

Successful Singles Coaching News

Vol.1, Issue 3,

July 2000

A Free Email Newsletter Dedicated to the Proposition That a Rich Single Life and the Most Alive Soulmate Relationship Begin with Grace, Know How and Deep Preparation of the Mind and Heart

"Choose your life's mate carefully. >From this one decision will come ninety percent of all your happiness or misery."

-H. Jackson Brown,Jr.
"Life's Little Instruction Book"

QUOTE OF THE MONTH

To fall in love is easy, even to remain in it is not difficult; our human loneliness is cause enough. But it is a hard quest worth making to find a comrade through whose steady presence one becomes steadily the person one desires to be.

- Anna Louise Strong (1885-1970) American writer

Overcoming Singles' Hopelessness

The people who take the Relationship Success Training for Singles (RESTS) program tend to be very attractive, both inside and out. They are very intelligent, psychologically savvy, gracious, funny, and generally "with it." Yet many begin the RESTS program with a real handicap in their quest for the romantic soulmate of their dreams. The handicap is hopelessness. Many do not believe it's possible to succeed in their quest. We're addressing this issue in our newsletter this month because we believe that some of you, our readers, may similarly suffer from this handicap.

You may be quite aware of your discouragement about finding your soulmate. You might even have a disciplined, experienced army of rationalizations to buttress against feeling the raw vulnerability of the despair. You might argue, as if you're belaboring the obvious, that you're too old and that at your age there aren't any eligible partners. You might dismiss the example that my own (John Becker's) widowed mother had three very appealing suitors competing for her attention (when she was 83 years old!). You might argue that she was the exception that proves the rule. Other armed and armored rationalizations might vanquish contradictory information with apparent ease. Yet, while you might have the pseudo-safety of these defenses against feeling hopeless, that murmuring relentless voice inside still yearns for your soulmate. That voice can't be totally silenced or denied.

Still others' hopelessness is largely subconscious or even unconscious. Some wonderful people we've coached start out denying hopelessness while acknowledging frustration that their many dating relationships never turn out to be "the one." Only later does the hopelessness rise to the surface of consciousness. When it does show up, the hopelessness presents in many forms. For one "coachee," a successful dater, the buried belief in ultimate unworthiness comes to light. Yet another, a charming widow, believes she can never again have such a deeply rich marriage as she had with her deceased husband - only one joy-filled passion per lifetime. Another participant, a bright and successful man, stays isolated from romantic possibilities because of his hopelessness about maintaining his own boundaries, priorities, his very self, should he "fall in love." Another young woman initially claims contentment in her self-sufficient lifestyle and intellectually stimulating career. The shadow side of her "contentment" turns out to be repressed hopelessness that she could ever master the myriad subtle skills needed to navigate the voyage of a long term committed, passionate romance.

So what is the antidote for this overt and covert despair? We believe that all healing starts out from a place beyond ourselves - with some grace, perhaps the grace that was involved in us writing and you happening to read this particular article. Secondly, we believe that it is necessary to expose the underbelly of hopelessness - fear. Fear of pain, loss, rejection and disappointment are often the emotional layer just under hopelessness.

So what is the antidote to this fear? There was another John (2000 years ago) who suggested that love casts out fear. We think that is still a pretty good prescription. But how does this "love" cast out this particular fear in practice, in very specific terms?

Well, one beautiful way we see it happening is in our RESTS classes. The love shows up through the evolving group culture of authentic self-disclosure and mutual support. For example, as one acknowledges some vulnerability around one's conscious feeling of hopelessness, another gains awareness of his or her previously repressed despair and risks sharing it with the group. Small courage begets safety, begets more and more truthfulness. There's a reason vampires died in the light of day. In some strange way, just getting the fact of one's hopelessness into the shared light of the group's authentic self-disclosure seems to start to melt it. Just like Dracula decomposing in the sunlight, the power of hopelessness to suck the energy out of the single person's quest for a romantic soulmate begins to lose strength.

Then and only then can other important antidotes to hopelessness begin. Only then can participants really start to explore their vision for their perfect life. As the details of the vision of the life they would truly love to live come into focus, that vision becomes a magnetic beacon. That vision both pulls the single person in the direction of his or her future perfect life and life partner, but also sheds light on the most life giving choices in the present. This magnetic beacon marshals and directs the individuals' energies so that those energies aren't drained by despair or pulled off course by side tracking contemporary forces or pushed by defensive beliefs generated by past experiences.

An attitude of not only "I can," but also "we can" starts to develop in the group. Then begins the attitude that not only "we can," but also "we can help each other succeed." As the RESTS class graduates into an ongoing COACHING TEAM the support deepens and changes. In addition to the support of insight, mutual self-disclosure, affirmation, and understanding, coaching team members also begin to offer one another "hard support." "Hard support" includes actually scouting for soulmate candidates for each other, going to singles' dating events together for mutual fun and support, and holding one other accountable to stand up for each member's vision of partner requirements, as they screen candidates for committed relationships, etc. Important

social and relationship skills are not just understood, but also mastered through safe and fun role-playing. Constructive scrimmage with teammates prepares everyone for the Sunday - or usually Saturday night - Big Game.

As their team members grow into living the perfect life they at first only envisioned, as they rest more fully in the trusted relationships with team members, as they grow in confidence with mastered relationship skills, what happens to hopelessness?

What hopelessness?

Here's hoping for the best in your quest for your romantic soulmate!

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