

Welcome!

WELCOME TO FAVORS TITLES CATALOG!

Welcome to Favors Publications, a subsidiary of the Regina Y. Favors Learning Center, dba Favors Learning Center (FLC). FLC is an IRS-registered, for-profit, sole proprietor that creates educational and digital learning products for adult learners. Favors Learning Center is under development. This catalog showcases our current and future products.

CURRENT PRODUCTS

Included within this catalog are current titles that explore and apply psychology topics such as rebounding, adult attachment, mating market, financial recovery, and life planning. Coming Soon products are at the end of this catalog. Future product planning will include creation and development of English composition, English language learning, and English literature learning materials, print and digital.

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SPECIAL INTERESTS

- Setback Defined
- Relationship Readiness Assessment
- Sample Exit Strategy
- Sample Reflection Questions
- Gap Assessment
- Sample Life Plans
- Chronic Homelessness
- Favors Mentoring School

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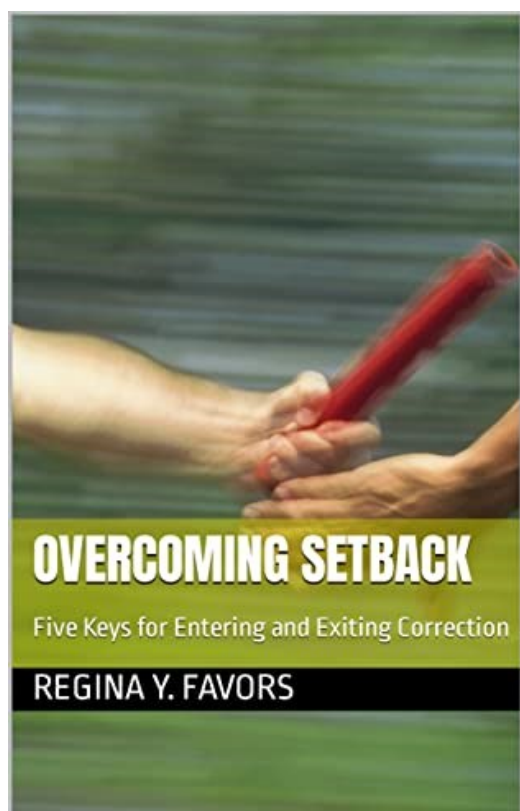
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The narratives and examples in this book are based on my personal experiences. Names and specifics have been changed and are wholly fictional.



OVERCOMING SETBACK

Overcoming Setback: Five Keys for Entering & Exiting Correction fulfills a unique gap in the self-help genre and psychology research marketplace today.

Overcoming Setback answers the questions surrounding setbacks: what they are, how to recognize them, and how to endure and learn from the setbacks that should lead to an exit. This book focuses on the correction processes needed

to exit setback. Without correction, or instruction, the individual is doomed to repeat the activities leading to setback.

Overcoming Setback is significant for anyone who has messed up with life's little decisions and need help just getting out of the maze to a better way of thinking and decision-making. You can make better life-changing, long-lasting decisions that are not rooted in hastiness, fear, or broken belief systems.

Life can work!

“Do not become financially homeless helping others.”—Regina Y. Favors

DEFINING SETBACK

Setback is defined as a problem and/or issue formed resulting from a previous decision; it is an interruption in progress. The purpose of setback is two-fold.

First, the purpose of setback is to reflect on those areas of weakness and determine what needs to be repaired and/or corrected before going on to greater battles.

Second, the goal is to endure correction before reaching for recovery and restoration. You cannot recover from a setback without correction.

Setback is a place in your lifespan that appears to be the right place, but it is, instead, false. A setback is only created when you make a decision that opposes an instruction.

STRUGGLING WITH INSTRUCTION

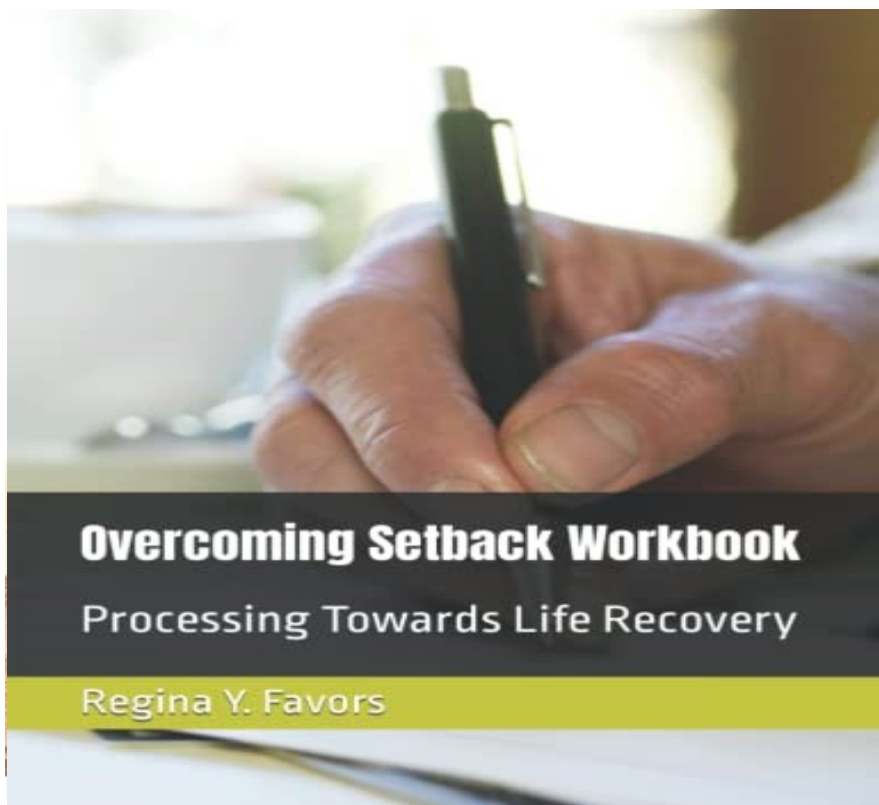
If you support and obey instruction, then you would not create a setback. A setback is generally created when you ignore and/or disrespect an instruction. It is created when you disobey an instruction, a warning God has given you directly or indirectly through someone he is using to help you on your journey.

For example, if a teacher warns you about a life choice such as not attending school every day will lead to other bad life choices and might ultimately lead to self-destruction years later, and you say to that teacher, “You don’t know what you’re talking about,” and you decide to “go your own way,” then consequences for disrespecting that warning are down the road and may affect you immediately and/or in your adulthood.

You have immediately placed yourself in setback, and until you pass that instruction when it comes around again, you will never exit setback. Therefore, the only way out of setback is through correction. This is the argument put forth in *Overcoming Setback: Five Keys for Entering and Exiting Correction*. You cannot reach for recovery or restoration or advance in that area until you pass that failed test.

Actions leading up to entering a setback could be characterized as the compromises you make that push you further into deciding wrongly and further into creating a setback opportunity.

Overcoming Setback is a significant resource to help guide you to better decision-making.



Overcoming Setback Workbook Title Pic

OVERCOMING SETBACK WORKBOOK

Overcoming Setback Workbook: Processing Towards Life Recovery is a companion to the main title *Overcoming Setback: Five Keys for Entering and Exiting Correction*. The workbook is a useful tool for helping people reflect on those areas of setback that have been a struggle.

One of the obvious desires we have when we are in setback is the desire to get out of it quickly and move on with our lives. We feel we do not have the time to address the setback. The problem with this desire is that until you address your setback, you are doomed to repeat the patterns that led to the setback. You are in setback for a reason, and it is important to discover that reason.

Overcoming Setback Workbook is a handy self-reflection, practical tool that helps you to acknowledge and resolve one or more setbacks in your life. Exiting setback begins with acknowledgement, and you cannot change what you do not acknowledge. This means that you must acknowledge the failure connected to the setback.

Failure precedes setback. Missed instruction precedes failure. Once you can understand what you have missed, how it contributed to the failure, and how both led to setback, then you will be able to get back on the path you are supposed to be on and move forward.

Overcoming Setback Workbook includes a Sample Life Plan.

LIFE RECOVERY

SPOTLIGHTS

The Life Recovery Spotlights are a key feature of the workbook.

The Life Recovery Spotlights derive from the main text *Overcoming Setback: Five Keys for Entering & Exiting Correction*.

The spotlights are used within this book as workbook elements. They are connected to the idea of personal assessment and self-reflection, considering previous life issues of all kinds and encouraging the reader to resolve the setback.

The Life Recovery Spotlights represent the precursors to developing a life plan and are placed into categories based on type of setback. In other words, you cannot develop a life plan without reflection.

Lastly, the Life Recovery Spotlights within this workbook are also connected to the YouTube lectures where the concepts are explored using personal experiences.

The following are the main and companion texts:

Overcoming Setback: Five Keys for Entering & Exiting Correction (ISBN: [9798792615939](#))

Overcoming Setback Workbook: Processing Towards Life Recovery (ISBN: [9798409620097](#))

READINESS

Welcome to the Relationship Readiness & Assessment Curriculum where you can learn how to assess your readiness for dating and romantic relationship building leading possibly to marriage.

The content in this journal is a companion to the YouTube videos. It gauges your relationship readiness competency.

It also gauges your ability to exit previous romantic relationships to embrace a new relationship.

This current product focuses on journaling your relationship competence and readiness.

The Favors Life Recovery Coaching Curriculum: Relationship Readiness Assessment and Reflection Journal (ISBN: [9798775617400](#))

RELATIONSHIP READINESS ASSESSMENT

[Relationship Readiness Assessment and Reflection Journal](#) is unique in that it encourages the reader and user to have the necessary conversations with the individual self before entering the dating market and considering marriage.

We often engage sexually before we engage conversationally. We can discover more from a potential partner if we sit down and ask questions.

This Relationship Readiness Assessment and Reflection Journal offers preliminary considerations and individual assessment exercises to encourage you to begin thinking about what you want out of a romantic relationship, if you are ready for a romantic relationship,

and if you are built for a romantic relationship.

Not everyone is built for a relationship, and this is something you should consider before entering and engaging the dating and marriage markets.

The audio discussion “Not Everyone is Built for a Relationship” is available on YouTube.

You can find that information on www.reginayfavors.com under the “Rebounding” and “Readiness” tabs and on The Regina Y. Favors Channel on YouTube.

COURSE DESCRIPTION

The Relationship Readiness Assessment and Reflection Journal is part of the Favors Life Recovery Coaching Curriculum. It is an independent study course. There are no prerequisites. The course is titled LRC 3000.

The Relationship Readiness Series Competency Assessments generally help you to gauge your knowledge base concerning pre-romantic and romantic relationship objectives, even if you believe you know how romantic relationships function or how they should function.

FIVE-PART CURRICULUM

The Relationship Readiness & Assessment Curriculum is five-part:

- Social Psychology Topics
- Relationship Readiness Competency
- Exit Planning Objectives
- Post-Exit Planning Objectives
- Post-Relationship Reflections

These five areas are central to understanding the decisions you must make in ending one relationship before beginning another.

MISSION & PURPOSE

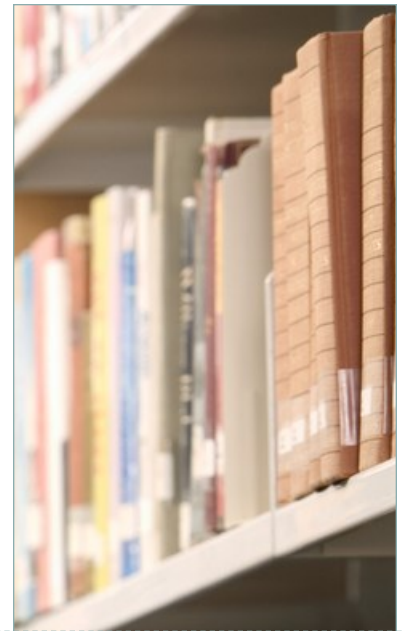
The mission of the Relationship Readiness & Assessment Curriculum is simply to help you gauge whether you are ready and emotionally suitable for romantic relationship building.

Pre-Relationship Competency Assessment

The mission of the Pre-Relationship Competency Assessment, Online Learning Content serves to encourage 18-year-old to 45-year-old individuals who have never been in a romantic relationship for longer than a year to assess their readiness for entry into a romantic relationship long-term.

Relationship Readiness Competency Assessment

The mission of the Relationship Readiness Series, Competency Assessment, Online Learning Content serves to encourage 18-year-old to 45-year-old individuals to assess their readiness for romantic relationship building, which includes assessing readiness based on age, preparation, finances, and conducting an autopsy of past relationship failure.



Simply put, assess your readiness for a romantic relationship.

YOUTUBE LECTURES

Romantic Relationship Competence is not something that we often gauge. We figure that if we are not in a relationship with someone, then we just need to enter another relationship regardless of if we are certain of readiness.

The relationship competence videos are introductory but insightful and informative concerning your past relationship failures, what you hope to accomplish in your romantic relationship building, and why you feel that relationships are important to you.

Exiting and closing out previous romantic relationships is necessary and not optional. Self-reflection is important to deciding whether to engage in another romantic relationship.

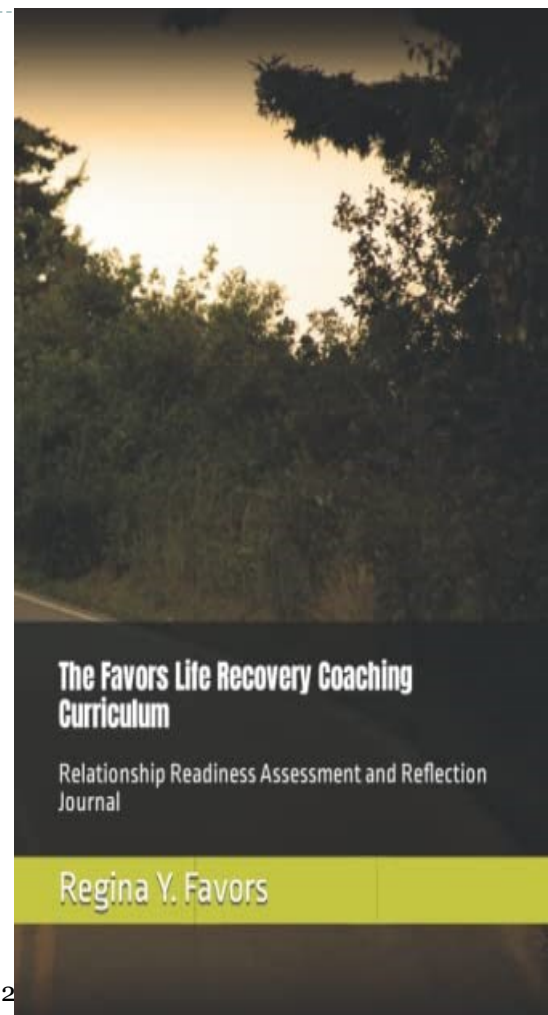
Keeping romantic relationships at arm's length while you "try a new relationship" is unproductive and may be

life-threatening.

Exit planning should be a primary goal before entering another relationship.

The audio discussions for exit and post-exit planning are useful for helping you self-assess and self-reflect.

They are available on The Regina Y. Favors Channel on YouTube.



TOXIC ENCOUNTERS BOOKS

The Toxic Encounters books include the three main books as well as companion case studies.

The following represent the main books:

Toxic Encounters: Why People Pursue Rebound Relationships (ISBN: [9798772765463](#))

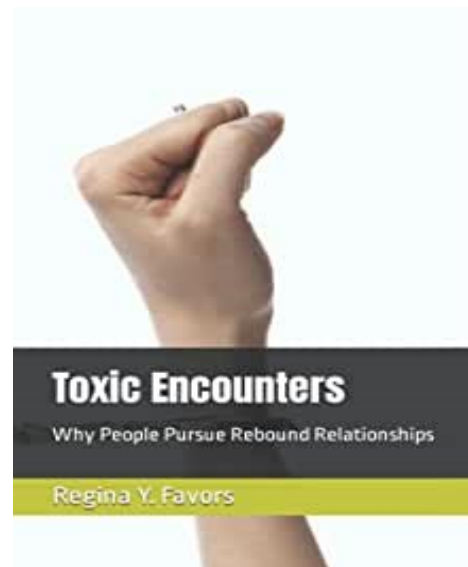
Toxic Encounters: Adult Attachment & the Problem with Rebounding (ISBN: [9798782130213](#))

Toxic Encounters: Why You Should Go No Contact, Post-Rebounding (ISBN: [9798786948975](#))

WHY PEOPLE PURSUE REBOUNDING

People simply pursue rebound relationships because they do not intend from the beginning to remain in the core relationship. If cheating is interpreted as an exit, then choosing a rebound relationship precipitates the exit. It does not matter if one partner marries another or even suggests that he or she will commit long-term to the relationship.

When a person pursues a rebound relationship, a partner outside the core relationship, he or she does so with the intent of eventually exiting the core relationship.



Toxic Encounters Main Text Pic

WRITING REFLECTION

How ready are you to leave your toxic rebound relationship?

What are some of your own arguments for remaining in the rebound relationship?

What is at least one argument for leaving your rebound relationship?

Can you envision yourself as mentally sound without the rebound relationship?

These questions derive from the no-contact book.

SAMPLE EXIT STRATEGY

Exit Strategy #1: Prepare your finances.

Precontemplation is the first stage of change. It suggests that you have not yet acknowledged that there is a problem behavior that needs to be changed. When you consider precontemplation within the context of exiting a toxic romantic relationship, the first thing you must do is prepare your finances for change.

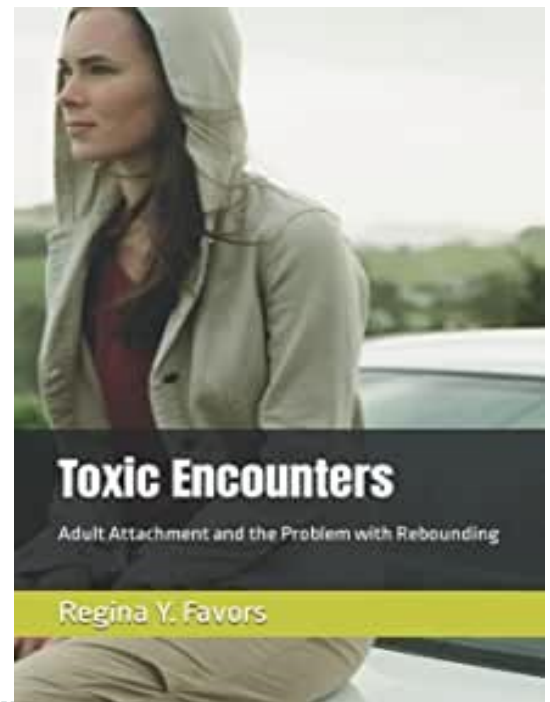
Leaving to chance no consideration of finances such as taking the ex-partner off the joint banking account or removing the ex-partner from access to any money is dangerous, especially if he or she decides to abandon you and leave with the money. Inventory where you are financially.

ADULT ATTACHMENT IN ROMANCE

Toxic Encounters: Adult Attachment & the Problem with Rebounding helps you to understand how you become attached and sustain attachment to a person who has no respect for you or your standard. This book also helps you to understand how you abandon your own standard through logical reasoning.

The best solution to resolving the hurt and pain that comes with romantic breakups is to wait. Transition out of the relationship emotionally and psychologically. Do not enter another relationship without healing from the last one. Jumping in too quickly into something else, especially before you have had the time to know the person, is tantamount to creating greater troubles in your life. Wait out the hurt, the pain, the disappointment, the disheartening, the despair, and the dis-ease.

Do not become attached to another rebound relationship.



Adult attachment is based on the caregiver-infant dynamic.

THE NO-CONTACT METHOD

Toxic Encounters: Why You Should Go No Contact, Post-Rebounding is the third part in the *Bait, Hook & Switch* series. The central theme of the work is predicated on the answer to the following question:

Where do I go from here?

Many people struggle with transitioning out of an abusive relationship and into a more fruitful life.

Rebound relationships are reflective of one of multiple learned behaviors. You observe friends and family members seek rebounds of all types as distractions.

You may at one point in your life have sought a rebound because of a recent breakup. Whether you chose the rebound person, or another person chose you to be their rebound, you do what you know.

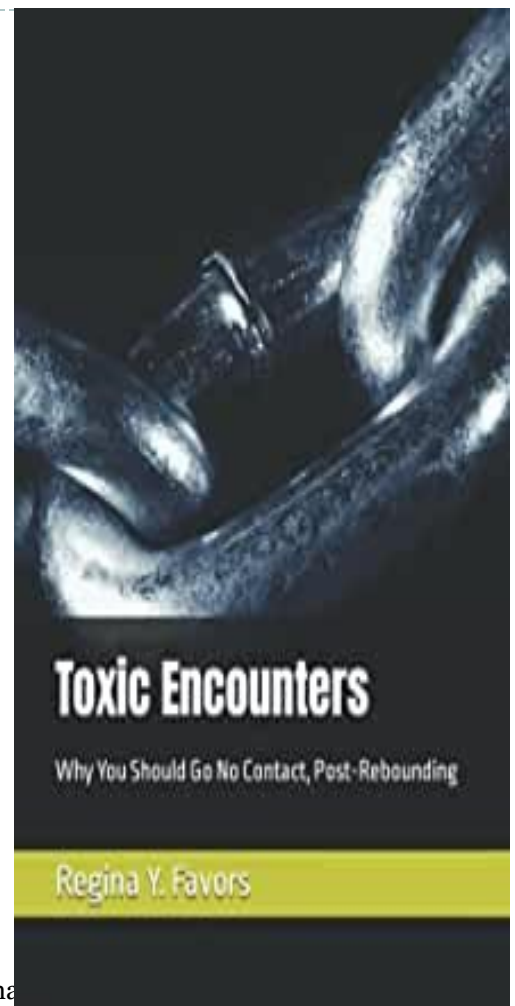
However, what happens when the rebound relationship does not produce the necessary fruit for your

own personal development? In some cases, rebound relationships can be deadly.

This book will help you to assess your current rebound relationship, recognize the dangers it poses to your life, create a first-line defense system, establish a transition plan to exit the relationship, and task manage the exit from the relationship.

By the end of this book, you will desire to leave the confines of your rebound relationship, which I liken to residing in a prison, and learn how to live life or make life happen without the chaos and disorder that comes with making hasty decisions.

Toxic Encounters: Why You Should Go No Contact, Post-Rebounding serves as your prison release papers.



TOXIC ENCOUNTERS BOOKS

The Toxic Encounters books include the three main books as well as companion case studies. The following represent the case studies:

Toxic Encounters: When They See You as 7/8, A Case Study (ISBN: [9798789712696](#))

Toxic Encounters: 5/6, 7/8, 9/10: Which One Has High Value? A Case Study (ISBN: [9798789740958](#))

THE MATING MARKET

The **mating market** is a social exchange based on personality traits, desires and pursuit of sex, social scripts, an element of mate poaching, and participants dipping in and out of both the sex and marriage markets while aiming to balance their beliefs about dating and marriage.

The mating market is bifurcated between two domains: the sex market and the marriage market. Women and men participate in both markets, but women are considered the sexual gatekeepers; they invite.

For example, in the sex market, women have what men want, but women

determine when sex begins in a relationship. Today's mating market is no less dominated just by men; women can openly pursue sex. However, norms and rules still favor men's interests over women's desires and mating goals.



MATING MARKET COMPETITION

The mating market is a competitive environment for which both men and women reap benefits, but it is also a dangerous environment where mate poaching reflects a violation of norms but is accepted as mate value increases. For example, an alpha male might be inclined to mate poach a female from a guy he deems unworthy of experiencing a high value woman or an alpha female.

Physical attractiveness dominates the mating markets, but it is also relative based on social and global standards. How one person sees another may not be the same as how another person sees one person.

REFLECTION QUESTIONS

Using a mating market scale of 1 to 10, how do you rate yourself?

- Do you feel you are competitive on the mating market?
- Do you believe a 7/8 is competitive with other 7/8s?
- Do you believe a 7/8 can ascend in status economically, financially, and/or socially?
- What strategies would you use to retain your partner if there is a threat to the relationship?

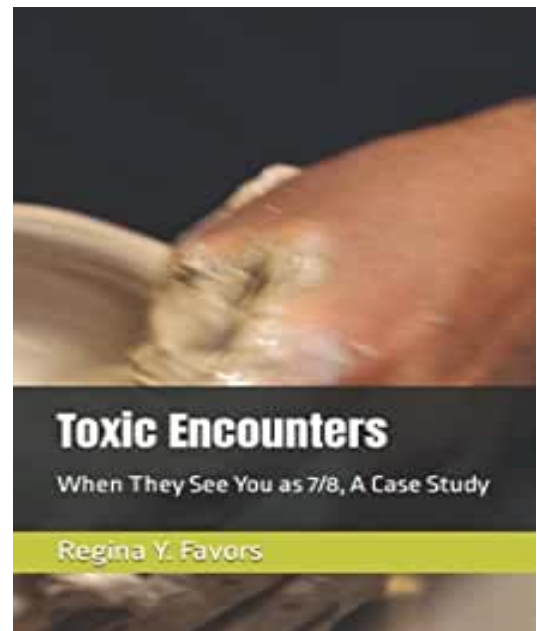
Questions derive from Toxic Encounters: When They See You as 7/8, A Case Study

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WHEN THEY SEE YOU AS 7/8

The mating market is not effective without its rankings. One of the obvious is high value men and high value women are usually perceived as a 9 or 10. This means that 7s and 8s are always perceived as non-competitive in the dating market in contrast to 9s and 10s. A 7 or 8 might be more competitive in the marriage market, although a man or a woman would always prefer high value and/or high status. Regardless, 7s and 8s are useful for several reasons specific to dating. *Toxic Encounters: Why They See You as 7/8, A Case Study of Mating Market Ranking* explores three reasons why a romantic partner may perceive you as 7/8:

- You may be an alternative.
- You may not be competitive.
- You may be a rebound.



“The mating market determines competitiveness.”

WHICH ONE HAS HIGH VALUE?

Assortative mating suggests that there are different values applied to a person who is socially perceived as a 5/6, a 7/8, or a 9/10. Any individual, male or female, who is perceived as a 9/10 is considered high mate value. A 7/8 is considered average mate value while a 5/6 is perceived as having lower mate value. These are dating values, and they suggest different beliefs for males and females.

Dating value is based on three different categories: high interest, low interest, and no interest.

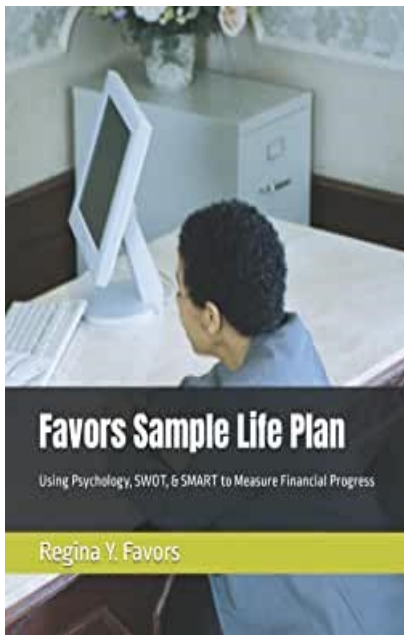
Potential dating partners use a standard ranking system in descending order: 9/10, 7/8, 5/6, as indicated. Because dating in general

may be short-term or long-term, dating value is predicted based on the overall mating value of a potential partner.

Therefore, dating value predicts mate switching. It also predicts the cultivation of backup mates.

Discussions on mate value used to interpret and explain mate preferences, mate retention, high/low mate value, mate switching, mate replaceability, and dating value and dating interest are important for understanding the connection between high value and mate preferences, at least the social perception of both concepts.





FAVORS SAMPLE LIFE PLAN

Favors Sample Life Plan: Using Psychology, SWOT, & SMART to Measure Financial Progress is a companion source deriving from *Overcoming Setback Workbook: Processing Towards Life Recovery*.

Favors Sample Life Plan extends the discussion, applying psychology concepts to financial life planning. The book could be used as a life recovery tool, but it is

largely important to consider it for life planning.

This book is unique because it allows the reader to tap into their childhood and family background to gain insight into how *what you were exposed to through your parents* may have some relation to *how you manage your finances today*. It will help you close the gaps in your knowledge base about the proper use of money.

“Reflection and assessment begin with conducting a knowledge gap assessment. A knowledge gap in one area can affect a knowledge capacity in another area.”—Regina Y. Favors

FAVORS SAMPLE LIFE PLAN BOOKS

Favors Sample Life Plan Books include multiple titles that function as companion sources to main titles. To date, they include the following:

Favors Sample Life Plan: Using Psychology, SWOT, & SMART to Measure Financial Progress (ISBN: [979-8426252929](#))

Favors Sample Life Plan Workbook: A Case Study for Addressing Chronic Homelessness (ISBN: [9798426289871](#))

WHAT IS A GAP ASSESSMENT

Favors Sample Life Plan: Using Psychology, SWOT, & SMART to Measure Financial Progress extends the discussion to include psychology topics that provide insight into how people make financial decisions, focusing on previous exposure to financial management during childhood and how such nurtured environments affected adult understanding of money, money management, and general finances.

The purpose of this book is to apply psychology concepts to finances and financial management using the sample life plan. It is important to conduct a gap assessment before creating a life plan.

A gap assessment, or in industry terms, **gap analysis**, is a technique business leaders use to determine the steps needed to move from a current state to a desired state.

A gap analysis includes the following steps:

- Listing characteristics of the present situation (attributes, competencies, performance)
- Listing characteristics needed to achieve a future situation (what should be)
- Highlighting gaps that exist and that need to be filled

It is the difference between “**what is**” and “**what should be**.”



Favors Sample Life Plan Workbook title pic

HOMELESS RECOVERY SERIES

Favors Sample Life Plan Workbook: A Case Study for Addressing Chronic Homelessness is an extension of the Overcoming Setback Series and Life Recovery Series that focus on encouraging readers to address their behavior behind the setback and recover from negative decision-making, respectively.

Favors Sample Life Plan Workbook creates the Homeless Recovery Series and addresses a target audience struggling to overcome a life setback involving the behavioral aspects of chronic homelessness. Any individual who continues to remain chronically homeless is headed for a perpetual setback without intervention. Chronic homelessness is a life failure that requires multiple processes to exit. Without pursuit of recovery, it would be difficult for the individual to be emotionally, psychologically, spiritually, and financially stable, in perpetuity.

Favors Sample Life Plan Workbook: A Case Study for Addressing Chronic Homelessness is the intervention tool needed right before a chronically homeless person decides to exit chronic homelessness in pursuit of life recovery. It encourages the chronically homeless person to think about their chronic homelessness, begin pre-writing a plan out of that chronic homelessness, review sample life plans for finances, and use the case study in this book as a life planning guide.

PICK UP YOUR TENT

Chronically homeless people must believe that they are worthy of recovery. They must envision recovery.

They must envision returning to their tent, examining it, assessing their situation, grieving over their contribution, and saying to themselves, "It's time to get up."

It is time to pick up one's tent and walk. Unless a person decides to get up and walk and move forward, then that person will die on the streets. That would be the extent of their existence: to die homeless.

No one should die homeless, but only the chronically homeless person can come to that understanding.



INDEPENDENT STUDY COURSES

Confessions of a Rebound Girl, Part I: An Independent Study Course explores the beginnings of a rebound relationship and the decision the central character struggles to make by the end of the narrative. The script centers on the misunderstanding of the female central character and her relationship with a secondary male character who vacillates between the central character and his ex-partner and who subsequently marries the ex-partner behind the central char-

acter's back. The film script marries theory and practice through use of dialogue, relationship-making, and narrative development.

The full course for *Confessions of a Rebound Girl, Part I* and the subsequent scripts under the Bait, Hook & Switch Series is introductory, utilizing the script as a teaching and learning tool. It serves as an independent study course with a special topics interest.

“Exiting a rebound relationship requires a decision.”

COMING SOON!

The three courses listed under the Bait, Hook & Switch series are in development.

The first course will be available by end of March 2022 and on Amazon for purchase.

The second two courses will be available by May 2022 and on Amazon.

The independent study courses fall under Favors Writing Workshop (FWW), which is managed under Favors Film Courses.

All courses are part of the Favors Film Analysis Curriculum, which is still in development.

BAIT, HOOK & SWITCH SERIES

The independent study courses fall under one or more series. The Bait, Hook & Switch Series includes the following courses:

Confessions of a Rebound Girl, Part I, An Independent Study Course
Confessions of a Rebound Girl: Deuces, Part II, An Independent Study Course
The Rebound Wife, Part III, An Independent Study Course

These three series scripts are introductory to the fundamentals of scriptwriting.

Main Texts:

The text readings for the scripts and courses form the Bait, Hook & Switch Series.

Toxic Encounters: Why People Pursue Rebound Relationships, Part I
Toxic Encounters: Adult Attachment and the Problem with Rebounding, Part II
Toxic Encounters: Why You Should Go No Contact, Post-Rebounding, Part III

The first text is appropriate for the first course. The second text is appropriate for *Confessions of a Rebound Girl: Deuces, Part II*. The third main text is appropriate for the third script, *The Rebound Wife*.

See the appropriate section in this catalog for more information about the main texts.

COMING SOON!

Favors Mentoring School is a new Favors product that derives from a previous title on overcoming procrastination.

Favors Mentoring School: Keys to Help You Overcome Procrastination to Build Capacity will be available by end of March 2022 on Amazon.

It is a part of the Favors Mentoring School Series, which is a product of the Favors Mentoring School Curriculum.

The **mission** of Favors Mentoring School is to help individuals address and overcome procrastination to build academic, professional, and personal capacity.

FAVORS MENTORING SCHOOL

Favors Mentoring School offers life tips and learning materials to help you overcoming struggles with academic, professional, and personal procrastination.

The school is designed for both high school and adult individuals who have struggled with procrastination, struggled to manage their lives because of procrastination, and struggled to overcome procrastination without strategies.

The **purpose** of Favors Mentoring School is two-part: 1) to create a launching pad for high school students preparing to exit

and enter adult life and thinking, i.e., offering prevention tips, and 2) to serve as an intervention tool for adults who have struggled with life's little choices involving procrastination and who are not ready to address their issues and move forward. Favors Mentoring School is in development.



WRITE THE VISION!

Goals begin as dreams. We often fantasize about where we have been, but more importantly, where we would like to be in the upcoming years. Some people fantasize about accumulating a nice car, wealth and riches; and others dream about building skyscrapers and hotels, forming companies and becoming great within their fields.

However, as most businessmen will tell you, unless you have a plan of action, what you want to accomplish and how you will go about fulfilling this plan, you will never attain the levels you desire. You must write the goal down. You must write the vision!

U-HAUL YOUR OWN LOAD

We would rather halt the progress of our own goals to tend to a person who does not care one bit about life. All he or she needs is a ride! It does not matter where you are going. He or she will go wherever you go and influence you in whatever capacity you allow.

Favors Mentoring School book and future seminar help you to consider these questions:

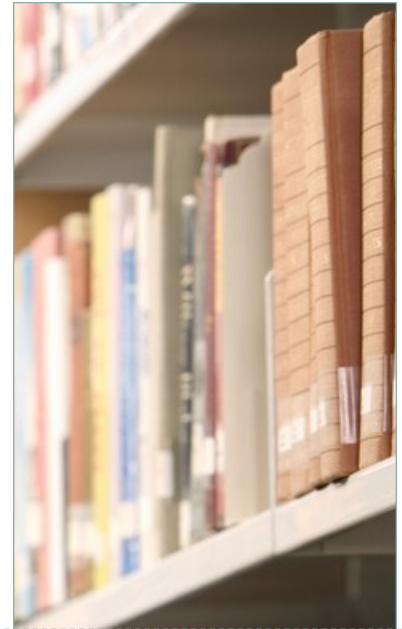
- How do we allow people to hitchhike into our lives?
- What motivates us to hitch their wagon to our car?

PRE-SINGLES COUNSELING & COACHING

The Pre-Singles Counseling Coaching Curriculum is guided by the argument that single women should be knowledgeable about what it means to be single and how to navigate their singleness regardless of a decision to date or marry.

This means that single women should take the necessary time to learn about their singleness; set academic, professional, and personal goals; and contemplate whether they are ready to enter the dating market. Single women should never enter the dating market without a goal and a plan.

Therefore, one of the most important aspects of being a single woman is that you can plan your transition, establish a time schedule, set mating preferences, and learn about how men and women date.



“Pre-singles counseling is based on a decision to enter or exit singleness.”

THE BOOK

The Pre-Singles Counseling Coaching Curriculum: Introduction to the Series is a workbook with a case study and lesson.

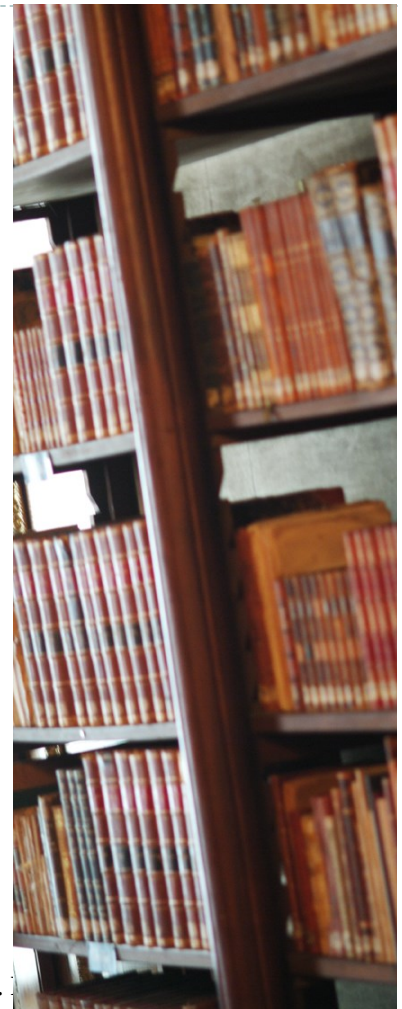
The book helps you to establish objectives, contemplate an estate plan, manage a five-year plan, and develop a dating with purpose plan.

The book offers a unique case study titled “Why Won’t You Let Me Hit?” It explores a sample romantic relationship where two partners are struggling with their investment into the relationship and whether that investment mandates sexual access. The case study explores goal theory, interdependence theory, and attachment, and it encourages readers to assess their attachment style.

The book also includes a lesson titled “Good Girls Don’t Date,” which allows the reader to assess their mate value based on self-perception. Then assess based on social perception. As much as people believe they fall under a higher value category, their argument might run counter to the global view of attractiveness. This lesson will encourage readers to adopt and develop a life mission statement, which is explored in the book.

The book is still a work in progress, undergoing further revision and development. It will be available by end of April 2022.

See the next page for insight into the book.





COMING SOON!

The Pre-Singles Counseling Coaching Curriculum: Introduction to the Series will be available by end of April 2022.

The Pre-Singles Counseling Coaching Curriculum is part of the Favors Mentoring School and Favors Mentoring School Curriculum.

However, placement under this curriculum is subject to change and may fall under “readiness.”

PRE-SINGLES COUNSELING DEFINED

What is Pre-Singles Counseling?

Pre-Singles Counseling is based in a decision to enter or exit singleness. Pre-Singles is the time period between single and contemplation of dating. There is a difference between being a single individual and being a single individual who has entered the dating market, which includes the sex market. Pre-Singles Counseling reflects the processes by which an individual researches, learns, and plans to navigate life either as a single, a dating single, or a single interested in marriage.

Pre-Singles Counseling Defined

Pre-Singles counseling is defined as the research processes and planning for entering a state of singlehood. The main target audience is 18 to 45 years of age; however, middle school to high school students are considered. Processes include:

- **Single to Single:** transitional time prior to entering the dating market at any age
- **Single to Dating Single:** transitional time prior to considering marriage
- **Single Dating to Marriage:** transitional time prior to and after premarital counseling

Pre-Singles counseling is the immediate strategy of adopting life plans to manage the self as a responsible, individual adult up to and including a major life change, which may include marriage or singleness.

List of Series Titles by Category: Current and Coming Soon!

Bait, Hook & Switch Series

Print & eBook

Toxic Encounters: Why People Pursue Rebound Relationships, Part I

Toxic Encounters: Adult Attachment & the Problem with Rebounding, Part II

Toxic Encounters: Why You Should Go No Contact, Post-Rebounding, Part III

Toxic Encounters: When They See You As 7/8, A Case Study

Toxic Encounters: 5/6, 7/8, 9/10: Which One Has High Value? A Case Study

Casebook Series

Print & eBook

Overcoming Toxic Relationships: Toxic Encounters Casebook Series (By end of May 2022)

Life Recovery Series

Print & eBook

The Favors Life Recovery Coaching Curriculum: Relationship Readiness Assessment & Reflection Journal

Financial Recovery Series

Print & eBook

Favors Financial Recovery Seminar: Psychological Approaches to Overcoming Financial Setback (By end of April/May 2022)

Favors Sample Life Plan: Using Psychology, SWOT & SMART to Measure Financial Progress

Overcoming Setback Series

Print & eBook

Overcoming Setback: Five Keys for Entering and Exiting Correction

Overcoming Setback Workbook: Processing Towards Life Recovery

Pre-Singles Counseling Series

Print & eBook

Pre-Singles Counseling Coaching Curriculum Seminar (By end of April/May 2022)

Homeless Recovery Series

Print & eBook

Favors Sample Life Plan Workbook: A Case Study for Addressing Chronic Homelessness

Film Scripts Series

Print & eBook

Confessions of a Rebound Girl, Part I: An Independent Studies Course

Confessions of a Rebound Girl: Deuces, Part II: An Independent Studies Course

The Rebound Wife, Part III: An Independent Studies Course

Favors Mentoring School Series

Print & eBook

Favors Mentoring School: Keys to Help You Overcome Procrastination to Build Capacity (By end of May 2022)

Note: Dates for Coming Soon titles are subject to change based on progress.

Company Information

About Favors Learning Center

The Regina Y. Favors Learning Center, d.b.a. Favors Learning Center, is a registered (inactive) government contractor and learning management solutions provider. The sole proprietor is an IRS-registered entity, operating initially out of San Diego, CA, operating today out of Dallas, TX. FLC develops both print and online learning materials.

The vision of Favors Learning Center is to become the preferred provider of educational materials that focus on overcoming setback through rebounding and life recovery and overcoming academic setback through feedback. All FLC products are in development as well as the full curriculum and online medium. The YouTube and social media products represent the foundation for the curriculum and are subject to change.

Please note that The Regina Y. Favors Learning Center, dba Favors Learning Center, designs, manages, facilitates, and commercially produces all programming, including print and digital products, and creates the curriculum for both academic and commercial products. With the exception to websites already named and in development, the references to titling of schools, guides, and curricula are considered in-house and fall under the banner of Favors Learning Center. The Regina Y. Favors website serves as the central resource for understanding business and institutional offerings. Favors Learning Center is still in development.

About Favors Film Analysis Curriculum

The Favors Film Analysis Curriculum explores and analyzes select films and applies the theme of setback and psychology concepts to understand the development of plot, characterization, setting, and individual and collective decisions of one or more characters. The opportunity to apply and explore the theme of setback is not limited to narrative development.

The curriculum includes both original scripts written by the author and instructional designer, Regina Y. Favors, and analysis of commercial scripts and films written by other screenwriters and produced and directed by related production companies. See the Favors Film Analysis YouTube channel or the www.reginayfavors.com website for more information.

About YouTube Lectures

Visit the Regina Y. Favors Channel to access YouTube lectures on overcoming setback and related topics under the following section titles:

- Favors Overcoming Setback Series Topics
- Favors Rebound Relationship Special Topics
- Favors Life Talk Topics
- Favors Financial Recovery Topics

Visit also the Favors Film Analysis YouTube Channel to access lectures for select films. You will find the analyses of the films required for exploration and examination in independent study courses. Audio lecture development for *Favors Sample Life Plan* is in progress but may be available later.

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[Favors Film Analysis](#)

ABOUT THE AUTHOR

Regina Y. Favors, M.A., received both master's and bachelor's degrees in English from San Diego State University. Regina is a former Adjunct Professor of English at Dallas College, Richland Campus in Dallas, Texas, teaching first-year composition.

Regina is currently completing a second online master's in psychology through The Chicago School of Professional Psychology (2022). Research interests include social psychology, adult attachment, rebound relationships, relational transgressions, and other short-term mating strategies.

Regina's primary focus is on the correlation between relational transgression and the onset of rebound relationships and the distinctive impact both have on a core relationship and a rebound relationship.

Regina's professional plans include completing a Ph.D. in the future.