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## Empowered Living #47 – The upside of being alone

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Ok, so the title of this newsletter may seem like an oxymoron...can being on your own actually be a good thing, especially during a pandemic?

Like many single people, I have found myself longing for the company of friends, family and a partner, especially during this latest lockdown in Ontario. I can't wait to hug people again, to dance to live music, to attend outdoor concerts, to host a backyard BBQ, to travel with my spouse.

But I've also experienced the many positive aspects of having time to myself...including the stillness that our hectic, super-fast world often doesn't let us experience. So in this issue, we'll explore some of these benefits, to help you elevate your perspective and enjoy your time alone instead of pushing against current reality.

### Upcoming events

- **May 14:** [Virtual dance party!](#) (free online event – attend from anywhere)

### Resources



Discover the benefits of spending time alone in:  
[Embracing solitude](#)



It's your choice whether you want to be single or be with someone. Discover the value of being single in: [It's not a disease! The benefits of being single](#)



Discover how to elevate your perspective and focus on the blessings in:  
[The positive side of this pandemic](#)



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## Dating and relationship tips: I don't like dating multiple people...should I do it anyway?

It's common to feel guilty dating multiple people at the same time when you're a "one person" kind of gal. I am too. But there are definite advantages in getting to know a few people at a time, especially when you have a tendency to jump in too fast. It keeps your options open and prevents you from committing too soon.

Think of it this way...if you were house shopping, would you just take the first house the realtor shows you and put down money before you know much about it? Or would you want to look at a bunch of houses, spend time exploring options, decide what feels good to you, and then commit?

The problem with dating one person at a time is:

1. You have too small a sample space to get to discover what you like...all you see is what's in front of you (which does not represent all of what's out there).
2. You only have one person to focus on, so if it doesn't work out you feel discouraged, like there's no one good out there (which is not true – it's one bad apple).
3. The trial and error method is long and slow (and painful if you have multiple break-ups because you keep picking prematurely).
4. We have a tendency to be impatient when dating and try to make it work rather than be patient, explore and then pick the best fit.
5. It's just not reasonable to "commit" to a stranger you barely know. Would you take out a mortgage on a house where you've only seen the outside?

In the early days of dating someone, people don't generally expect to be exclusive. As long as you're honest and keep the physical part out of the equation, it's perfectly fine to date a few people at a time to see who you might be interested in dating exclusively. Just don't have sex before going exclusive with someone, so no one gets hurt. And tell your dates that you're dating a few people so you can see who the best fit is, and allow them to do the same. Then there's nothing to feel guilty about! (And of course, please date within current pandemic guidelines!)

### Healthy hints



[Mental health awareness month](#)

### Rockin' recipes



[Spring recipes](#)

### Creativity corner



[What to plant in May](#)

### Comedy central



[Hilarious 80s dating videos](#)

For those of you with kids and fur-babies (and for all nurturers), wishing you a very happy Mother's Day!

xo Karen

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