



Empowered Living #56 – Falling in love

Fall 2022

Ah, September...kids heading back to school, crisp autumn evenings, and leaves changing colour. Time to dig out our jackets, harvest our crops, and make yummy comfort foods!

There is one more fall trend you may not be aware of...fall is also known as the “cuffing” season. That’s because people couple up in larger numbers, wanting to have a partner to spend the cold winter months (and Christmas) with. “Cuffing” is a reference to wearing handcuffs, as people metaphorically “handcuff” themselves to another, often realizing by spring that their choice may have been too hasty.

Not the most romantic analogy is it? And yet there’s some truth to the fact that when we choose someone simply because we don’t want to be alone, we often make the wrong choice.

So this month’s articles are designed to help you understand the difference between love and infatuation, healthy love and toxic love. Enjoy!

Upcoming events

- **Sept. 6** – [Empaths & Narcissists](#) live online masterclass
- **Sept. 10** – [One Woman FEARLESS world summit](#) (I am one of the speakers)
- **Sept. 15** – [Loving without Losing](#) live online masterclass
- **Sept. 29** – [Anniversary dinner & Dueling Pianos](#) in Kanata, ON (Single Gals event)

Resources



How can you tell if the rush of emotions you feel when you’re falling in love is real? Find out in: [Is it love or infatuation?](#)



If you tend to dive deep and fast into your relationships and give too much, discover how to stop chasing love in: [Looking for love in all the right places](#)



If you’ve ever been in a toxic relationship, you know how hard it is to leave. Learn what’s really going on (and what a healthy relationship looks like) in: [When love isn’t healthy](#)



Dating and relationship tips: The importance of taking breaks between relationships

Too often, I see people rushing back into dating shortly after a relationship ends, barely taking time to breathe in between. This is usually caused by a fear of being alone (and bad advice from friends & family).

Instead, I recommend going on a “dating diet” after a break-up (especially after a long or difficult relationship). It’s important to take time to re-center and learn how to stand on your own two feet again. After years of watching women repeat toxic relationship patterns over and over (and doing the same myself), I’ve found it’s best to take time to rediscover who you are, feel good about yourself and create a life you love before heading back into the dating world.

Why? Because raising your energetic vibration before dating will improve the quality of the people you attract. And learning to feel good on your own and meet some of your own needs will put less pressure on the person you date. Lastly, you won’t feel in such a rush to find “the one” because you’re enjoying life already, and will be able to take your time to get to know the person when dating, before committing.

Healthy hints



[10 skincare tips for Fall](#)

Rockin’ recipes



[Best Fall soups](#)

Creativity corner



[Fall DIY gift ideas](#)

Comedy central



[Worst first dates](#)

If you’re not already a member, I invite you to join our online community: [Empowered Single Women: Loving life and attracting love!](#) This Facebook group is a place to connect and share with other amazing women who want more out of life and their relationships.



I hope you have a wonderful start to your fall!

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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