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## Empowered Living #49 – Communicating with kindness

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Everyone knows that communication is important in relationships. So why is it so bloody hard to get it right?!

Part of the challenge is that we see the world from our own point of view. So sometimes another’s perspective just seems wrong to us. Other times, it’s the way we communicate that gets us into trouble – our tone of voice, volume, pace, gestures. Still other times, we don’t say what we need to say, and just avoid the person altogether, leaving them feeling confused about what went wrong.

Whichever side of the coin you’ve been on, you’ve no doubt discovered that communicating clearly (and with kindness) is an artform...and a skill worth practicing! So if you think your communication skills could use some fine-tuning, read on...

### Upcoming events

- **September 9** – [Lemons to Lemonade online masterclass](#)
- **September 21** – [Single Gals Anniversary Dinner](#) (currently full; waitlist only)
- **October 5** – [Empaths and Narcissists online masterclass](#)
- **November 13** – [Heartbreak to Breakthrough 1-day workshop](#)

### Resources



Learn what to do (and not to do) when a guy you’re dating stops communicating with you: [What to do when a guy ghosts you](#)



Discover a simple 3-step way to express how you really feel without creating conflict in: [3 steps to express yourself without conflict](#)



Discover some tips to avoid criticizing and being criticized in: [The end of criticism](#)



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## Dating and relationship tips: When validating is the wrong approach

One great thing about working with women is they are usually more validating of each other than men are. And that is a good thing, right?!

Yes, often it is good. But sometimes it is not.

Let's say that your friend shares with you that a guy she was seeing dumped her. You say, "That sucks," and ask her how she's doing. She shares that she's struggling and getting discouraged about dating.

Bad validating would be saying, "OMG, that guy is such an ass. Why do men have to suck so much? I mean online dating is the WORST. Just last week..." and you go on and on complaining about men.

This kind of validating is NOT helpful because it's not true that all guys are jerks. You don't know why this guy didn't choose her...it could well be something SHE did. Or it could simply have not been a match. That doesn't make him a villain! Complaining about men and man-bashing keeps her stuck in victim mentality. It causes her to focus on what's wrong with men/dating/relationships, and to feel bad, thinking nothing will ever change. She cannot find a solution to her problem from this low-vibrational place. And this kind of thinking prevents her from looking honestly at her own areas of growth...her reactions, her limiting beliefs, her mindset, her behaviour.

Good validating would be to acknowledge her feelings of disappointment and frustration: "I'm sorry babe. It makes sense that you're feeling frustrated." Then say something encouraging to lift her up: "I'm here for you. I love you and I'd choose you!" Then help her refocus on the positive by talking about all her good points and reminding her "There are other fish in the sea. Don't give up, you'll find yours!"

So next time a girlfriend shares that she's feeling discouraged with dating, please don't jump on the "men suck" bandwagon. Instead, validate her feelings, then offer her a better feeling idea or perspective. Share how you moved past your challenges and give her some ideas for what she could try next.

### Healthy hints



[Post-pandemic stress](#)

### Rockin' recipes



[Easy soups](#)

### Creativity corner



[Benefits of adult colouring](#)

### Comedy central



[Relationship red flags](#)

Wishing you a happy fall and a productive return to school / work!

xo Karen

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