



Empowered Living #59 – Love and longing

Summer 2023

Summer is here, and with it comes sunnier days, renewed energy, social engagements, and graduations. My son just graduated from high school and is off to university this fall – time certainly flies when you’re having fun! I plan to fully enjoy this summer with my kids while they’re still here. 😊

Summer also often brings with it a longing for love...for holding hands, watching sunsets and sitting on patios as a couple. The desire for companionship and connection is natural...so why does it sometimes seem so elusive? And why does it seem like we’re a magnet for the wrong people?

Through years of study, coaching women, and my own journey with dating, I have discovered there is a big difference between healthy love and toxic love, and there are reasons why we get attached to the wrong people and find it hard to let go. I’m hoping this newsletter will shine some light on these reasons, so you can line yourself up with the real and lasting kind of love! Enjoy.

Upcoming events

- **July 18** – [Loving without Losing](#) (free live online masterclass)
- **July 20** – [Single Gals dinner @ Tavern at the Gallery](#) (Ottawa in-person event)

Resources



[How to overcome infatuation \(and get over your ex\)](#) – Learn the difference between limerence and real love (and how to let go of the wrong person).



[Is it love or infatuation?](#) – How to discern whether the strong emotions you’re feeling are the real deal...or an illusion!



[Looking for love in all the right places](#) – Learn where love *really* comes from...and how to find it.



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.



Dating and relationship tips: How will I know if someone is worth dating?

Finding the right person is a process that takes time. It's important to not succumb to "lazy dating" and go for the first person you meet, simply because you don't want to be alone.

To know if a person is worth dating, ask questions to get to know who they are and what matters to them, and be sure to authentically share the same about you. Look for compatibility of values, lifestyle, relationship needs. Notice if you feel eager to meet them / see them again, and if you feel safe and comfortable in their presence.

Watch for these "green flag" behaviours:

- They are self-aware and communicate openly and honestly.
- They have healed from past relationship wounds and seem ready for a relationship.
- They are kind and caring towards you and respect your boundaries.
- They talk positively about others and have a number of good relationships with friends & family.
- They are generous and thoughtful.
- They connect regularly and show interest in getting to know you.
- They follow through on their commitments and show up when they say they will.
- They neither rush in too fast, nor avoid getting close over time.
- They seem mature, responsible, and have a well-managed life.

Don't expect to know all these things on a first date...it takes time to get to know someone and see their true colours. The only thing you need to decide on a date is if you like them enough to want to see them again! Be patient with the process, and don't commit your heart until you know they deserve it. 😊

Healthy hints



[Preventing heatstroke](#)

Rockin' recipes



[Grilling recipes](#)

Creativity corner



[Easy to plant summer flowers](#)

Comedy central



[Funny dating meme](#)

Wishing you loads of sunshine, joy and rest this 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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