

# Successful Singles Coaching News

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*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*

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"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

*Your life proceeds out of your intentions for it.*

--Donald Walsch, *Conversations with God*

#### FEATURED ARTICLE:

##### *SinglesToSoulmates - Life Partner Quest Joins Imago Relationship Therapy*

In this article we describe how the Life Partner Quest programs are wonderful complements to and natural extensions of Imago Relationship Therapy.

The romantic world of the single person can be full of blessings, adventures and freedoms. It can also be a mess and be fertile ground for feelings of failure, loneliness, and beliefs about "bad fortune." Society can seem to be so supportive of the "coupled." Couples can seem to be so content and settled. We hear about divorce rates of fifty percent for first marriages (some studies say near 70% now in California) and 63% for second marriages. Yet those statistics seem so unreal. It's easy to believe that it's about luck. Am I "destined" to have "bad" luck and be alone or will I have "good" luck with my next dating prospect? If we're attracted to each other, will there be enough "love" this time, to conquer all? And shouldn't romance ultimately be about luck, because of all things in life, shouldn't it be "natural?" People have been dating and marrying for hundreds of years without taking classes or joining relationship teams?

Of course at SinglesToSoulmates our point of view is very different from that embodied in the above rhetorical questions. Our study and decades of experience working with singles and couples tell us that we are ultimately creatures, not the Creator. While we do need grace, we can learn how to co-create our romantic lives and cooperate effectively with grace. A Sufi poet tells us that "the winds of grace always blow, all we must do is set our sails." We believe that there are skill sets that are necessary to help us "set our sails," to cooperate with grace in co-creating the life we'd love to live and attracting the love of our lives. Of course there have been 50%, 63%, 70% failures in marriages! Of course the failure rates for exclusive dating arrangements

(mini-marriages) are even higher! People have not known and certainly haven't become proficient at these essential skill sets. Our parents and movie stars and peers didn't model them, our schools didn't teach them, and popular magazines aren't telling about them. And there are VERY few places to practice them. Even psychotherapy and group therapies (with very few exceptions) do not help one learn and master these skills.

Here's where Imago Relationship Therapy can help prepare the way for you to benefit fully from the Life Partner Quest Relationship Success Training For Singles Program. Psychotherapy, and we believe especially Imago Therapy, can help the single person become READY to attract their best romantic soulmate. This emotional readiness is not the skill readiness that is developed in the Life Partner Quest Relationship Success Training for Singles Program and Relationship Coaching Teams, but it is so often a pre-requisite for that skill readiness.

So how can living one's life consciously, as fostered through Imago singles group therapy, help prepare the single person to attract their romantic soulmate? If, as Imago Theory and experience tells us, we can only have romantic attraction for people who embody the negative, as well as positive, characteristics of our parents, how can we avoid "falling" for someone critical or remote like dad or suffocating or manipulative like mom? Harville Hendrix, Ph.D., the developer of Imago Relationship Therapy put it this way, "If you can begin to get some of the nurturing and validation you need to heal your childhood wounds while you are single - you will diminish the intensity and severity of your negative Imago traits (unconscious jerk-attracting receptors - John's translation). You will fall in love with a healthier partner. A healthier partner will fall in love with you."

Here's where Life Partner Quest meets and enhances your work done in Imago Therapy. Your courageous work through the single life, perhaps supported through Imago Relationship Therapy, has helped to heal many or most of your childhood wounds. Now chances are that you won't be unconsciously attracted to clones of your parents or even to similar approximations of their harshness, emotional unavailability, controlling behavior, or other negative traits. You are now only attracted to "imago matches" considerably "up the food chain."

But has your journey in the single life or even in therapy helped you to clearly articulate the life you want - the life you want this life partner to join? Or haven't you even considered the truth in Sam Keen's caveat - "It's better to figure out where you're going, before finding someone to go with"? Have you ever reversed that sequence - fell in love, into a "mini-marriage," exclusive dating arrangement, etc., only to find out that your partner's idea of bliss was a bottle of beer and a pro football game and yours was a yoga class and snorkeling in the Keys? What do you do then? Try to change them - to get them to see the light? Lots of luck! Both feel unaccepted and frustrated.

Have you articulated your bottom line requirements for a romantic relationship? Do you know how to artfully screen for potential partners who meet those requirements in a social conversation so that you don't even waste your time with one date with someone who isn't on that page (unless of course you're just interested in recreational dating)? Are you skillful at setting personal boundaries in a respectful, effective way? Are you practiced in making it safe enough to welcome a romantic partner into intimate, even vulnerable, emotional areas? Are you adept at negotiating hard emotional differences in a way that encourages your partner to freely and fully tell you what you are very uncomfortable hearing, while not repudiating yourself one iota? These are just some of the skills taught in person and via telephone coaching at SinglesToSoulmates through Life Partner Quest Relationship Success Training Programs and the Relationship Coaching Teams.

Does it sound like work?

"For one human being to love another: That's perhaps the most difficult of all our tasks; the ultimate, the best test and proof, the work for which all other work is but preparation." - Rilke

Does it sound scary? Does it sound like an investment in time and money?

"In spite of the deep-seated craving for love, almost everything else is considered to be more important than love: success, prestige, money, power - almost all our energy is used for the learning of how to achieve these aims, and almost none to learn the art of loving." - Erick Fromm

Can it feel good?

"Yet foundational to all this learning, we believe, is the development of the capacity to experience one's own goodness so that we can welcome the goodness of the other." - John & Harriet - from their website homepage

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