

FIERCE FREEDOM AWAITS

with Dr. Yashika Dooley

Episode 8 – All About Relationships with Andi Forness

Welcome to the Fierce Freedom Awaits podcast. I'm your host, Dr. Yashika Dooley. Today, we are talking all about relationships. But, for any good relationship to thrive, you need to be clear on who you are and what matters most. I want you to join us and learn all about it!

Yashika: Hello again, and welcome back to the show. Today, we are going to be talking with Andi Forness who is an online dating coach. She has been published in *Greatist*, *Thrive Global*, as well as quoted in *Forbes*, *Bustle*, and *Fuppig*. She is all about helping single, high-achieving, analytical women use online dating as a personal development program, so they can finally find their soulmate and can feel fulfilled in all areas of their life. Welcome, Andi.

Andi: Hey, how are you, Shika?

Yashika: I'm awesome.

Andi: Thank you so much for having me.

Yashika: Thank you. Tell me, how did you even start with this online dating? What's your story?

Andi: Yeah, what is my story? My story is that I married my college boyfriend at 20. I was in a long-term committed relationship for 15 years, and I got a divorce. I think I was 40 at the time, and I had to go back online. Okay, I guess this is it. I exhausted my really small friend group. By that time, everybody was married and coupled up, and so there were maybe just a handful of – maybe two single dads up at my kids' school. After a few years of that or just trying to meet people out in the world, like a yoga studio, there weren't that many men. All the places I was hanging out, it wasn't like when I was 20 and everyone was single. It was a lot harder.

I realized that I needed to go online. Then I went online and had a terrible experience over and over and over again, and the engineer problem solver in me is like, oh, my gosh, I can fix this. That's how I ended up doing this. It's like I had to come up with a system versus just throwing spaghetti on the wall in order to make it work.

Yashika: You initially just what, going online and just trying different things, or what did you do?

Andi: Yeah, well, I guess this is it. There's a time for romance, and then there's a time for systems and structures, right? I guess this is what I want you to hear is online – until you actually have a conversation with somebody or actually have a date, then that's when it starts a normal. Up until then, it's not normal, and you have to actually have some sort of systems and structures and filtering so that you can actually get it to normal. Online dating is half understanding online marketing and half personal development. What are your blocks? It's that, and then that was so fascinating for me to sit and work on.

Yashika: Real quick, let's just talk about you. You figured this out because you were struggling in the online dating world. What were the problems that you were noticing as you were doing online dating?

Andi: Oh, right, I wasn't attracted to a lot of guys, or the guys that I was attracted to based on their profiles or based on their photos, I would go out and meet them and maybe they – which doesn't sound like a lot. When you're busy and you're just tired, going and meeting someone for coffee when you just want to hang out in your PJs all day actually is a big deal. Giving up too much of my precious free time where I need it after my high-powered week. I needed to chill out. I needed to go to yoga class. I was giving up a lot of time to go meet people that I wasn't attracted to.

Then what would happen is I'd have so many where I wasn't attracted to them that I would meet one that I was attracted to, and I would be like, oh, my gosh, I think that's him. I don't think it was because he was all that. I think I was just starving from all of the unattractive, or the bullshitters, or whatever. Then I would myopically try to make that guy my boyfriend, even though there was plenty of red flags about all that on why it wasn't going to work. We weren't aligned. I take the Weight Watchers approach to it. You've got to have some system and some structure. Where most of us are already system and structured in our work, we actually don't want to be system and structure in our love life, but we need a little bit of it.

Yashika: Yeah, that totally makes sense. Now, you figure out you need these systems and structures, so now, take us through. What is the next step? What did you start to do that you figured, okay, this is what's going to work? These are the things that are key in this process.

Andi: All right, well, one of them is being crazy clear about what you really want, and one of the things that I teach that is different is, when I go and look at online profiles of women, women are coming at it from – it's almost like an old way of thinking or of old mentality. When I look at their profiles, it's more like they almost have this "pick me" type mentality probably left over from high school or whatever, generations past. Our grandma's generation of here's my dowry. Please pick me. It's odd, and so what I am encouraging women to do is, instead of doing pick me, it's more like I want you to – every woman says the same thing. Every woman says I like nights at home. I like jeans, and I like to dress up. We're all not that different, right?

What happens is you don't end up – you only have seven seconds to get someone's attention. I like mixing it up, and I encourage my clients to actually ask for what you want. Let's practice that. Really get clear on what you want from a guy in your next relationship, and then put that out there. Learn to communicate it so that he knows that that's him, and it's almost like that law of attraction, if you will, versus, hey, I like to go to yoga and wine dates and hang out with my friends.

Yashika: I think sometimes it's hard. Part of what you're thinking is I'm not necessarily looking to get married. I'm just looking for a person to spend some time with. Then you're like I don't want to put it all out there and seem like I am desperate, or I want to get married now.

Andi: There you go, and that is what high-achieving, smart, strong personality women are very scared of doing. What they do is they – when I talked about the balance – because every single one of my clients is some sort of engineer, doctor, analyst of some sort, PhD in computer science. We're afraid of putting that strong personality into...

Yashika: Out there.

Andi: Right, into our love life. What happens when you do that is you match up with somebody that's not perfect for you, right? Then you hide that strong personality, and you show up with this persona of the easy-going chick when really you're not. You're really smart, and you're strong. Then what happens is that chick can only hide for so long, and then it comes out. Then the guy that you're with is like wait a minute. I thought you were like...

Yashika: Who are you?

Andi: Right, then that's why – and I'm raising my hand because it happened to me over and over and over again. I'm a super-healthy person. I don't like to drink very much. I kept putting myself in situations with guys that wanted to go to Happy Hour and stay out 'til 10 and 11. That's not even that late. I sound so old.

Yashika: It's late for us.

Andi: Right, I got to get up and...

Yashika: Go to work, do stuff.

Andi: Yeah, you guys got to save people's lives. You're not staying up super-late. I kept acting like – I was dating all these musicians because musicians were fun and cool, but musicians are up 'til 2. I had kids, and I was a teacher. I kept acting like I wasn't. That's one of the biggest things that I want to share with people. It's like you've got to be yourself from the get-go. That's going to get you faster to the guy that you want to spend time with or that you want to marry. It doesn't even matter. Really be yourself.

Yashika: That's great. Then how do you write that? How do you share that? I mean, do I just say – I don't even know what I would say then. I'm trying to be totally honest.

Andi: Let's talk about you. All right, ready? Let's just pretend.

Yashika: Yeah, here we go.

Andi: I love how this is going. Okay, tell me now, Shika – it could be this about your husband, or it could be about someone else. Tell me a situation recently where – maybe it was your kids or whatever. Maybe it was on Veteran's Day. When did your heart light up? When did you feel like – when did someone do something for you, and you're like, oh?

Yashika: What was I doing? Oh, I think I had a lot of work to do, and my husband just took over and did some things with the kids. They wanted to bother me. They wanted my attention. My husband's like, hey, mommy's trying to do something. Why don't we go do whatever over here? Let's give mommy 15 or 20 minutes to finish up what she's doing, and then you can talk to her kind of deal. I was like, oh, thank you.

Andi: Nice, oh, my God, right and that feels good. Now tell me what kind of person is your husband? What kind of person was that right there? He was being what?

Yashika: He was really thoughtful, warm, caring, yeah.

Andi: Yeah, okay, then this is what – so for you, thoughtful and caring is big for you, right? That lights your heart up.

Yashika: Oh, absolutely.

Andi: Cool, now, if you're going to try to articulate that in a profile, you would say – and I want you to hear this too. Your profile is your vision. It's a big deal. Now, when you go out there looking in the world, you're going to be trying to line up with someone that feels thoughtful and caring for you. How you would write it? You would say looking for a guy that sees me burdened with work and picks up the slack, or something like that. I just did that off the cuff, but it's something like that, someone that will notice when I need some help. It can be something totally like that.

Guys are really practical. Guys are reading that, looking to see if they're going to win, and I'm putting that in air quotes because we all forget too that guys come on at – from 30 on up – I don't work with 20-year-olds. Thirty on up, they've either been broken up with. They've had a divorce. They've had a relationship that hasn't worked out. We have to remember that they're coming also wanting to win. They want it successful and so if we can make it easy for them to be, yeah, I'm totally that kind of guy. You know what I mean? That just inspires them to be like stand up.

Then that's your job then to carry that, something like that, throughout the dating piece. Sure, he's not going to come and take your kids away, excuse me, or work with

your kids because you're not at that stage yet. Maybe you're getting out of your car, and you've got seven bags. He grabs a few for you.

Yashika: Yeah, absolutely.

Andi: You know what I mean? Then that connects with your heart. You just like, oh, wow, and you start to bring all of the things that make you feel good into consciousness.

Yashika: That makes a lot of sense. I think I know – I can remember when I was dating my husband. I was finishing up medical school and going into residency. One of the things that really was endearing was that he totally got that my schedule was crazy. My life was hectic. I was on call and post call. I was tired all the time, but he never let that bother him. He just got it. Sometimes I was tired, and I just couldn't talk. It wasn't that I didn't want to, but I was exhausted.

Even a couple of dates we went on, I fell asleep. We went to the movies. Literally, those lights went down. Probably, within ten minutes, I was knocked out, but he never let that bother him. He got it. I was tired, and so I thought that that was so great that we never argued about the fact that I was just in a fog. He just took care of me through it all, which was amazing. That's really what I needed in that moment.

Andi: I love that. Someone that's going to care and be patient and understanding. It's those kind of qualities. What we need to do is exactly what you did is be able to have specific examples. This could be if any of your people are in relationships or marriages that maybe aren't super-connected. Go back to this stuff. You need to go back to the stuff that is – that lights up your heart. We need to have concrete examples about what caring is. We need to have concrete examples of what thoughtful – those are really big, broad terms, right? Everybody's going to say they're caring, but your caring might be different than my caring, or I might recognize it different. I need to know how it comes up for me so that I can notice it more instead of not notice it.

Yashika: That's really good.

Andi: Yeah, we need to notice when people are being amazing more than we're noticing when they're not being amazing.

Yashika: Absolutely, I think that's also absolutely true in a marriage. I think sometimes you just – you take that person for granted, and you forget. Even outside of a marriage, in a long-term relationship, you just – it's like you just expect that things are going to happen, and so you don't acknowledge that person for whatever that they did. We all like to be acknowledged for whatever, just a thank you. Yes, I always do make breakfast, but it's nice still to hear a thank you. Thanks that you made breakfast. Thanks that you made my cup of coffee. It's like, okay, somebody's noticing. I am doing stuff.

Andi: This goes on to not only that but also our kids, our workplace.

Yashika: We figure out what it is that we want, and now I've conceptualized. I want these qualities. I've got some examples in my mind. What are the next steps? What should I be doing next?

Andi: Okay, so you got your profile. Now you need to go find some test subjects.

I like Bumble because it's a great app for women that are busy, and it's a great way to manage. I'll just show you what a profile looks like, so there's an example of one. That's me, so you put a picture on there. I like to put one that stands out. Then you have a little bit of writing on here.

Yashika: Okay, it's very similar to a Facebook kind of thing.

Andi: Yeah, mine says four ways to make it to a date for me. I put four things that they need to be able to do. One of them is we talk on the phone, and then you ask me out.

Yashika: Oh, that's so simple. I mean, I guess I never would've thought about that, yeah.

Yashika: You put on there four ways. Is that a question that Bumble asked you, or is that something that you would recommend?

Andi: No, it's just what I came up with.

Yashika: That's a great way to just really line item.

Andi: Exactly, we need to make it easy for people. I want you to hear this. People don't understand in online dating, there's a lot of competition, and I'm not saying that – I'm not trying to make it like it's a beauty pageant or whatever, but when you're in a major city like New York, LA, Austin, San Antonio, whatever, Dallas, - there's probably hundreds of women, and so you need to be able to stand out. Guess what? The quality guys, they can be pickier just like you can be pickier. I really need you to hear that. You've got to find ways to stand out.

One of the things I have my clients do is to look at other women's profiles and figure out how you can stand out from them. I've had different variations just to test. I did one once a long time ago. It was a Yelp review. I did a Yelp review on me. I tried to make it interesting and bring a little bit of my personality out. I gave myself a one star because I'm a terrible speller. My grammar kind of sucks.

Yashika: I think it's cute, though. I'm sure, if you are looking at lots of profiles, having something that stands out, that really gives you an idea of that person's personality really does help you to be like oh, that's totally my person, or we're not going to click; it's not going to work, so move on.

Andi: Totally right. If you cuss in there, cuss.

Yashika: Yeah, that's great.

Andi: Yeah, if you take offense to it, then we're probably not going to be a match. It really is about showing as much of you as you can of just your real personality and not being scared to do that.

Yashika: Right. I think that's nice. I feel like especially as you get older, it's so much harder. The rules change; what you're interested in changes. A lot of us did not, I don't know, grow up, per se, online dating, so it's such a new thing. A lot of us dated, got married earlier in a much more, I guess, old fashioned way. This really is not only are you coming into a new world, a dating world. You're like reintroducing yourself to this dating scene, but now the rules have all changed. You almost feel like a foreigner coming into this new world trying to figure out –

Andi: It's also when people did couple up, it was – it seemed less complicated, meaning you just – when you're younger, you're just – I don't know. You have – it didn't sound like you had a lot of free time, but you didn't have kids to complicate it. You didn't necessarily have a mortgage. Yeah, you had school and some responsibilities and work, but you didn't have – the old – and then you also aren't as set in your ways –

Yashika: That's true.

Andi: – as you are after – and that reminds me of some of the other things we were going to talk about like why it's important to actually have a relationship.

Yashika: Yes! So let's talk for you. So now you were in a relationship, and you got divorced, so it sounds like you had kids.

Andi: I did.

Yashika: Why for you was it important? Was it an immediate thing, or did you take some time coming out of that marriage? That can be quite complicated.

Andi: It was. I will say that I in that – if I could do it all again, I would have actually gotten in a relationship faster.

Yashika: Really? Okay.

Andi: Yeah, I didn't get to model a really great relationship for my kids. I feel like that is of utmost importance. It wasn't modeled for me. My parents didn't ever live together. It was kind of random. They stayed married but my dad always lived one state or two states away. I never got to see any sort of arguments.

I wish I'd had more dates, guys coming to the door and them getting to see me dressed up and going and taking care of myself, being treated, versus I took on the mom role and that's the only role that my kids saw me at, which the past few years, I've really worked hard to break. Hey, I've got my own free time now. You know what I mean?

Yashika: Yes.

Andi: That's been really important, also not just with my kids but also with my work and my clients. I've had to really make sure that I – as a business owner, as someone who takes care of clients, I've had to really work to show my clients that yeah, I don't work on the weekends. I could; I love to work. I have to have some hard stop so that I can nurture these parts of me that need to get – I need to get taken care of. I need to get – I need to have fun. I need to get dressed up and feel like a woman and not like a mom. I need to feel sexy. I need to feel desired. It's super important. If not, I get angry and bitchy.

Yashika: For you, how long was it after, I guess, you came out of your marriage before you even thought about dating or hitting that scene? Was it just that you were really busy or you just...

Andi: Well, I did it but what I did do – I actually started – I think I had a boyfriend within maybe four months. However, he was a traveling musician, so it fit into the pattern. He was a touring musician. I didn't see him very much. Then that pattern continued on. That's what I mean. Online dating is a mirror. You get to see dating, online dating, whatever that is. It's a mirror of you get to see where you stop yourself and what your patterns are. That was a good eight years for me of dating traveling musicians or a guy that had a ranch out of town two hours away that I didn't get to see very much. That was my comfort zone. Now I've had to work to slowly only date people in my city, only date people that are available. Then what would happen is I would date someone that would – they lived in Austin, but they worked seven days a week; I never got to see them. I kept watching myself work my comfort zone. Okay, now – and it kept just going like that, if that makes sense.

Yashika: Absolutely. I love how you say that online dating really is about personal development. I guess I've never thought of it that way, but probably any great relationship really is about personal development. You have to know yourself but also the way that you communicate and are able to interact with another person.

That's great. I like that. I feel like I know a lot of reasons why – women physicians but probably a lot of high-powered women with families don't get into relationships,

especially after they've had a failed one or a marriage or whatever. I also being in a marriage – see all of the perks that come with it, and so I wanted to talk a little bit about that and why it is nice, not that you necessarily need to be in a marriage, because I don't feel like that is the case, but just to have somebody in your life who loves you for you, takes care of you. You have that go-to person. Just somebody to share things with I think is wonderful.

Andi: That's totally it. Yeah, I've got one, two, three – I think I have six different bullets on that. You want to hear those?

Yashika: Yes, let's go.

Andi: Cool, then you can jump in. One of them I'm calling one-stop shop, right? It's your best friend. It's also your sexual partner. It's like you get...

Yashika: The best of both worlds.

Andi: Right, it's very convenient.

Yashika: Yeah, absolutely.

Andi: My other one, my next one is called SOS. You're going to have someone to call when you run out of toilet paper or make you chicken soup when you're sick. That can unzip your dress when your arms might be too short, or you're tight in between your dress.

Yashika: It's a little tight, yes.

Andi: Then what you were saying, someone to pick up the ball when you drop it. All of us are like – if you're a woman physician or a mom, you're super self-sufficient. You can do it on your own.

Yashika: Oh, absolutely.

Andi: How good does it feel when someone picks up the slack for you to cook, clean, shovel the driveway if you need to? It just feels great.

Yashika: It does feel great, yeah.

Andi: I wrote plus one or more, so you have a permanent date to go with you to parties, or barbecues, or kids events. Plus, it's fun. Whether that event is good or bad, then you get to have that experience with them, and either make fun of it together or enjoy it together. Then another thing for the plus one is what if your family sucks? You know what I mean? You don't like your family, or maybe your family's not very big, whatever. You could inherit some really good family members just from growth, right?

You talked about this. Share the celebrations and the load, right? Let's say you're doing amazing, and you have a nice house, or you're going to go on a vacation or whatever. It stinks to have all that by yourself. It'd be fun to share that with someone. Let's say you live somewhere with a pretty view. Share the view. Then share the load, someone to take out the trash on Wednesday nights; comfort, someone to hug on when things aren't going well. Just really that touch. Just that hug from somebody.

Then sex, I'm bringing that up again. You get safe sex, available sex, fulfilling sex. When you have regular sex with somebody, that's huge. We all need that. We need touch. We need release. We need fun. We need entertainment.

Health, you're the doctor, longer life, better health, less pain when you're not lonely. I mean, I can speak to that to the elderly population. My mom is single and in her mid-70's, and she's pretty lonely. Everything that she talks about now is about her illnesses. I'm just wondering, if she had some more touch and stimulation, what's possible for her.

Yashika: Sometimes it's just a distraction. You're not always focused on yourself. Now you're focusing on this other person. Even though you're not feeling good, this other person wants to go out, and so you get up and go out because they want to whereas I would've been like I'm going to stay in tonight. Then you get out, and you're fine. It's a great time, but it's getting there.

Andi: Oh, my God, you are so right. Then you get out there, and you're fine.

Yashika: Yeah, it's very true.

Andi: New experiences, opportunities, see yourself through someone else and learn more about who you are inside.

Yashika: Good and bad, you can learn a lot.

Andi: Then someone to keep you from being selfish. When you're the only person, you just become self-absorbed. Not because there's anything wrong with you. It's just the nature of being alone all the time.

We all need to have some checks and balances on us, someone to call you on your BS, someone to encourage you, someone to balance your personality. I love this one. I could be really structured and introverted, and if I had my way, I'd have the perfect routine. I'd eat at only these restaurants, and I'd follow it every day, right? Then my partner will just help me mix things up, and meet new people, and do things that, like you said, aren't so bad.

That's all I got. Those are my top things on why it's important to really be in a relationship. Sometimes, after a crappy one, it's so much easier to think that it's easier being single. It's actually not.

Yashika: Yeah, I can imagine. I mean, I think, also, it's just the fear. It's the fear of something new. Fear of putting yourself out there.

Andi: Also fear of the same.

Yashika: Fear of rejection.

Andi: Also fear of the same. A lot of women have given too much in a previous relationship, and what happens is they're just – they don't want to do that again. What they need to do is they need to learn some new relationship skills so that it doesn't happen again.

Yashika: Right, I think that's a great place where you can come in because it's hard with your girlfriends. They're not always going to call you out. I mean, you're not dating them, and they don't really know how to do it that way. Whereas you, this is your thing, and so you can really coach them, teach them, and go through these items, which, like I said, I hadn't even thought of.

Andi: Oh, well, thanks. The things is with your girlfriends – and that stopped my – or it stalled my love story a long time is because my girlfriends, A, were very protective of me and same with family members. My mom, she's like, oh, he's not cute enough for you, or he's not rich enough, or he is not together enough, or he looks like, whatever, a jerk, or he didn't smile. I'm like, oh, my God. Once someone does that, they're like – they're not really helping you. They really aren't. They're trying to help you. It comes with good intentions, but your friend's fear that he's not good enough, good enough looking or whatever. That's about her stuff. That doesn't have to be your stuff, right? That he's not rich enough, that's her stuff, or that he doesn't help out enough, that's her stuff.

I get to pick who I want to pick. I don't need to listen to other people telling me what X, Y, and Z should and should not do. It's the same with – your love life is no one else's business. It really is not. What a coach, and I'd argue a therapist, can help you do is make sure that A, you know what you want, and B, that you are in alignment. Are you articulating it well, or are you bringing something else into play? A coach will help you get to the real real of what you want versus what you think you want. Does that makes sense, or would it help if I articulated that better?

Yashika: No, I think that makes sense. I think even just having you ask me questions and going through those examples – because there's a way that you do it that I never would've thought of. You're like, think of examples. Think of what touches you. Think if somebody does this, how does that make you feel? I think that you approach it in a way that I hadn't even conceived I think that is nice. It's looking at the entire process in a different way, which is really helpful.

Andi: Right, because you could meet – once you've got that what you want, you could meet them out in the world. Just putting this out here is essentially you setting that intention that I'm looking for love and I'm looking for this kind of guy. For you, that is thoughtful and caring and noticing when I'm struggling and helps me. That would be – and you look for that everywhere, right? It's so exciting.

Yashika: Yeah, when I think it's helpful because I don't know if you hadn't asked me that question if I would've known that that's what I would be needing to look for. I would be like – if somebody said, well, what do you look for in a man, I probably would've said some other things. I don't know if I necessarily would've said that.

Andi: Oh, cool, that's good feedback. You might've said good dad, or family man, or –

Yashika: Yeah, I mean, I think I probably would've –

Andi: – honest. Everyone always says –

Yashika: – been more generic kind of things. I would not have been as specific about really what touches my heart to its core.

Andi: There we go, nice.

Yashika: Yeah, and that little process that you took me to really – it's like, what in my core touches me? Yeah, that totally – and that'll win me over every time. I mean, my husband knows if you do these things, especially when I'm stressed out, anything else is forgiven. I don't even care.

Andi: You're **[0:43:40]** about the socks on the floor, right?

Yashika: Whatever, yeah, absolutely.

Andi: That's so awesome. Right, that makes life meaningful, right? And it's such a great practice and seeing the forest for the trees and not just focusing on the damn trees.

Yashika: Right. Well, and then it helps you to understand yourself better, too. Sometimes, you're like, I don't really know what I want. I mean, I do know what I want, but I need to be able to just articulate it. Taking you through that process, you totally know what you want and you totally know what you don't want.

Andi: Right!

Yashika: Need to write it down and make it simple.

Andi: Right, and then you can start looking for it everywhere. It actually makes dating and love a game. It makes it fun. You'll go on a date, and I'll have a client – if you had to go on a date this week, Yashika, I'd be like, I want you to go on a date, and I want you to look for

someone that is thoughtful and caring and will pick up the load for you. Like I said, maybe he is opening the door. Maybe he's grabbing your bag. Maybe he grabs the to-go container for you and hands it to you. There's a lot of different ways that can show up. You start to look for that and then guess what? You made that guy hot, and that's what – because that actually is – you don't make his looks hot. You make oh, wow, he took care of me. That's hot.

Yashika: Yeah. I think it's nice that you then can guide the person as they're going on the date, because I don't think I would be looking for that in the date. I think most of us are listening to the conversation. You're missing all the little cues, all the other things that are happening, because I am trying to hear what did he say he does, and tell me about his family, and do all these other things that probably don't matter.

Andi: Right, they don't.

Yashika: Did he open the door? That's huge! That does say a lot about him. Did he hand this to me? Did he ask me if I wanted whatever?

Andi: Exactly, yeah. It's so great.

Yashika: That's great. Any last-minute things that you want to let us know?

Andi: No, yeah. Well, hold on.

Yashika: Go ahead.

Andi: You wanted to share why – and maybe you did. Maybe you wanted to share – you wove it in, but I think it'd be really important for you to share, because you and I had a long talk before we even did this. Why do you feel – what's the benefit for you as a mom and a doctor having a great relationship?

Yashika: I think for me, it really is because my life is more than being a mom and a doctor. Those are great things but at the end of the day, my kids are going to leave the house, and they're going to do whatever it is. Sometimes they do now. They're like, Mom, go away. We don't need you. One day, I'm going to not be a doctor. I want to have somebody that I can share life with, somebody who loves all the things that I love, and we can just hang out and have fun. If I'm not in a relationship, it's not going to happen.

Andi: That is so huge. You're right; your life is more than being a mom and a doctor. It's where you get to access that side of you. I love that.

Yashika: Yeah, so at the end of the day, those are my reasons. I have that person. I feel like even now, me and my husband can – especially after you've shared so many things, you have these inside jokes. You can look at something and you laugh, and I can give him the eye and show him, and he totally gets it. It's just funny in that moment that we make that connection. Even my kids'll be like, what are you all laughing at?

Andi: That's awesome.

Yashika: It's even funnier because we realize it's our little secret, even though it's really usually about nothing, but it's just the fact that we have that extra little connection Yeah, I think it's just nice just to know whatever it is. I've got this person. Be like hey, let's go do this. Hey, let's hang out, whatever. Yeah, at the end of the day, that's what I want to be able to do, enjoy life with somebody else, and he's my person.

Andi: Aw, I love that. That's awesome. Yay, cutie!

Yashika: Yay.

Andi: Alright, the only other thing I have is if people want to learn more about writing a profile that will attract the love of your life based on these feeling pieces, I have a freebie, a guide for you guys, that I have the link for. It's called [Dating Profile That Attracts Your Ideal Guy](#).

Yashika: I think that's awesome. Yes, we will put that in the show notes, and I will also put a link to your website because I think it's amazing.

Andi: That'll be great. Aw, thank you.

Yashika: Again, thank you for coming on. I really appreciate it.

Andi: Yeah, it was awesome.

Yashika: We will have to have another talk. I feel like there's so many things that we could talk about, love and life, and so you are my go-to girl. I will be coming back to you.

Andi: Aw, thanks so much, Shika. Take care.

Yashika: Absolutely.

Andi: Bye, everybody.

Yashika: Bye, have a good day

So? What did you think? Really, relationships are all based on our thoughts. Our thoughts about ourselves, *and* the other person. And this applies to everything.

In a relationship – if it's a relationship with a significant other, if it's our marriage, if it's our kids, even our relationships at work – clarity is key. And this is where, oftentimes, so many of us get this wrong. We get it wrong because we're thinking that the other person should be doing something differently, when really, it's our thoughts about them that are completely transforming how we look at this relationship.

And that's why coaching – one on one coaching – and using specific tools can be a great strategy to help you develop the relationships that you desire. And it all begins with grace and unconditional love for yourself first.

If you're interested in really working on those relationships, really getting things in order, getting clarity on what you want and need most from yourself, and then, also from those around you – I invite you to come work with me. My doors are open, and I'm accepting clients right now.

Head on over to fiercefreesdomawaits.com, and I want you to sign up for a risk-free consultation call with me right now. You owe it yourself, you owe it those around you, you owe it to those amazing relationships that you want. I can't wait to chat with you.