



Soulphisticated Lady's Dating Diaries  
Note to Self Collection of  
Real Life Stories



Tanika Smith • Jocelyn Perryman • Candace Fleming • Bobbie Shug Burton  
Shanti Ray • Samuel Bellamy • Shon Kennedy  
Adrian Gadsden • Dr. Cherron Jenkins • Ty Knighten • James Payne  
Quincy Shelton • C. B. Fletcher

vol.1

# The Soulphisticated Lady's Dating Diaries

Note to Self Collection of Real Life Stories

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Visit: [www.jahaknight.com](http://www.jahaknight.com)

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Contributors

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# Preface

*"If you don't look back to self-reflect, you are only going to repeat the same mistakes. Those mistakes will continue to show up in your dating lifescape because you haven't learned the lesson they were supposed to teach you." -Jaha*

Hello Soulphisticated Reader,

This compilation of dating stories has been written by a group of phenomenally transparent bloggers, writers and friends. I reached out to them because we have all dated someone or a set of someones that we have learned something from—it could have been something about them or something about ourselves. Dating is a [lifescape](#) that tests our tolerance, empathy, and our ability to connect with others on a romantic level. Sometimes it begins a little rocky, ends in catastrophe or works out really well. But regardless the experience, there is always a note to self—a lesson we learn when we reflect on those choices. That's what you will find in this collection.

So get ready to laugh, groan and commiserate with the authors of the dating diaries you'll find between these pages. If you are so inclined, you can [submit](#) your dating stories with your note to self when you're done reading to include in the vol.2 compilation of this series. I hope you'll enjoy it as much as we did.

Until then stay Soulphisticated,



Jaha Knight, Soulphisticated™ Lady

# **Stick to the Rules - How to Make it Last**

**By: C.B. Fletcher<sup>12</sup>**

I met the love of my life when I was 18 years old. Our love was as ambitious as our life goals and we were thrilled to live in every moment. He took me to the top of a restaurant where you could literally see the entire city. He held me in his arms and told me that he wanted to give me 'all of this' (the world). I shied away from being given the world, but as I got older I told him I would take a city. Through eight years together we have battled outside forces and internal struggles that tested our relationship. We endured poverty, illness, multiple deaths, tests of our faith in God and in each other. Nevertheless we survived through laughs and love because we stuck to three golden rules to make it last.

## **Being Friends**

We formed a friendship while simultaneously forming a relationship, which is typically a faux pas when you are getting to know someone. However, since we sought a friendship while building a relationship it made us fall in love with each other faster; weird quirks included. Even through the struggles we were able to confide in each other as friends when we couldn't talk as lovers.

Advice: Do not be afraid to be your lover's best friend. Allow your man to be a man around you and not just your lover. This develops not only an abundant level of comfort, but a level of trust that can be shared mutually.

## **Being of one Sound Mind**

We both had individual goals we wanted to achieve for our own personal gains. As our relationship progressed we dedicated our separate ventures to building for one household, while pursuing and supporting each other's dreams. Usually one person succeeds, while the other supports and the relationship fails. Instead of one of us giving the other the world, we are building our world together with one goal in mind, a successful family.

Advice: The truth is it's not all about you or him. Appreciate your lover for where they are and invest in them as you would want them to do for you. By doing so the couple strengthens together while building individually.

## **Throw Away The Rule Book!**

As a happily functioning couple in modern times it did not make sense to us to adhere to the old school standards of men and women. Both of us carry the responsibilities of the household, because it belongs to both of us. While we were raised that a man is the head of the household, he understands that I am his rib that is to protect his heart and stand beside

him in all that he does with an equal amount of power and love. We allow each other to enjoy the world together or apart instead of setting binding curfews and rules that would drive us crazy. And for that we gained mutual respect.

Advice: How can you expect a man to be your trustworthy friend that you build with if you are berating him with 'rules'? Sure there are some standard such as no cheating, no leeching, etc. However allow yourself to be free with and without him. That freedom will make him respect you for being an individual and allowing him to be your man not your puppet.

For the sake of our love we broke the traditional rules and made our own, creating a wonderful adventure filled love. We took what life threw at us and made a beautiful path to fulfilling happiness. At the age of 26, I realize that he lived up to his promise through three priceless things: Friendship, Freedom, and Limitless Love. We created our world. Anyone who is seeking true love should be daring enough to do the same.

## Biographies

### <sup>1</sup> **Candace Fleming**

Candace Fleming is feisty, happy, stubborn, humbled, polite, and very blunt. She's a realist, romantic, and indecisive. But to know her is to love her! You can find her at What You Allow [www.whatyouallow.com](http://www.whatyouallow.com) on [Facebook](#) and [Twitter](#).

### <sup>2</sup> **Jaha Knight**

Jaha Knight is a multi-medium [art]repreneur. an enterprising woman with a knack for self-expression. She creates things—stories, books, blog posts, art, courses and businesses. In short, she is a [Soulphisticated\(TM\) Lady](#) who believes in teaching women how to live a life of purpose. She is the author of:

- [39 Days to Your New Lifescape - Become a Better You](#)
- [The Soulphisticated Lady Guide to Being a Boss \(in your own life\)](#)

She blogs at [www.jahaknight.com](http://www.jahaknight.com)

### <sup>3</sup> **Bobbie Burton:**

Bobbie is just a girly girl living in the Peach State (Atlanta, GA) by way of the Great Lakes (Michigan). She loves any and everything fabulous. When she's not working her 9-5, traveling or attending social events you can catch her on her blog [www.itsbobbiesworld.blogspot.com](http://www.itsbobbiesworld.blogspot.com).

### <sup>4</sup> **Jocelyn Perryman**

Jocelyn is a no-nonsense ego blogger currently splitting her time between Atlanta and Detroit. Her blog, [TooPrissy.com](http://TooPrissy.com) is a hodgepodge of everything awesome with a side of slander. When she's not chipping away at her entrepreneurial goals, you can find her nursing a mild addiction to gummy bears. Follow her on [Twitter](#).

### <sup>5</sup> **Shanti Ray**

Shanti Ray is the founding editor of [I Am Simply Shanti](#) is a Legal Admin Assistant by day and a writer/poetess/blogger by night. She is a woman of many talents who finds her strength and passion to write, in her life's experiences. In her down time she enjoys volunteering and mentoring young women. As she keeps herself busy being a writer, entrepreneur, and community service advocate she still finds time to work on her first novel and as a correspondent with [Six Brown Chicks](#) and guest blogger/media intern with [Regal Realness](#). To catch up with the latest work of Shanti you can visit [I Am Simply Shanti](#) and follow her on [Twitter](#) or [Facebook](#).

### <sup>6</sup> **Samuel Bellamy:**

Samuel Bellamy is a freelance writer who writes on a broad range of subjects for public consumption. His blogs, both witty and insightful are delivered in a sometimes comical, always passionate, pulpit tone as he encourages you to think about the decisions that affect your life, while being transparent about his own.

He continues to progress his passion for writing and his enthusiasm for successful relationships as the administrator of the premier relationship consultant group, "On The Same Page".

### <sup>7</sup> **Shon Kennedy**

Shon Kennedy is one of the very [few female veterans](#) of the Charleston Stand-Up Comedy Scene. She began performing improv comedy in 2003, which progressed to stand up in 2005. In addition to stand up and improv, she enjoys writing and performing comedy sketches. In 2006, she and five guys created the sketch comedy group 'My Favorite Cult'. MFC has performed at several venues around Charleston, as the talented cast worked to create bold characters audiences could never forget!

As a company member at Theatre 99, home of the Havenots!, she's been a part of Picolo Spoleto in Charleston for many years. Last year, she performed with Michael Ian Black as a part of the live RISK! podcast hosted by Kevin Allison. Her 'True story told boldly' was so well received, Kevin Allison requested she perform at the 2nd Live from Charleston podcast in April 2013. She has opened for Dan Mintz (the voice of Tina on Bob's Burgers), and most recently, she delighted a sold out audience with comedian Rob Dulaney.

Shon will soon be moving to San Francisco. With a solid improv and stand up foundation, success is sure to follow! You can follow her on [Twitter](#) for tweetable moments and check out her [other performances](#).

### <sup>8</sup> **Adrian Gadsden**

Adrian Gadsden is in the military.

### <sup>9</sup> **Ty Knighten**

Named as one of the Top 100 Blogs by Relationship Experts, Ty Knighten knows a thing or two about relationships and dating. A Single Mom from CA, Ty, decided to turn her experiences in love & relationships into a blog. Written with plenty of sass, her mission is to help women empower themselves to realize love, success and confidence.

She can be reached at [TheSexySingleMommy.com](#).

### <sup>10</sup> **James Payne**

James Payne is a Father, artist, writer, poet, photographer, film Maker and an all around legend. Originally from the beautiful island of St. Croix, he now resides in the lovely state of Maryland.

You can find her on [Google Plus](#), [Twitter](#) and his [Blog](#).

### <sup>11</sup> **Quincy Shelton**

Quincy Shelton is a blogger/radio talk show host from Jackson, Mississippi. He started the [Thank, Q.\(for Common Sense\)](#) blog back in July of 2010 and later premiered "The Talk 2 Q Radio Show" in February of 2011. He is a huge sports fan, mainly the NFL, but loves discussing politics, relationships, pop culture and more.

### <sup>12</sup> **C. B. Fletcher**

C.B. Fletcher is the Chief Operating Officer of California lifestyle blog [Ms. Nix In The Mix](#) and Contributing Writer for five additional publications across the United States. She has participated in numerous collaborative books and web magazines. She is a Documentarian, Freelance Publicist and Event Planner. She has been in a successful eight year relationship. It is because of this that she enjoys giving advice to women seeking love. Her work can currently be followed on her Facebook Page [C.B.Fletcher](#).

### <sup>13</sup> **Dr. Cherron Jenkins**

Dr. Cherron Jenkins is a graduate of the University of South Carolina in Columbia, SC. She received her Doctorate from Sherman College of Chiropractic. Currently, she is the Editor-In-Chief of GALA Teen Magazine and an Adjunct Instructor of Anatomy and Physiology. While she enjoys the sciences, her hobbies include writing, dancing, and traveling.

**If you enjoyed this guide, you will enjoy other media by this author:**

- [\*39 Days to Your New Lifescape-Become a Better You\*](#)
- [\*The Soulphisticated Lady's Guide to Being a Boss\*](#)
- [JahaKnight.com](#)
- [Crafting Your Ideal Lifescape Podcast](#)
- [Scandal Podcast](#)
- *The Soulphisticated Ladies (A Fiction Serial Novel filled with high octane drama, debuting on October 30, 2013)*

### **Dating Blog Posts**

- [The Dating Rules](#)
- [The Dangers of Going from Friends to Dating](#)
- [How to Date as a Single Mother](#)
- [If You're Dating a Single Mom, Will She Want More Kids?](#)
- [Breaking Up: How to Get Closure When a Relationship is Over](#)
- [My Relationship Break Up Letter](#) (Great way to get closure)
- [I Should Give Him One Last Chance, Right?](#)
- [When the Man You're Dating Wants to Move Too Fast](#)

### **Coming Soon From JahaKnight.com:**

*Dating, A Battle of the Sexes - Youtube Series*

Hosted by Jaha Knight and Jocelyn Perryman of [TooPrissy.com](#)

If you would like to be a [guest](#) on this series, we are looking for men and women with definitive opinions on dating and relationships.

Thank you very much for purchasing this guide. Please leave a review.