I actually did one thing the other thing the other night and I was going through a closet with all of the people who . . .and everything can't have so much meaning. . . Living in the

Based on the new definition. . .

Richard. . .

Wayne. ..

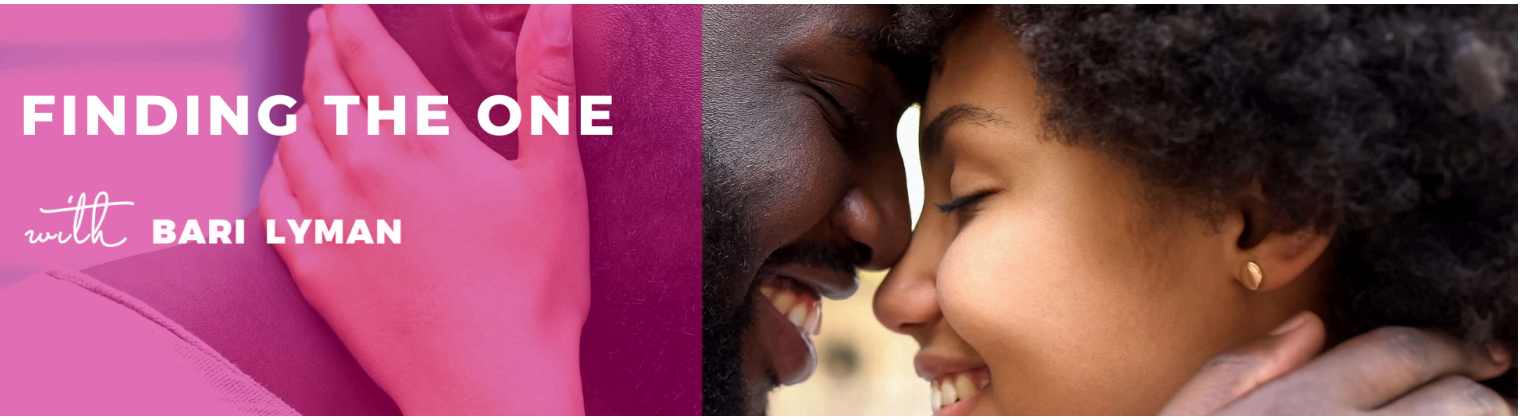
Matt. . .

Matt: (6 years – married for 25 years and we were divorced)

1.Never physically attracted to him.

2. So disappointing and so confusing because in all of my previous relationships, I never experienced that. Never meshed that way. . .depressing, frustrating. . . inadequate at times, angry at myself that I allowed myself to stay. . .

3. physcailly and emotnioally in sync, loved the way I wanted to feel loved, beautiful, connected, happy. . .



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4. Everyone wants to feel that. . . normal part of being a person. . .

Richard

- 1. He passed away. . . you died.**
- 2. Horrific, unfair, unfathomable, sad, abandoned, lost**
- 3. I wanted to feel connected and with that soulmate forever. . . safe,**
- 4. I hadn't felt that ever!!**

Melodine. . .

I had no clue about what a healthy relationship . . is. . .

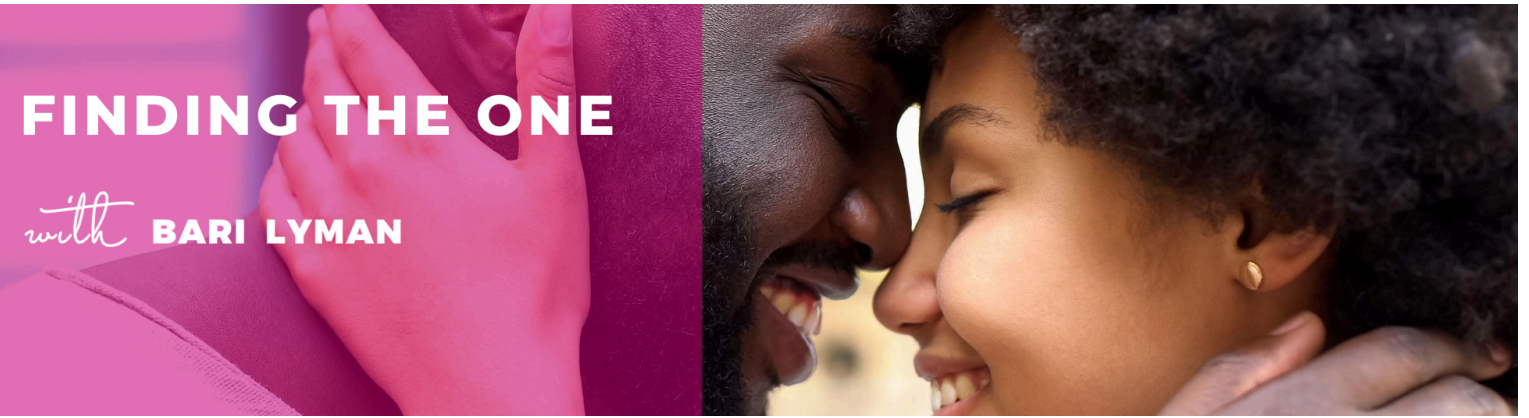
I couldn't believe that I had no idea what a healthy relationship and it wasn't what I wanted . . .

Do you believe you will meet you ideal spouse.

I didn't believe at first! I started to believe. . .

Honestly , I thought I did. . .

I was sending out so many different messages.



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I want a person to commit but then I didn't want that so I afraid of getting hurt!!!

I was surprised. . . and I got sad and frustrated. . .

Really? I couldn't wrap my head it

The first part is believing it's . . it's reality. . .

Its real!!

That was the biggest one and going from not believing to belving. . .

5. I never thought about it and if I had closre and but one, that I think he was the first person I feel in love with and thinking about it, he was the person I could go to ...then we broke up and that was a relationship. . .that I think about once in a blue

I don't see myself ever getting back with him. . . I don't think about him but . . . I never thought him in so long....we haven't spoken and I sent him a text and that was like why did I do that. . .that I

Closuer and understanding that when we had a relationship and I think I couldned on him and need to now shift I can could . . .



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1. He was a mama's boy.
2. It was uncomfortable, invasion of privacy, embarrassing, disappointing, disgusted, frustrating, not seen. . . lonely. . .
3. Prioritized, connected, communication, loyal, happy, deeply loved, partners.
4. It was important to feel like you have someone you can count on and build a life with. . . We all want to have that. . .to be able to have the person next to you who can pick up when you're down. . .it's like soul longing to be connected. . .

Lilian

I'm probably a bit more hopeful, because I'm actively trying to get to where I want through your program.

Trying what everybody else is doing. . .

How will I know, it will flow,

I attract what I send out. . .

How can I expect to receive from another. . .

We connected though



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I got through module 3.

I think Module 3 session #2.

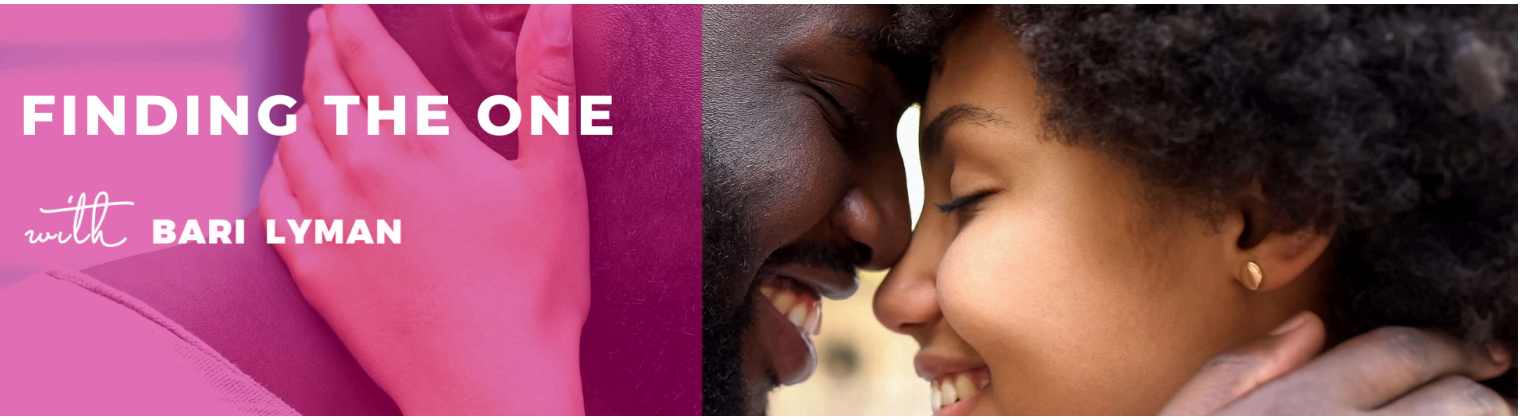
Write a letter. . . I didn't write the letter. . .

You're obviously write the letter. . .

Someone you're trying to get closure. . .

- 1. Some days I believe it. . . other days I'm unsure. .**
- 2. Relationships haven't come easily . . . and I might have shared this with me. . .I've been on dates with different and I think I was being too picky, my ex husband was . . . it didn't work out. . .and maybe I didn't think I could do better . . . and I forgave bad behavior. I haven't had a lot of boyfiends, for what I want and marriage and kids. . .**
- 3. Focusing on my mindset. . . that's a big part of it. . .knowing and where to meet men that are like that. I grew up very traditionally and things are really different now that it comes to dating. . . not interested in marriage. . . a lot of people are interested in short term things. . .**

Meet him June 15th. . .



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Do you have closure on past relationships. . . are you completely finished. . have you moved on? Are you not thinking about them. . .

I put A because I don't have any contact with my ex husband, I don't have his phone number and I have no communicating and I haven't and I've never contacted him and he contacted me and he asked me for a copy of the final divorce decree. .

I thought about him . . . that's good for him and that made me sad. . .

What about me? He does pop into my head. . .

1. Ex-husband. . .

I haven't had other boyfriends. . .

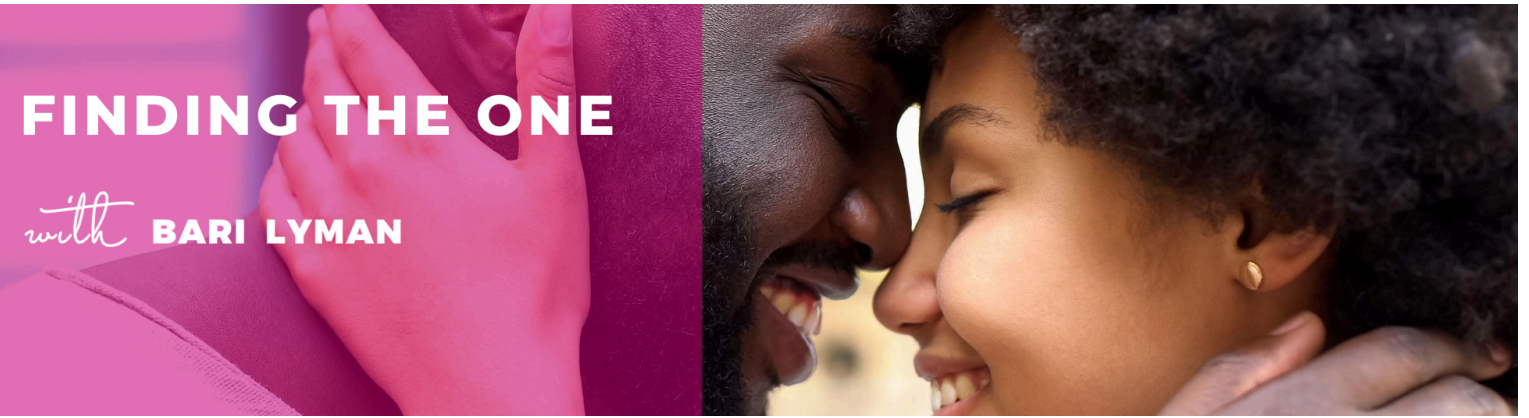
A few months ago, there's a guy I went on a date with. . .

2. I wasn't physically attracted to him. . .

He's popped into my head

3. My sister connect me with this guy in the meet up group and he sent photos. Friend vibe. . . he was dishonest. . .

Ex husband



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1. He was an alcoholic.
2. Lying by omission
3. He was inappropriate towards my sister. . . shame and not proud

1. He was alcoholic
2. Always walking on eggshells, scary, had 2 incidents and almost had an overdose situation. Bad to worse. I made the conscious decision. Shamed, disappointed, out of control, sad, he didn't want to do AA and was one of those people. . . and a lot of that, he's really smart and has a lot of money. . . had successful jobs. . .in the long run. . . same issue with first wife. . . she left for the
3. Valued, proud, happy, to have kids and travel, healthy relationship and be honest. . happy, safe, partnership, joyful. . .
4. I think that's healthy. . . when you're not happy or joyful or feeling valued, it's not a good thing. . . especially when it comes to mental and who you marry . . . impacts . . .someone who can meet. .

Debbie

I going to do a leap of faith!!!

Take a couple



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I'm at the point that's what I need to do. . .

I'm so proud!! I'll put it in the