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Empowered Living #45 – Toxic love

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The early stages of love can feel so powerful and intoxicating...feeling like you've found "your person" – someone to talk to, cuddle with and experience life with.

The hormones released in our bodies during the "honeymoon phase" are so powerful, in fact, that it can cause us to wear rose-coloured glasses and overlook signs that maybe this person isn't who we want them to be. We tell ourselves "no one is perfect" and stay longer than we should, long past the point where it has become obvious this relationship isn't healthy for us. Or we give our hearts to someone we've never met...only to discover they're a catfisher.

This newsletter isn't a light one...but it's an important one. Learning to recognize the signs of a toxic relationship can save you years of heartache...as well as your sanity (and bank account).

If you've found yourself in an unhealthy relationship before (or know someone who has) and want to avoid repeating that mistake and actually find real, healthy love, this issue is for you!

Upcoming events

- March 9: [Finding Love in these Crazy Times](#) (live virtual event – attend from anywhere)
- May 1: Soulmate Attraction Summit (live 1-day virtual event – link coming soon!)

Resources



Learn what is love...and what is abuse in:

[When love isn't healthy](#)



Discover how to avoid falling prey to a romance scam:

[How to avoid online dating scams](#)



For more on finding healthy love, check out my 45-minute webinar called: [Loving without Losing](#).



Dating and relationship tips: Trusting your intuition

One of the best ways to make better choices (in life and love) is to learn how to tune into (and trust) your intuition.

Your intuition talks to you all the time, through sensations in your body. Also known as a “gut feeling” or “clairsentience,” your intuition is a powerful tool for making decisions and figuring out which people and choices are best for you (and which are not).

Your body acts like a tuning fork, reacting in a certain way when something is good for you, and reacting in a different way when something is bad for you. To hear it, you need to stop and check in, and do this often enough that you start to recognize what those signals are for you.

Try this: Stand on both feet, with your hand on your heart. Ask yourself a question where you know the answer is yes (e.g. “Is my name {state your name}?”). Your body should sway slightly forward (which means “yes”). Then ask a question where you know the answer is no (e.g. “Is the sky green?”). Your body should sway slightly backward. Once you’ve calibrated your body and know what yes and no feel like, you can ask other questions you don’t have the answers to and use your body to help you decide. (This uses the same biofeedback principles that lie detector tests do – your body can’t tell a lie!)

Your body and intuition will always tell you the truth...you just need to learn to listen and stop ignoring what it’s telling you!

Healthy hints



[Tips for healthy winter skin](#)

Rockin’ recipes



[Winter soup recipes](#)

Creativity corner



[DIY bath salts](#)

Comedy central



[Romance killer](#)

Wishing you a great start to spring!

xo Karen

Karen Strang Allen

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