

Yes, There Is Hope

By Coach Colleen, The True Love Coach

When we don't have what we want and can't see how we might get there, we often feel powerless to change. It can feel like life is against you in this one critical area of your life - your love life. It's funny too that other areas of life can be really good.

Do you catch yourself looking at others in relationship and fixating on "What's wrong me?" If you know this thought, you probably know those other downward spiraling depressing thoughts like:

- Why not me?
- It will never be my turn
- I'm a hopeless cause.

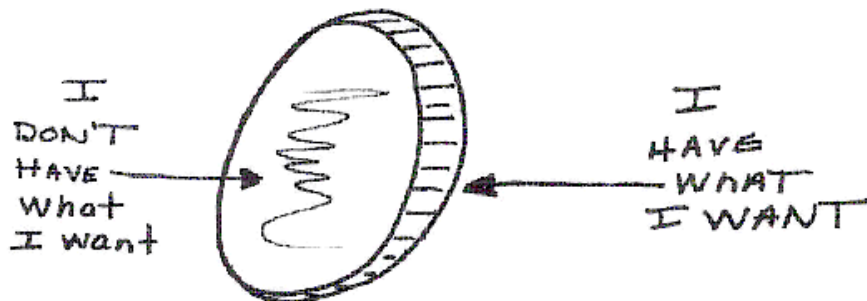
At the bottom of that downward spiral, I've experienced despair, depression, and a sense of defeat that seemed endless. All I wanted to do was curl up in a ball and escape my life in TV.

Our instant TV society betrays us here. In a half hour sitcom, there isn't much room for the journey. There is no time for hope. It seems that we are lonely and desperate or we are phenomenally ecstatic in relationship. Life is portrayed as instantaneous. My life is not a sitcom or a drama or a tragedy. It's just my life.

Reclaim Your Journey - The Three-Sided Coin

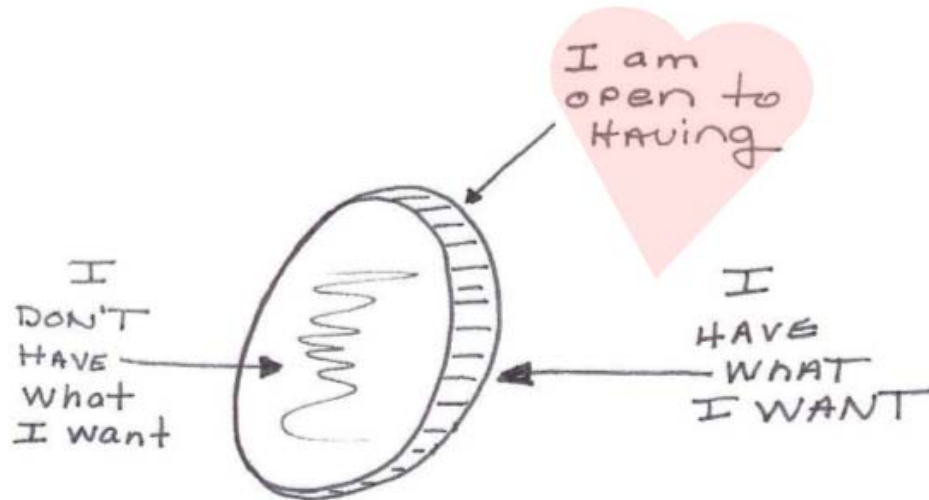
To get out of this spiral, there is a metaphor, or process, or way of thinking I like to use. On one side of the coin I don't have what I want; on the other side I have what I want.

My current situation: Single (not what I want) **My desired situation:** Be in a loving relationship with my true love (what I want)



This picture was too black and white for my life, I still felt stuck. I didn't have what I wanted so I had to discover something that would work for my non-instant life. I needed something that included the journey. That's where the Total True Love system started. It was about a third side of the coin - being open to having.

I realized that an attitude of being open to having did not negate my present situation of being single nor did it insult the future by lying. I no longer had to flip back and forth between sides, neither of which told my whole story. The third side of the coin acknowledged what is, so I had more energy available to be in the present moment.



Try walking the edge of "being open to having." You don't have to deny or repress how you are feeling. Just listen to the Total True Love theme song and notice whatever comes up. No need for denial. Let your feelings, good and bad, float by you like bubbles on the wind. Try this image of your thoughts as you listen - it can be a lot more freeing than being trapped by "What's wrong with me," "Why not me," "It will never be my turn, "I'm a hopeless cause."

There is Hope - Find Your Soulmate

You don't have to accept that the [Total True Love system](#) will work for you. All you have to do is walk on the third side of the coin - the side of being open to having. That is a walk of hope.

How much is finding true love worth to your happiness? Coach Colleen Brady has created the ultimate, full-brainer fill-in-the-blank resource for attracting the love of your life. In 4½ minutes per day you can create your irresistible definition of true love™... without doing any additional work! Check out ==> TotalTrueLove.com

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