

## A fairytale in progress!

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I've been asked several times recently to tell the story of how I met my husband John. We have quite a story that our friends enjoy teasing us about!

John and I met in late 2003 when he attended the Boot Camp. Now, I don't get to know people simply by their attendance to the seminar because there are too many people from month to month to meet and remember, however, a few months after he attended, he came back as a trainer and we began getting to know each other.

John was a dedicated trainer for several years so we became friends but neither of us pursued anything more than that. When it was suggested to John by a friend of ours, that he ask me out, he joked that he wasn't "man enough" to handle me. I on the other hand, made a point of dating only men who were emotionally unavailable because it was easier and I didn't have to make hard choices. John and I both enjoyed our singleness but one night changed everything!

On September 6, 2006, John and I were out with some friends enjoying a glass of wine on my favorite patio. We were just friends hanging out.....but something changed! John and I passed

when going to and from the restroom and I'll have you know that quiet, easy going man just spun me around and kissed me! A good kiss! A BIG Kiss! I'm sure he even surprised himself.....but he rendered me speechless (which seldom happens). I just stood there blinking my eyes with my jaw on the floor looking at him. He smiled and pointed out that I too had kissed him back! Isn't that the greatest? If you know my hubby, you know that was out of his norm! Casanova in the flesh!

From that night on, we were dating. However, our relationship posed the exact problem that I was afraid of....when you date someone of quality.....you might decide to keep them! In May of '07, I decided that in keeping with my "rules" I should end the relationship because we were growing too attached and I knew I had already dated him too long for my own comfort. I spent the better part of May doing all I could to unravel our relationship and by June, we were officially broken up.

During the next few weeks, I began wondering what it was about me that was so unwilling to consider love. I've been hurt and had my heart broken but who hasn't. So I started writing about the feelings and in a few days learned that I was a bona fide, card carrying commitment phob! It was a revelation! (My friends all smile when I say that....guess they knew.)

How could "I" be afraid of love? I teach people how to let go of their baggage and love again. I coach couples on how to get "it" right and that if they want to experience true love, they have to be willing to take a risk. I explain to people that when they take risks they *will* sometimes get hurt...and so what! Learn, grow and keep trying! But for ME, I believed that being single was merely a choice....and that love was just a bother that I didn't need.

Life went on. John and I were still friends and saw each other at Boot Camp. Then one day I phoned him and apologized for having made him feel as if something had been wrong with him and explained what I had learned about myself. We didn't start going out again right away but soon we did. We spent a lot of hours talking about the fears, feelings and future.

The short version of the next few months is that we were Married in December 1, 2007. We shocked our friends and family! They didn't see it coming in any way! Neither did we really. The best part is that we were married right in the middle of a Boot Camp! We figured that the Boot Camp brought us together and was something we so dearly love being a part of so why not surprise everyone with an impromptu wedding!! I'm so grateful that John and I loved each other enough to try again. I couldn't be happier with our life and the path we're on!

Did I love being single? Yes I did! I was great at it and I had a wonderful and very rich life. Somewhere along the way however, my motive for singleness became a defense mechanism borne from cynicism and injury. I decided never to love or be loved again. Thinking about it now it sounds pretty silly, but at the time, it was a script I had written for my life and I was playing the part so well that even I believed it!

Now let me say this to those of you who are single. I am NOT saying that I think you have to crave love and marriage to the point that you live your life in hot pursuit of a relationship. In fact, I strongly discourage it. I believe that you first have to get honest with yourself about your motives in dating. As I see it, there are two types of unhealthy single people: 1. The person who is seeking a mate so intensely that they sacrifice their own integrity, spirit, and emotional stability. or 2.) Those who like me, who sabotage the possibility of love in their life altogether.

Here's a good way to figure out which one you are.....look back over your relationships.

- If you have been "in love" (or said you were) with two or more people in a row, chances are good you're dating in desperation and you are a # 1 which is very common.
- If you are one who ends relationships because it's easier or because the fun stops, you are a 2.

I believe that adult singles have to learn to be alone before they should pursue a relationship. If you hate your singleness or find yourself feeling lonely with each passing week, chances are you're right where you need to be!

So back to my marriage: I used to think that I wanted the "fairytale" and when I didn't feel it, that would reinforce my ending relationships. No fairytale, I'm gone. Here's a lesson I learned about the "fairytale" a few years ago from an unlikely source.

I attend church with Zig Ziglar and his wife Jean. I love watching them together because they are SO crazy in love. One Sunday, when watching him escort her to their pew, it occurred to me that I had my "fairytale theory" all wrong. The fairytale isn't at the *start* of a relationship! It doesn't happen at the altar! It's later! The fairytale comes *after* you've learned the lessons about being selfless, giving, cherishing, respecting, trusting and growing! It is AFTER the hard stuff! DUH!

SO no, I can't say that John and I have the fairytale yet, but what we do have is the commitment and love to hang on through the hard work it takes for blended family-startups....and we believe the dreams and fairytale will come! We are learning and growing and while we have a wonderful life that we cherish, we know it's only going to get better!

There are more photos of my family under this article on my website.