

7 WAYS

To Get More Energy from Your Relationships

Ever felt like relationships drain you rather than fuel you? Been there, done that. But at 40, I had an epiphany: **Relationships should energize, not exhaust. So, let's revamp your connections.**



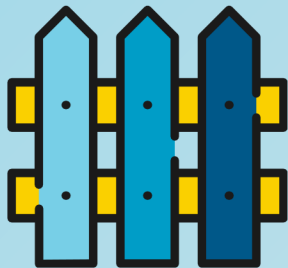
02 SPELL OUT YOUR NEEDS

Being needy isn't a flaw; it's essential for intimacy. Slow down, identify your needs, and ask for them directly.



04 NO MORE PASSIVE RESCUE WISH

Stop silently hoping others will read your mind. It only leads to codependency or resentment. Refer back to #2 and practice speaking up.



06 RESPECT YOUR BOUNDARIES

Don't play hero when you're running on empty. Learn to say no when you can't give more.

01 CUT THE DRAINERS

Stop investing in one-sided relationships. If they're not reciprocating, tag them as acquaintances, not friends.



03 BOUNCE BACK

When you're missed after asking for your needs to be met, don't give up. Try again with the same person or seek support from a different friend.



05 QUIT PLAYING SAVIOR

Anticipating and managing others' needs drains your energy. It's not just about dodging their rescue wishes—it's about reclaiming your energy. Let them handle their own needs and emotions. It's empowering—for both of you.



07 NO MORE DEFENSIVE HOPE

Accept reality. If they can't meet your needs, allow yourself to feel the pain and mourn the loss, then focus on relationships with potential.

