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## Empowered Living #52 – Being single at Christmas

December 2021

Many people dread the idea of being alone over the holidays, and yet there are many advantages to being single at this time of year!

I used to resist being on my own with every fiber of my being...and now I not only accept that it's just me (and my kids part of the time), but I actually enjoy it! I host a party for friends; the kids and I cook together and go skiing; I plan a spa day just for me; and I get to catch up with friends and family.

Sure, it's different than it used to be...but it's still good. Really good, actually.

So my wish for you this year is that, instead of feeling blue, you find ways of making the holidays magical again. This issue is focused on how to do that...so if you need some inspiration, read on!

### Upcoming events

- **December 7** – [Holiday dinner and gift exchange @ Moxie's \(Single Gals of Ottawa\)](#)

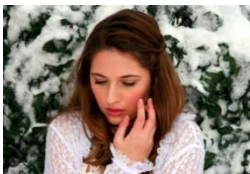
### Resources



Discover ways to make the holidays magical again in: [Celebrating the holidays as a single person](#)



Discover some great ideas for making Christmas fun in: [A merry COVID Christmas](#)



Learn what to do if you're struggling with feelings of loneliness and sadness this holiday season in: [Beating the holiday blues](#)



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## Dating and relationship tips: What it means when he's hot and cold

What does it mean when a guy seems really interested and texts you every day, then suddenly starts pulling back? Did you do something wrong? Should you reach out?

When a guy is inconsistent in his communication, it can mean several things:

- He's not sure of what he wants yet
- He's seeing other people
- He's considering his options
- He hasn't healed yet and is not ready for a relationship
- He has poor relationship skills
- He's not sure you're the right fit for him

Either way, the best strategy is to calmly ask if anything is wrong, and give him time to answer. If he doesn't answer or says he needs space, lean back and give him space. His job is to sort out what he's feeling and why, and heal any emotional wounds he may have from the past. Your job is to work on any feelings of anxiety or insecurity you feel as a result of him needing space.

No matter what, don't chase and keep messaging or calling him when it's clear he's not putting in equal energy. Focus on living your life and enjoying the other amazing people who want your time and attention. If he's the right guy for you, he'll eventually re-engage. If he doesn't, he's not the one for you! You deserve someone who makes you a priority in his life and communicates consistently. Own your value and wait for someone who sees your worth.

### Healthy hints



[Common cold remedies](#)

### Rockin' recipes



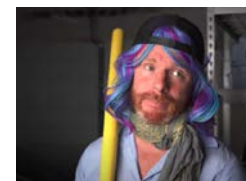
[Easy holiday recipes](#)

### Creativity corner



[DIY holiday cards](#)

### Comedy central



[What woke men are like](#)

May your days be merry and bright this holiday season!

xo Karen

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