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Empowered Living #48 – Unexpected changes

Summer 2021

If there's one thing I've learned, it's that life rarely stays the same for long. That can be a good thing if you weren't happy with how your life was going. Or it can seem like a bad thing if you were happy.

This past year has seen lots of unexpected changes for most of us...people losing jobs or working from home, businesses closing their doors either temporarily or permanently, kids home schooling, people social distancing and wearing masks, not being able to see family and friends. And on top of that, many people have lost someone they loved, either to divorce or break-up or death.

I am also facing a loss as my Dad is preparing to make his transition. He has multiple myeloma (bone marrow cancer) and has only weeks to live. So I am preparing myself for one more change that I don't really want but have to face, nonetheless. I appreciate everyone's patience and understanding over the summer as I will likely be less available on social media and email.

So for all of you who are also facing difficult changes, this issue will focus on how to get through these challenges, heal and come out stronger on the other side...

Upcoming events

- **August 12 @ 7:30 pm ET** – [Empaths and narcissists online workshop](#)

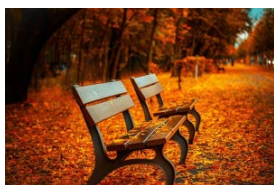
Note: I am not hosting any events in July as I'll likely be returning home to New Brunswick.

Resources



Learn how to deal with loss and let go of someone you love:

[The art of letting go](#)



Discover why we resist change and 5 ways to learn to let go in:

[Unwanted changes – How to let go and move forward](#)



Discover some coping strategies when dealing with a break-up in:

[What to do \(and not to do\) when a relationship ends](#)



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Dating and relationship tips: My ex reached out to me – what should I do?

It's common that at the very point when a woman starts to reclaim her power and takes her life back, her former partner suddenly realizes what he (or she) is losing and reaches out. Exes reaching out has become even more common during COVID times, as single people have felt lonelier than ever. But loneliness is NOT a good reason to rekindle things with your ex. Lonely, unhappy people attract lonely, unhappy people. It does not result in a healthy relationship.

It's possible that your ex is a good person, and that you could maintain some sort of friendship. But friendships with exes are hard to maintain. Usually, one wants more than the other. And usually, one is benefitting more than the other (often the guy). Plus it ties up your emotional space, preventing you from healing and moving on so someone better can enter the picture. And then once a new person does enter the picture, they are usually not thrilled that you are buddies with your ex.

So, before reopening that door, ask yourself some important questions: What do I stand to gain from re-engaging with my ex? What does he stand to gain (and is it more than I would gain)? Will this add to my life, or detract from it? Will this re-open wounds I've been working to heal? Has he REALLY changed (has he actually done work on himself)? And why am I considering this? Is it just to ease my loneliness? Is it to avoid dealing with my fear of being alone? Is it because "someone is better than no one" – and is that really true?

In my professional experience, the reason your relationship failed in the first place usually repeats itself. It's rare that the relationship suddenly works...unless BOTH parties have done SIGNIFICANT inner work, usually with the help of an experienced coach or therapist. Promises of change do not mean change. Words mean little...actions mean everything.

Wait for the guy who PROVES he's deserving of your time, energy and heart. You deserve to be more than someone's back-up plan because they're lonely or bored or their last relationship failed!

Healthy hints

TAKE CARE



[Self-care practices](#)

Rockin' recipes



[Summer BBQ recipes](#)

Creativity corner



[Backyard decorating ideas](#)

Comedy central



[Why women stay single](#)

Wishing you a warm, relaxing and joyful summer!

xo Karen

Karen Strang Allen

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Author of *Free to be me: Create a life you love from the inside out!*

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