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## BOR for Rhonda

Posted by jayla27 - 2006/04/08 00:25

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I would love to see Rhonda get peer-reviewed by her colleagues within the International Coach Federation. I cannot believe how inflammatory and deliberately TV-soundbite-gearred her coaching has become- "I'm going to trigger you like you've never been triggered before" (???). I think things seriously went downhill this season when, for example, she put Kelly in a straight jacket.

I admire Rhonda for her intellect and commitment to self-transformation, but I'm afraid that her ego and TV personality have begun to supercede her commitment to the women. I would like to see her leave SO. It's time.

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## Re:BOR for Rhonda

Posted by judy - 2006/04/08 05:28

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I so agree with you. I know at times LC's need to be tough but Rhonda has carried it to a new level. She actually seems to enjoy it. The expressions on her face are downright nasty. I just don't see or feel the compassion behind her assignments. I am sure that producers have some say in what, and how, things are done but Rhonda needs to move on.

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## Re:BOR for Rhonda

Posted by LaurenB - 2006/04/08 16:43

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jayla27 wrote:

I would love to see Rhonda get peer-reviewed by her colleagues within the International Coach Federation. I cannot believe how inflammatory and deliberately TV-soundbite-gearred her coaching has become- "I'm going to trigger you like you've never been triggered before" (???). I think things seriously went downhill this season when, for example, she put Kelly in a straight jacket.

I admire Rhonda for her intellect and commitment to self-transformation, but I'm afraid that her ego and TV personality have begun to supercede her commitment to the women. I would like to see her leave SO. It's time.

I am in agreement with you. I honestly wonder if Rhonda is comitted to helping others improve their lives or just to grow her personal "fame" and fortune? Her behavior is down right abusive as of late.

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## Re:BOR for Rhonda

Posted by kuhio98 - 2006/04/08 17:27

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It really got me when all the ladies were happy and laughing and she said something to the effect that maybe they shouldn't be so happy at the BOR.

So Rhonda ~ Do you see the BOR as a place to punish and criticize? Gee, I thought it was the place where we were supposed to get feedback and wait for pearls of wisdom to fall from your lips. ;)

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## Re:BOR for Rhonda

Posted by pmpnjc16 - 2006/04/08 17:50

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no no no no no! Rhonda is doing it right! I like how there not there to be their friends during BOR. BOR is a serious matter, and the girls shouldn't be smily, and happy. I love Rhonda, and i like to see this serious/tough side of her. But hell we all have are oppinions.

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## Re:BOR for Rhonda

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Posted by hsmom - 2006/04/08 18:20

I agree, Rhonda has her reasons and ways of handling herself in BOR. I still like her.

hi pmpnjc16!  
:P

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## Re:BOR for Rhonda

Posted by LaurenB - 2006/04/08 22:31

Rhonda has her reasons? What reasons? They are not there to be friends????? I thought that they are there to "support each other? Why is laughter wrong? Please explain?

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## Re:BOR for Rhonda

Posted by kuhio98 - 2006/04/09 07:54

kuhio98 wrote:

It really got me when all the ladies were happy and laughing and she said something to the effect that maybe they shouldn't be so happy at the BOR.

So Rhonda ~ Do you see the BOR as a place to punish and criticize? Gee, I thought it was the place where we were supposed to get feedback and wait for pearls of wisdom to fall from your lips. ;)

Sorry, but the comment really bugged me. It felt like intimidation. Command and control. Really turned me off. To me their good mood indicated that they were coming together. Supporting each other. Confident that they are working towards their goals. She sure threw a wet blanket on that. Didn't she?

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## Re:BOR for Rhonda

Posted by pmpnjc16 - 2006/04/09 12:28

I just feel BOR should be taken in a serious matter. Rhonda is friends with the ladies, you can see it, but when it comes time to grade their progress. She has every right to be tough, and see how much the women have grown, and can take what she dishes out. There is a time to be serious, and a time to goof off, and have fun. BOR is serious.

Hey hsmom! Long time no talk!

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## Re:BOR for Rhonda

Posted by LittleLori - 2006/04/09 16:09

I agree that Rhonda is trying to make a point that they shouldnt get so relaxed in their progress as to start giggling and not being concerned about BOR. Just look how confidate Jodi was. Maybe if she wasnt so sure of herself all of the time she would have realized how far she needs to come still. And nothing seems to shake Kim. Even when called point blank on her drinking she seems all relaxed and has a "oh well" sort of additude. I think shes trying to skake them into realizing how important their time is in the starting over house. Just my opinion.:)

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## Re:BOR for Rhonda

Posted by AgoJane - 2006/04/09 18:41

You are absolutely right. There is a time and place for everything...BOR should not be taken lightly.

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**Re:BOR for Rhonda**

Posted by ceilidh - 2006/04/09 21:11

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I think the BOR is taken seriously in general.....HG's are usually pretty apprehensive about it. A lot of people laugh when they are nervous. Rhonda is getting a tad too "show biz" for my taste, but that's been going on for a while IMHO.:unsure:

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**Re:BOR for Rhonda**

Posted by Mystique - 2006/04/10 06:27

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BOR - no games no nonsense, serious business and they know it. It is the one time the coaches have on their 'review' faces, they don't play around and they expect everyone to treat it with the same respect. That is why this is the time they must 'dress' appropriately and be in the mindset of getting down to business. Like a board room. It's not often and when it comes time everything about it is suppose to be professional. I think Rhonda was just reminding them where they were, because if they allowed giddyness in there the decorum of the room and it's seriousness would be compromised. By making it this way the women know that jokes and playing won't be tolerated at any time during this meeting.. there is time for that after. Since the women know this and they all file in at a given time to wait for the coaches I think they understood it perfectly when Rhonda 'reminded' them. There is a time and place for everything and BOR is time to get REAL.

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**Re:BOR for Rhonda**

Posted by kisergurl - 2006/04/10 08:37

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Hey Mystique, I hear you! I agree with what you posted. I think things have got a little relaxed with the ladies and Rhonda was trying to "remind" the ladies that this BOR is really a serious time.:huh:

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**Re:BOR for Rhonda**

Posted by LaurenB - 2006/04/10 21:50

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The fact is, in a REAL Coaching Situation, there is no BOR, this only happens on reality TV. In a REAL Coaching situation, the coach is not SARCASTIC and Demeanig! This is REALITY TV..period. In Fact, Iyanla is much closer to a REAL Coach, Rhonda is ALL ABOUT Rhonda and far less about a Coach...period. Rhonda is to Coaching, what "Springer" is to Real Life Coaching!

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**Re:BOR for Rhonda**

Posted by pmpnjc16 - 2006/04/11 10:08

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not nice Lauren! Do i sense jealousy of Rhonda? ;)

Plus i love Jerry! Jerry! Jerry! :evil:

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**Re:BOR for Rhonda**

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Posted by kuhio98 - 2006/04/11 11:48

LaurenB wrote:

The fact is, in a REAL Coaching Situation, there is no BOR, this only happens on reality TV. In a REAL Coaching situation, the coach is is not SARCASTIC and Demeanig! This is REALITY TV..period. In Fact, Iyanla is much closer to a REAL Coach, Rhonda is ALL ABOUT Rhonda and far less about a Coach...period. Rhonda is to Coaching, what "Springer" is to Real Life Coaching!

Agree 100%.

Yes, BOR is serious business. But, laughter shouldn't frowned up on any more than tears.

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## Re:BOR for Rhonda

Posted by theothecat - 2006/04/11 16:23

I think Rhonda is right on the money so often and her use of dramatic responses-- for TV maybe-- is what gets her point across. What they are doing is dramatically and metaphorically illustrating what the issues are. People sound like the only way to help people is to be sweet and non-confrontational. Doesn't this show prove that non-confrontational living is a great way to get nowhere.

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## Re:BOR for Rhonda

Posted by patacake - 2006/04/11 18:45

Afterall, it is Rhonda's show-- All this talk about whether there's going to be a NEXT season. Time will tell. :evil: :lol:

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## Re:BOR for Rhonda

Posted by valtina - 2006/04/11 21:24

I think the laughter at the BOR table would have been fine with Rhonda, except that she was planning to address the situation of the women recently yucking it up with alcohol. It may have been a concern that some of the women might not be taking things as seriously as they should, like use of alcohol, courtesy or support of Christie, etc. There has definitely been some levity at the BOR before.

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## Re:BOR for Rhonda

Posted by oceansprings - 2006/04/12 01:03

I'm not sure who Rhonda's 'peers' would be as she is not certified by the Coaching federation. Strange but true. ( this is easily verifiable thru the coaching federation itself). She's not certified by any organization.

Somehow Rhonda is different than she was in the past seasons. She is sarcastic and she seems so angry now. There is a look in her eyes, well, it's just very angry. I remember when she was so compassionate in past seasons. Wonder what happened. She just seems to be on edge most of the time and her sarcasm is just too much. She is not kind the way she used to be. And I also agree that her ego is huge and it has taken over her. How sad. It seems that her #1 interest now is in being famous.

Compared to Iyanla, she seems powerless and jealous of Iyanla. I feel sad for Rhonda seeing how she is now. And I hope she gets back to the old Rhonda someday.

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## Re:BOR for Rhonda

Posted by oceansprings - 2006/04/12 01:10

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I totally agree with Lauren.

Why would you think Lauren is jealous of Rhonda? That's a leap for sure.

Rhonda is not grounded, she is all over the place. She can be so mean and sarcastic. That's just the truth, at least right now.

What's really strange is that I think Rhonda knows exactly what she's doing. I really do. She's awfully smart. She knows when she is being mean and angry.

And Iyanla is so professional - she would never be mean or sarcastic to a HG. I wonder if Rhonda is jealous of Iyanla. I wouldn't be surprised.

And before you ask, I'm definitely jealous of Rhonda lol

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### Re:BOR for Rhonda

Posted by oceansprings - 2006/04/12 01:29

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NOT! B)

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### Re:BOR for Rhonda

Posted by Mercredi - 2006/04/12 06:38

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oceansprings wrote:

Compared to Iyanla, she seems powerless and jealous of Iyanla.

Huh? I am not a fan of Rhonda's coaching (love me some Iyanla!P ) but I don't think she's jealous of Iyanla. :ohmy: Having seen them together at the Malls Tour last year and even watching them on the show, all I can see is that Rhonda has an admiration for Iyanla.

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### Re:BOR for Rhonda

Posted by judy - 2006/04/12 06:45

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I watch season 2 reruns in the morning and season 3 in the afternoon and there is a huge difference in Rhonda from one year to the next.

Last year she was softer, more compassionate-this year she just seems harsh. Her facial expressions and her tone of voice just grate on my nerves.

Not sure what the cause is but I find it sad.

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### Re:BOR for Rhonda

Posted by KPW1956 - 2006/04/12 07:43

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I personally like them both! I saw SO2...and Rhonda rec'd alot of criticism on the boards then too. Some are going to find something to criticize.. Some thought she was tough, maybe even harsh on Sommer last year... She was great with Bethany... I'm not sure but I think Deborah was her client last year and so was Tess. Some people picked that apart and blamed Rhonda. I think most of it was the luck of the draw... (in that 3 of Rhonda's clients left last year w/o

graduating..)

I thought Rhonda was considerably kind and patient with Jessica this season. She was very tolerant of Lisa...(although should NOT have been...imho) Very kind and compassionate with Kim for the bulk of her stay.

I can't say that I see a difference in her between SO2 and SO3..

One could say that Iyanla has more tude this season as well. Remember this household got started on the wrong foot altogether! They weren't gelling and as Jill likes to say there was alot of Conflama in the house. I think Rhonda did fine by TJ too... The ladies themselves seem to appreciate their coaches and all seem to be making good progress.

They each have their own style and I could imagine that all of us would prefer one over the other but I think it is good that they have different styles..

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## Re:BOR for Rhonda

Posted by KPW1956 - 2006/04/12 08:05

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duplicate post edited by admin5

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## Re:BOR for Rhonda

Posted by valtina - 2006/04/12 09:09

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I agree KPW. I was thinking of some of the same examples of Rhonda's compassion, and wondering why some posters see such a difference in her from prior seasons. I don't see that at all. I wonder if anyone else could have taken Christie through her years of anger at her mother to the place she is now, and so quickly. I did wish for some of Iyanla's tough love where Lisa 1 was concerned, and that would be the only SO lady for whom I have questioned Rhonda's methods. But with Lisa 1, Rhonda was TOO forgiving and accepting, which is the opposite of what I understand some posters to object to about Rhonda this season.

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## Re:BOR for Rhonda

Posted by LaurenB - 2006/04/12 10:19

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oceansprings wrote:  
I totally agree with Lauren.

Why would you think Lauren is jealous of Rhonda? That's a leap for sure.

Rhonda is not grounded, she is all over the place. Sjhe can be so mean and sarcastic. That's just the truth, at least right now.

What's really strange is that I think Rhonda knows exactly what she's doing. I really do. She's awfully smart. She knows when she is being mean and angry.

And Iyanla is so professional - she would never be mean or sarcastic to a HG. I wonder if Rhonda is jealous of Iyanla. I wouldn't be surprised.

And before you ask, I'm definitely jealous of Rhonda lol

I agreed, nope, not jealous of Rhonda, how ridiculous!

I agree with you regarding the sarcasm. Sarcasm has no place in a professional environment. I also agree that Rhonda is all over the place and lacks center.

The bottom line is that in Coaching, the relationship is a partnership, a level playing field. The Coach is not an authority figure. The client should never feel in fear of displeasing her coach. Nothing even close to a BOR ever takes place in a

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"Real Coaching" situation. A client is never fired nor are they ever labled "uncoachable".

I appreciate Iyanla. She is able to guide a support with love and kindness. Iyanla is consistent. I have also noticed that Iyanla does not show favoritism. She treats each and every one of her clients on an individual basis and ultimate it is the "Client that makes their own Changes", based on gaining personal clarity and ambition.

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## Re:BOR for Rhonda

Posted by Debby - 2006/04/12 13:22

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I appreciate the different styles of both Rhonda and Iyanla. The strange thing is that in prior seasons I always thought that if I could choose one coach, it would definitely be Iyanla. But this season I have changed my mind. I would prefer Rhonda. I don't know I just do. I think my personality is better suited for her style of coaching.

I disagree with many of the posts that paint such a perfect picture of Iyanla. She too has done some off beat things. Remember when she fell onto the floor when a hg was telling her story. (I can't remember which hg it was). She also has also made some pretty sharp comments. But that's much of what I like about her. I love the personality plus.

None of these people are perfect. Yes, I was shocked the day Rhonda made the comment about her triggering a hg. I couldn't believe it. I think that should have been edited out. But we all have bad days. If you consider how frustrated we get with the hg when we only watch them for an hour a day. Can you imagine the frustration if we had lead them to healing and changing their life for 6 weeks? I don't know I'd have the patience to do it.

I know their are paid professionals, but honestly, how many times can you sit there and listen to someone say, "But it's just sooo hard," "I'm too afraid," "But my roommate did something I didn't like," "Poor, pitiful me," and "I just want to leave and go home." It would drive me crazy. I would imagine you also get really invested in the hg lives'. When they screw up, it is refective upon you as their coach.

So, I'm choosing not to focus my attention on the isolated incidences, but rather their overall performances that I think are right on!

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## Re:BOR for Rhonda

Posted by KNC - 2006/04/12 14:16

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Lauren, your explanation of coaching, compared to what we are seeing Rhonda do...is absolutely correct!

I enjoyed Rhonda every season....but each year it is getting harder to do. To me...and this is just my opinion...she is way off base in her tactics. She may mean well...but she is supposed to be a professional. Someone else said...perhaps she was having a bad day...(re: threatening to trigger Christie). To me that in unacceptable. A life coaches "bad day" should not be brought into the helping arena. The first rule for anyone in the "helping" professions, is to ensure they are at all times...in an emotional place to work with individuals.

Its one of those jobs that you just cannot let your moods...or your own problems interfere.

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## Re:BOR for Rhonda

Posted by KNC - 2006/04/12 14:17

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Its one of those jobs that you just cannot let your moods...or your own problems interfere.

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## Re:BOR for Rhonda

Posted by valtina - 2006/04/12 14:34

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Someone else said...perhaps she was having a bad day...(re: threatening to trigger Christie). To me that in unacceptable.

Now, I understood the "trigger you" comment in a different and very specific way. Christie was talking about going home and being afraid of things getting hard again which might prompt (or "trigger") her to run back to bad relationships, at which time Iyanla asked Christie if she was going to do that, or if she was going to drink or do drugs. There are "triggers" for addictions everywhere - and Christie is afraid of facing them when she returns home. So, I understood Rhonda to be saying that she was going to trigger Christie like she has never been triggered before - BEFORE Christie goes home, so she is ready and knows she can face hardships or obstacles without resorting back to her addictive behavior. That's how I heard it and I actually thought, well, let's see if you can really do that and get her ready.

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## Re:BOR for Rhonda

Posted by KNC - 2006/04/13 09:33

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Yes Valtina....I understood the triggering comment as well. I just dont agree with speaking that way to a client...ever.

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## Re:BOR for Rhonda

Posted by KNC - 2006/04/13 09:33

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Posted by KNC - 2006/04/13 09:34

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## Re:BOR for Rhonda

Posted by KNC - 2006/04/13 09:35

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Yes Valtina....I understood the triggering comment as well. I just dont agree with speaking that way to a client...ever.

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## Re:BOR for Rhonda

Posted by Serena - 2006/04/13 11:45

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KNC wrote:

Yes Valtina....I understood the triggering comment as well. I just dont agree with speaking that way to a client...ever.

I think there's a real disconnect here between Rhonda the LC and Rhonda the Sponsor. Two different things, yet...not. You can assume that because there are people who join a professional association and sell their services that this is the standard. But what Rhonda is doing for Christie is something outside that, and it's been around a whole lot longer. If a sponsor needs to kick your butt verbally, trigger you to the back of beyond, and stay on you till you beg for mercy, then

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that's what they do. Some are all touchy-feely, some are hard as nails, and the best of them go whichever way they need to in order to best be of service and literally save your life. It's not the same thing as guiding a whiny housewife who's decided life might be passing her by, or somebody who thinks the gates of heaven will open if they just drop 40 pounds by swimsuit season. If they have to pick up the phone at 3 AM, they do it, and they charge you not a thin dime.

Two VERY different jobs, with similar end goals st some points, but totally different risks. From what I've seen, Rhonda's doing a great job with Christie, and Christie's doing a good job taking direction. Rhonda's not there to make nice. If she spent her time marshalling her facial expressions and keeping it all pretty and "professional" for the cameras, I'd lose all respect for her. As it is, if Christie were my daughter, I'd just be thrilled to pieces to know Rhonda was working with her.

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## Re:BOR for Rhonda

Posted by valtina - 2006/04/13 12:02

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Whatever hat Rhonda was wearing during that exchange with Christie, whether as Life Coach or as Sponsor, I believe the comment was directly in the context of telling Christie she was about to be "triggered" in the House before she went home, so her fears of resorting back to men (alcohol, drugs, whatever) could be tested. Not only is that something Christie needs in order to get ready to leave, but Rhonda actually warned her up front - so Christie can be aware and vigilant about taking care of herself - just as she should be in the "real world." I thought it was the right thing to say and thr right way to say it, and it looked like Christie got it.

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## Re:BOR for Rhonda

Posted by KNC - 2006/04/13 12:24

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Serena...I would agree with you except.....this a reality show that I understood was to perhaps give the viewer (mostly but not limited to women) a clear idea of starting over....and perhaps the Life coaching process.

A "life coach" would not speak that way....but a "sponsor" would , could and should.

I know that sometimes things get a little too picky, but I am watching for different reasons than any other poster and vice versa. The idea that she should not speak like that comes from my own experience...and therefore is just an opinion that I happen to hold.

I look for two different things when I am in need of a sponsor or a therapist or a life coach. I love Rhonda, but sometimes she rubs me the wrong way. Its nice to have a place like this to express ideas and vent about it. \*smile\*...Happy Easter.

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## Re:BOR for Rhonda

Posted by KNC - 2006/04/13 12:29

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Serena...I would agree with you except.....this a reality show that I understood was to perhaps give the viewer (mostly but not limited to women) a clear idea of starting over....and perhaps the Life coaching process.

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## Re:BOR for Rhonda

Posted by LaurenB - 2006/04/13 17:30

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KNC, I agree with you regarding the contrast between "Life Coaching" and "AA/Sponsor relationships. As I understand it, (which I fully admit to understanding Coaching much better) AA is anonymous, it is far more, tough love. AA is also anonymous. Different situations with different modalities.

I also agree that "sarcasm" and "threats" are never effective for long term change.

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## Re:BOR for Rhonda

Posted by KPW1956 - 2006/04/13 17:51

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I have a feeling it was done more tongue in cheek though... I think Rhonda really likes Christy as a person.. I could imagine alot of that is seeing herself alot like Christy at one point in her life.

Iyanla is queen of sarcasm..../But we know she can be loving and gentle at times too.

I think because Rhonda was giving Christy the A at the BOR that she didn't want Christy getting too comfortable or complacent... She still had alot of work to do!

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## Re:BOR for Rhonda

Posted by KNC - 2006/04/13 17:55

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Thanks for your input Lauren...its always welcome to me. My daughter is a life coach. She went from Social Work to coaching. I have seen various posts that you have made, both this season and last....and I know that you have a good understanding of the difference between the two.

She coaches stay at home moms who want to expand their horizons....and still remain home with their little ones. She loves it.....and she would agree with everything you have said.

She tells me she would never presume to "tell" someone what to do. She views her duty to be to assist them to evaluate....to work through various processes...to perhaps guide....and to validate. lol...she cant even watch SO sometimes!

I believe it was you who said..." coaching is working forward....counselling is working from the past and onward" ( forgive me...but I think it was something like that.) You are 100% correct. My girl and I do two very different things.

Do you work in the "helping' professions Lauren? \*smile\*

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## Re:BOR for Rhonda

Posted by Serena - 2006/04/13 17:59

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KNC wrote:

Serena...I would agree with you except.....this a reality show that I understood was to perhaps give the viewer (mostly but not limited to women) a clear idea of starting over....and perhaps the Life coaching process.

A "life coach" would not speak that way....but a "sponsor" would , could and should.

I know that sometimes things get a little too picky, but I am watching for different reasons than any other poster and vice versa. The idea that she should not speak like that comes from my own experience...and therefore is just an opinion that I happen to hold.

I look for two different things when I am in need of a sponsor or a therapist or a life coach. I love Rhonda, but sometimes she rubs me the wrong way. Its nice to have a place like this to express ideas and vent about it. \*smile\*...Happy Easter.

Could be my mistake, but at which point was it announced that the purpose of the show was to demonstrate what life coaches do? I just thought the point of the show was literally starting over, which could take many paths.

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It doesn't bother me in the least whether people might like or dislike Rhonda in a personal way. Some days I like her better than other days, myself. I only thought she was probably getting slammed professionally over some things that she has done and said that were actually entirely appropriate for her "other" role in a specific particular client's life. I don't know the LC job. I know the sponsor job. Perhaps they are necessarily clashy? Or perhaps there are more styles of coaching than I have seen. All I can really do with it is recognize when she's doing the part of the job I know. She often gets criticized by viewers who aren't familiar with that side of it, so where I can, I may try to explain a little since the show itself can't really do it.

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## Re:BOR for Rhonda

Posted by KNC - 2006/04/13 18:06

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Serena...you are correct. Nowhere did it say the show was on to show us what life coaches do. I don't believe that's what I said....at least it's not what I meant...exactly.

I said that I watched the show for my own reasons...part of that being to view "life coaching" and its process. I also enjoy learning about the ladies....and I always take something away that I can learn from.

I happen to like Rhonda. Sometimes I get uncomfortable with what she says or does, but that's my problem...not hers. Yes...I believe that life coaching and sponsorship are different...but that's just me. I don't know what others think.

Have a great day\*smile\*

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## Re:BOR for Rhonda

Posted by nobledaughter - 2006/04/13 19:43

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I agree!! You got the point!! Those ladies aren't at summer camp they are there to change their lives...There is a time and place for everything and BOR is a time to reflect and ponder as you hear the feedback given to you. The Ladies in the house need a bit of reality ;)

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## Re:BOR for Rhonda

Posted by harley98 - 2006/04/13 20:01

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If Starting Over use my situation and awareness to help me, then it could help others in about and around to step forward and grow. That is what life is about changing, advancing, improving, developing, and being able to move forward. You shouldn't be giving advice unless you have the knowledge to do so.

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## Re:BOR for Rhonda

Posted by KPW1956 - 2006/04/13 20:13

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Rhonda,

I've seen your various pleas for help. I sympathize with your situation.. Sometimes things happen. It sounds like you are very isolated and looking for connections to other women. Here, we certainly can't help much in the way of your physical limitations but encourage you to keep working toward reclaiming your goal toward independence. It sounds like you might be battling from depression as well. If you are still recovering from surgery 3 months later... I would assume you are receiving medical care or physical therapy too. You should alert them to how you are feeling outside of the physical aspects... Let them know of your discouragement and depression.

Your family I am sure would try to help line up some sort of help for you. You might check with your county services. They may be able to line up a counselor to help you sort through your feelings and make some suggestions to help you reclaim your life back.

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I pray that you would be healing quickly from your latest surgery and getting the support from your family that you need.

If you are depressed on top of the physical needs that may make it even harder for them to help you.... Sometimes it's hard to know what to do for a loved one when they are suffering.

Hopefully you can find some fun forums to get involved with as well as this one to engage your mind in other things.

God bless... and welcome to the forum.

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## Re:BOR for Rhonda

Posted by harley98 - 2006/04/13 20:21

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Thank you for your support, I really appreciate hearing my good thoughts and lifting my spirit. You hit it right on the nail on the head. I know I will find myself again but its getting there that hurts. Thanks again

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## Re:BOR for Rhonda

Posted by ceilidh - 2006/04/13 20:52

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I have never heard Rhonda identify herself as anything other than a "coach" on SOH....and we have all "heard the one about".....the ..reformed...drinker,smoker overeater ...etc.,...!! IMO...the reasons for the changes are open to interpretation....but I do see changes. I don't see any one HGs issue as ...any more...or less...important than the other.

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## Re:BOR for Rhonda

Posted by LaurenB - 2006/04/15 22:39

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ceilidh wrote:

I have never heard Rhonda identify herself as anything other than a "coach" on SOH....and we have all "heard the one about".....the ..reformed...drinker,smoker overeater ...etc.,...!! IMO...the reasons for the changes are open to interpretation....but I do see changes. I don't see any one HGs issue as ...any more...or less...important than the other.

Rhonda may identify herself as a Coach (with her credentials what else could she identify herself as?Never the less, she acts as a Therapist ( identifying past and present psychological issues) the fact is, that Rhonda has no credentials as a Coach, Rhonda has a Marketing Degree! I fully admit that Rhonda EARNED her Marketing Degree and is extremely adept at marketing both herself as well as Andy Paige! (dear god.....those makeovers are awful!)

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## Re:BOR for Rhonda

Posted by mollyhm - 2006/04/18 19:20

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You guys are right on! But.....lest we not remember Rhonda has dealt with alcohol issues in a different time, and witnessing as we did the behaviors of some, and the struggle of others with booze; I truly believe had it been me I would have been furious...at best.. had I been Rhonda.:blush:

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## Re:BOR for Rhonda

Posted by ceilidh - 2006/04/18 21:49

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Actually, ..I..was defending Rhonda!! Just saying that she had never "identified" herself as a "sponsor". But, she certainly will have useful insights from her own experiences re alcohol that will be helpful to the HGs. :)

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## Re:BOR for Rhonda

Posted by LouieBlue - 2006/06/02 17:11

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The whole BOR for Rhonda is ridiculous. First of all, editing plays a HUGE factor in how episodes are seen. The HG's laughing and Rhonda making a comment could have been edited that way. If you watch some episodes very closely you can see where it's edited...someone may be in a different seat, or in another outfit, sitting at an empty plate and then 20 minutes later sitting at the start of the meal. BOR takes a long time, hours sometimes and that's all edited into 15 minutes or so. Take it with a grain of salt...in regards to people's opinions of Rhonda's demeanor, her heart is huge. To me, that's what I see and hear in all she does and says. Look how many times at BOR and graduations and other times, she is moved to tears. She is as authentic as they come as far as I'm concerned and I would love the opportunity to work with her.

I think Life coach is a term given by the show and for the show...for both Iyanla and Rhonda...and have never heard either of them claim to be more than they are. What they both bring to the table is exceptional and amazing. I think the show is like no other and Rhonda, Iyanla and Dr. Stan are a great, experienced, competent and effective team for the ladies.

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## Re:BOR for Rhonda

Posted by StephG - 2006/06/02 18:52

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Hi, I am so with you!!!! I was reading some of these opinions all these people have and I love Rhonda and she is a wonderful lifecoach. If I had the courage to go on SO I would want her as my lifecoach. She has been through so much in her life that it amazes me she is such a strong person .

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## Re:BOR for Rhonda

Posted by awaken33 - 2006/06/02 23:17

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Exactly!!! I'm right there with ya, on the last 2 posts. I also would LOVE to have Rhonda as my lifecoach. I find her to be so inspiring, smart, and compassionate, sometimes in a tough-love kind of way. What she has experienced in her own life, whoa! Her experiences alone make her qualified to be a lifecoach, but she has her own lifecoach training business, as I'm sure most of you know, the fearless living institute. Anyway, I love her authenticity & she's hilarious sometimes too. By the way, does anyone know how she & Iyanla get/got along together? In the "gratitudes" in Rhonda's newest book, she thanks Dr. Stan but not Iyanla. Just wondering...Peace all, Lauren

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## Re:BOR for Rhonda

Posted by LaurenB - 2006/06/16 00:29

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awaken33 wrote:

Exactly!!! I'm right there with ya, on the last 2 posts. I also would LOVE to have Rhonda as my lifecoach. I find her to be so inspiring, smart, and compassionate, sometimes in a tough-love kind of way. What she has experienced in her own life, whoa! Her experiences alone make her qualified to be a lifecoach, but she has her own lifecoach training business, as I'm sure most of you know, the fearless living institute. Anyway, I love her authenticity & she's hilarious sometimes too. By the way, does anyone know how she & Iyanla get/got along together? In the "gratitudes" in Rhonda's newest book,

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she thanks Dr. Stan but not Iyanla. Just wondering...Peace all, Lauren

So, put your "Money" where your mouth is, you can "Hire Rhonda".

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## Re:BOR for Rhonda

Posted by ymimad - 2006/06/22 13:13

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I tend to get angry at both LCs but mostly Rhonda. sometimes they give the women really tough things to do. The jewelery thing with Lisa for instance. She only had an afternoon to buy the material, and make the jewelry and then go to a street corner to sell it. Why didnt she give her 24 hours? WHY? Lisa could have done it then, and come away with a sense of accomplishment. Instead it was a set up doomed to fail. And Lisa didnt know what to do. When you are immature like she is, you really dont know what to do in situations. yes she is shallow and lazy, but IMO the jewelery thing was badly set up by Rhonda. she set her up to fail.

and I guess I got ticked off with Rhonda over how she treated Christina when Jessica wouldnt let her help her. Making a big deal saying Christina lied, and forcing Christina to say, "I Lied" when in christinas mind she hadnt lied. I mean I was really really angry at how she was treated by Iyanla. a big deal made out of nothing. that is not how to help someone heal. so both LCs make mistakes. in general though I prefer Iyanla.

Rhonda seems angry a lot, but we dont know all that she has to deal with and as was stated, we only see small edited portions of what really goes on.

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## Re:BOR for Rhonda

Posted by happygirl - 2006/06/22 13:38

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it would be cool if they went up for B.O.R i wonder how they would be defensive or vulnerable.

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## Re:BOR for Rhonda

Posted by Debby - 2006/06/22 14:14

ymimad wrote:

I tend to get angry at both LCs but mostly Rhonda. sometimes they give the women really tough things to do. The jewelery thing with Lisa for instance. She only had an afternoon to buy the material, and make the jewelry and then go to a street corner to sell it. Why didnt she give her 24 hours? WHY? Lisa could have done it then, and come away with a sense of accomplishment. Instead it was a set up doomed to fail. And Lisa didnt know what to do. When you are immature like she is, you really dont know what to do in situations. yes she is shallow and lazy, but IMO the jewelery thing was badly set up by Rhonda. she set her up to fail.

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Rhonda seems angry a lot, but we dont know all that she has to deal with and as was stated, we only see small edited portions of what really goes on.

I wondered the same thing about the Christina lying issue. Although it's been some time since I have seen that particular episode, I watched that part several times to see what I was missing about the lie. I never understood what the lie was against Jessica. Maybe that part was somehow edited out by mistake.

I wondered about the time deadlines for assignments as well. Why surprise someone with a project and limit the time so that it is most certain that they will not finish? I think that is the point of the exercise. The LCs wish to allow the hgs to develop skills in the areas in which they need them.(Such as Lisa freaking out when she felt overwhelmed) If the assignments were easy to accomplish and you sailed through, you probably wouldn't grow very much towards developing those skills. I have heard the LCs say that they want the hgs out of their comfort zones. They say that that is the only way the hgs will begin to grow.

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## Re:BOR for Rhonda

Posted by Debby - 2006/06/22 14:35

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happygirl wrote:

it would be cool if they went up for B.O.R i wonder how they would be defensive or vulnerable.

I suspect that that the LCs grill themselves every night before they go to sleep. It is such an enormous responsibility to have that kind of influence over people. They probably kick themselves after the fact for something that didn't come off as they expected or intended. They probably also consult regularly with other professionals about techniques and theories.

I think we worry over our clients even though we try hard not to. I think that the mistakes we make as professionals teaches us to become better at what we do. I don't think this applies only to life coaches or those in the mental health field.

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## Re:BOR for Rhonda

Posted by piper - 2006/06/22 14:36

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Debby wrote:

I wondered the same thing about the Christina lying issue. Although it's been some time since I have seen that particular episode, I watched that part several times to see what I was missing about the lie. I never understood what the lie was against Jessica. Maybe that part was somehow edited out by mistake.

Yeah, I was wondering what the heck they were making Christina \*confess\* to?? Where was the BIG LIE?

It was very frustrating to watch. And since Jessica had left by the time I started watching this season, I had only seen her return for the graduations.

Which, now, seeing her and her behaviors with them, makes me wonder why she did return. I guess I'll wait and see if she changes much. I don't particularly dislike her/like her, so it's not even ambivalence.

But when Iyanla was trying to 'catch' Christina 'lying' and Jessica came in and somehow, (I SWEAR it was edited OUT), it came about that Jessica proved Iyanla correct, my head just sorta turned a 360 a few times, 'Linda Blair' style! lol

princess piper

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## Re:BOR for Rhonda

Posted by Mystique - 2006/06/22 15:27

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Going solely on memory here, and we all know how that can go at times ;) I think it was the exercise where Christina was told to do nice things for the hg and add up all the nice things she did.. in my mind they all knew it was an 'exercise' and Jessica flat out refused to allow Christina to do something nice for her because in Jessica's mind, it wasn't being done out of sincerity but because she was 'asked' to do nice things.. well.. that was the exercise! I was baffled by the stand Jessica took when they all have exercises such as this at one point or another. Christina even said to Jessica "I need to do something for you" telling her it was an exercise and as soon as Jessica heard that she refused to 'play'. I wondered why Jessica didn't get reprimanded herself for her not supporting C in an exercise but somehow it got twisted and Christina was being called on for being manipulative when that was the nature of the exercise.. to do the nice things for points. So I got confused in this one as well.

It seems there were a few exercises that the points to them were left 'open ended' where no one really understood them and when it came out what it was for, no matter what they did could have been construed in many different ways.. the lifeboat exercise for example. At times I think mixed signals were sent.. such as, how do the hg know when they refuse to do an exercise if the coaches are 'wanting' them to to stand up for themselves or when refusal is not going along with the program! There were even a couple of exercises as I recall where the ladies were given the exercise and we never got the result at all, maybe they didn't go as planned or without much impact I don't know.

I liked the clear cut exercises and not the open ended ones that could have been interpreted many different ways in any given outcome.

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## Re:BOR for Rhonda

Posted by Serena - 2006/06/22 15:59

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Say what you will, Rhonda got up in Lisa's face with good reason, and no amount of nice was going to get the message across. "You're full of it!" That's what she said. That was the truth. Listening to Lisa trying to blame her flakiness on Rhonda now, just sounds like stuff people say when they don't want to take responsibility for their own stuff. Had Lisa made a crack about Rhonda's facial expression at that point, I would not have been at all surprised. It's just a way of deflecting attention from what the real issues are.

Not to mention - Lisa's roomie shows up with a 40-lb. tumor, and somehow, it's still all about Lisa. What Lisa wants, what Lisa needs, how Lisa wants to be seen. So I'm thinking (deflectively) "Great dress! Shame what's filling it." Catch myself, and whaddya know - I've got this little Rhonda lip curl thing happening. :laugh:

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## Re:BOR for Rhonda

Posted by KPW1956 - 2006/06/22 16:45

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Serena, I actually laughed at your post.. I agree about lisa.. I haven't seen anything yet during the reruns to make me change my first impression of her... This could have been a real turning point for her if she'd taken her roomies feedback in and processed it. But we know there is yet more to come...and even more outrageous stuff to come with her.. I still can't believe they graduated her.. As I've said about others throughout the season.. I hope they get more out of seeing their stories aired by way of understanding..and finally 'getting it' via the bigger picture.. than they did while they were in the house. Something about being on the outside looking in... I'm sure they'll view themselves and their issues in a whole new way.

As for the discussion about Jessica and Christina issue and 'lie'..

One thing I recall from the show the other day that started Jessica questioning Christina's motives was the fact that when Jessica was reading a book Christina poked in saying she wanted to catch up with her... 'in case Iyanla asked her about her'.... Iyanla showed up after this with the assignment to do things for her housemates. Jessica immediately felt snubbed because of Christina's motives at that point. Or so it appeared to me.

I think if Christina and Jessica were accountability partners, Christina wouldn't have to try to catch up with Jessica just for the sake of her regular session with Iyanla... We know the one day Jessica wanted to talk to Christina, but then Christina put Jessica off because she was vacuuming..even though it was clear Jessica was upset.. Christina should have dropped everything to be available for some time w/ Jess. I just think Christina's coming from a self centered time in her life overall.. She is mature in some ways but not in others.. Probably not that unusual either considering her age..

You could say Christina was hustling trying to do things for Jessica and even trying to coerce her to let her help.. and hustling/misleading Iyanla too by making it sound like it was all of Jessica's fault. I think the heart attitude was part of the exercise as well, looking for opportunities..not 'extracting' them!

Who wants someone helping them, when they know their heart isn't in the right place?

ah nevermind... after today's show..I have my answer! (Lisa!)

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## Re:BOR for Rhonda

Posted by ymimad - 2006/06/22 16:56

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if i remember correctly, when they were first given accountability partners, Jessica kept refusing to talk to Christina. I just keep seeing a wall around Jessica that she doesn't let others in.

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## Re:BOR for Rhonda

Posted by Mystique - 2006/06/22 17:07

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KPW I agree.. I wouldn't want anyone to do anything for me unless their heart was in it. However, in this case, it was an exercise that Christina was asked to do so she attempted to do as she was told in this case, and Jessica flat refused to let her help even though she knew that it was an exercise.. that's what I didn't get. Jessica, to me, was not cooperating yet nothing was said to her about not supporting another hg in an exercise and Christina was reprimanded but for what exactly? I do recall her wanting to touch base with Jessica to 'catch up' on what was going on with Jess in case she was asked about her accountability partner.. which Jess had a right to be upset about.. if I were her I'd have been hurt that she just wanted to know how I was so that she could pretend to care to the LCs too. If that was the lie then C deserved the reprimand.. but it was so mixed in to the exercise that it got confusing and I guess that was why Jess didn't want to help her in her exercise but that was wrong as well. They all get exercises like that, to do something concerning the hg that don't necessarily come from heart but from following the guidelines of the exercise itself.

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## Re:BOR for Rhonda

Posted by Debby - 2006/06/22 17:07

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ymimad wrote:

if i remember correctly, when they were first given accountability partners, Jessica kept refusing to talk to Christina. I just keep seeing a wall around Jessica that she doesn't let others in.

Wasn't this wall the reason Jessica's long term relationship ended just prior to her coming to the SOH? She talked about it a little but I always got the impression that she shut down and her boyfriend could no longer handle it.

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## Re:BOR for Rhonda

Posted by Mystique - 2006/06/22 17:16

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Debby wrote:

ymimad wrote:

if i remember correctly, when they were first given accountability partners, Jessica kept refusing to talk to Christina. I just keep seeing a wall around Jessica that she doesn't let others in.

Wasn't this wall the reason Jessica's long term relationship ended just prior to her coming to the SOH? She talked about it a little but I always got the impression that she shut down and her boyfriend could no longer handle it.

Debby I think you're right, she had closed herself off to pretty much everyone in her life when she came in and ended up calling the ex to apologize and explain. I have to say I thought the same thing Serena did concerning Jessica in not understanding why if she wanted her grieving process to be so private why then did she choose to do it on national tv? It ended up working out for her but if it were me and I was so appalled by the loss being so public, I think public tv would be the last place I'd look for help, I'd probably look into support groups or private therapy myself. But then, that's more my cup of tea anyway hehe

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## Re:BOR for Rhonda

Posted by piper - 2006/06/23 19:42

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Serena wrote:

Say what you will, Rhonda got up in Lisa's face with good reason, and no amount of nice was going to get the message across. "You're full of it!" That's what she said. That was the truth. Listening to Lisa trying to blame her flakiness on Rhonda now, just sounds like stuff people say when they don't want to take responsibility for their own stuff. Had Lisa made a crack about Rhonda's facial expression at that point, I would not have been at all surprised. It's just a way of deflecting attention from what the real issues are.

Oh yeah, we both know THAT behavior so well, don't we, Serena? :whistle:

I wasn't a bit surprised that Rhonda did react as strongly as she did, I know for a fact, it was what Lisa needed. She would never have made an impact on Lisa any other way.

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And I know, for me, \*I\* had to learn about being responsible and for keeping appts!! I was terrible, years ago, \*always\* late, mostly just by about 3-4 minutes, but consistently.

My sponsor did what she had to do. I then, when working with others had to 'teach' them in various ways, according to their personalities, on being responsible.  
I think Rhonda has the stuff to make a kick-ass sponsor, but then she lets lisa get away with all of her crap. so ya never know. I guess the ratings were the thing they went after. Shame, tho.  
She DID get the high five from me for telling lisa off! :woohoo:

Not to mention - Lisa's roomie shows up with a 40-lb. tumor, and somehow, it's still all about Lisa. What Lisa wants, what Lisa needs, how Lisa wants to be seen. So I'm thinking (deflectively) "Great dress! Shame what's filling it." Catch myself, and whaddya know - I've got this little Rhonda lip curl thing happening. :laugh:

<ROFLMAO> I KNOW?!?!?! WTH was that about?  
Nothing at all from lisa, to support Jill. I have never ever seen such a selfish, self-centered, ego-maniac as lisa. What a world she must enjoy, being entitled! Not surprised at all, tho. I think if one looked in the dictionary for the word 'bimbo' they'd now see a pic of lisa. I've never seen a more addle brained, useless representative of a female human before. I'm way past the 'similarity/difference', she's so far beyond that.....:laugh:

Yeah, and the dress, and what about the 'winking' when talking with allison's surrogate father?? :sick: :sick: :sick:

That 'flirting'?? You know for sure he brought that up to Rhonda, and they both had a great laugh about her behavior over 'coffee'!!! lololol  
And yeah, the lip curl, too funny, grilfriend! I know what ya mean. :P

Princess Piper the KnuckleHeaded DeadHead

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## Re:BOR for Rhonda

Posted by piper - 2006/06/23 19:42

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Duplicate post edited by Moderator

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## Re:BOR for Rhonda

Posted by Serena - 2006/06/23 19:53

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piper wrote:

Oh yeah, we both know THAT behavior so well, don't we, Serena? :whistle:

moi? :ohmy:

My dear Princess D, no one - and I mean NO ONE has accused me of being angelic in at least 3 or 4 centuries now. Consequently, I haven't found it necessary to demur, either. Very efficient, don't you think? :pinch:

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## Re:BOR for Rhonda

Posted by deborah m - 2006/06/24 02:20

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I have been reading Rhonda's book- and she states that she wishes all the things she does and says to the women could be shown. The way it is there are hours and hours of therapy she does with each one that gets edited down to a 2 minute treatment.

As for the expressions she makes at the BOR - anyone who watches the show knows that's not the time to get all chummy and silly.

I love the life coaches and Dr. S to death- I'd take their criticism any day of the week if I could get the chance to receive their services!

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## Re:BOR for Rhonda

Posted by oceansprings - 2006/06/26 02:10

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It is most definitely not Rhonda's show... this is the problem. Rhonda has changed, her ego now is bigger than she is, and that is obvious to all who pay attention and stop trying to protect her from herself.

We shall see what happens, I do not believe SO is coming back, and Iyanla's decision to move on says alot. She is not going to keep trying to keep up with Rhonda's ego that is all over the place.

I would love to see Rhonda the way she was in the first season before she got so big-headed and lost her compassion and care for others.

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## Re:BOR for Rhonda

Posted by lilstranger06 - 2006/07/21 18:07

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I think Rhonda has change her attitude now because of the housemates might take advantaged of her. That will be so hard for Rhonda if she's helping you change your life and you are there for just play play this is serious stuff. Ill change my attitude too.. if I was in her shoes. Like Iyanla I think nobody whants to mess with her.. I love Iyanlas attitude with the other girls. These girls are real lucky to have a chance with these people to change your life. No cost. RHONDA DO YOUR THING GIRL.:cheer:

Lilstranger

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## Re:BOR for Rhonda

Posted by lilstranger06 - 2006/07/21 18:08

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duplicate post edited by Admin2

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## Re:BOR for Rhonda

Posted by Belladonna - 2006/07/23 14:17

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Some people have never learned there are improper places to laugh. Is one example. I used laughter as a tool because I didn't know how to use words and I couldn't face certain emotional situations. When someone uses laughter to avoid emotions they never mature. It happened to me, why couldn't it happen to others, especially on a show like this one?  
Belladonna

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## Re:BOR for Rhonda

Posted by ceilidh - 2006/07/23 19:52

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Belladonna wrote:

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Belladonna

Lots of people, and women in particular, have a nervous laugh...I think most people understand that, so I wouldn't worry too much about it. You are right on the money about laughing at so called "inappropriate" moments...it's anxiety, pure

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and simple.

I knew an entire family who used laughter as a coping tool, in the worst situations...did not "get it" then, but understand now.

Different strokes for different folks...that's all!:)

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