

# MAY NEWSLETTER

## When Growth Changes Your Relationships



It's okay if your life doesn't fit like it used to, or your relationships aren't the same. This is a sign of change and growth as a person.

There's a quiet moment that can happen in life—sometimes subtle, sometimes unmistakable—when a relationship starts to feel different. Conversations don't flow the same way. Shared interests shift. The ease you once relied on feels a little harder to find. Often, this isn't about something going wrong, it's about something changing and more often than not that change is growth.

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## When You Begin to Change

Personal growth doesn't usually announce itself loudly. It shows up in small ways—new boundaries, shifting priorities, different topics of conversation, a different tolerance for what once felt manageable. You might find yourself having different interests, new friends, going to different places and trying new things. It can also look like stepping back, saying 'no' when you once said 'yes', creating distance or taking up more space than before. As you change, it's natural for your relationships to feel the impact.

Sometimes this looks like:

- Feeling less connected to conversations that once felt easy
- Feeling out of step with others
- Noticing that certain dynamics no longer feel good or sustainable
- Wanting deeper or different kinds of connection

This can bring up a mix of emotions—guilt, relief, confusion, even grief. You might wonder if you're being unfair, or if you should try harder to “get back” to how things were. This is a great time to acknowledge how you have changed, take stock of the relationship and shift if needed. Growth isn't always comfortable, but it's worse if you shrink yourself to maintain familiarity. Allow yourself to move in ways that feel good to you and take part in relationships that add something to your life.



## When Others Change

Just as you are allowed to grow and change, so is everyone else. People in your life may grow in ways that may surprise you. They might develop new values, interests, or priorities that don't align with yours in the way they once did. They may need different things from the relationship—or show up differently than they used to. This is okay.

It means the relationship has shifted, sometimes it feels great, other times it may feel more disconnected. When it feels good, is fulfilling relationship needs and is on an upswing it can be helpful to allow this person space to be who they are. In saying this it may also feel suspicious depending on the relationship. Growth takes time and so does settling into new relationship dynamics. Trusting someone comes when their actions are consistent and reliable, this also takes time. You may feel guarded and that's okay, you can allow space for the person to grow and be supportive while also being mindful of the past to protect yourself. Both things can be true at once.

If the relationship has been impacted negatively or feels disconnected it can be confusing, especially when there's no clear conflict to point to—just a sense of distance. This is okay too. You may find yourself acknowledging that things feel different, that you may miss how things used to be or that you're not 100% sure where you fit in this version of the relationship.



In some cases open and honest communication can help address some of these thoughts and feelings to help everyone involved truly understand how the relationship has changed opposed the making assumptions about why something is the way it is.

## **Relationships Don't Always Grow in the Same Direction**

One of the hardest parts of growth is realizing that not all relationships are meant to evolve in the same way—or at the same pace. Some relationships deepen. Some shift into something more distant, but still meaningful. Some may no longer fit into your life the way they once did. Some come to an end.

This isn't a failure. It's a reflection of the fact that people are not static. We are shaped by our experiences, our healing, and our environments—and sometimes those paths naturally diverge. You can both have a relationship that was important and beautiful, and have it no longer fit your life. You can care about someone and need distance. You can feel grateful for what was and accept what is now. These can be difficult things to come to terms with. But letting a relationship



take it's course is not about dismissing the past, it's about acknowledging the past, maybe even being grateful for it, but also accepting and making space for the present and future.

## **Moving Forward with Intention**

Moving forward in a relationship or alone can create so many mixed emotions. It is important in these moments to give yourself a little grace. What you are doing may not be easy and it can take a lot of balancing. Here are some questions to ask yourself to ensure you are moving forward with intention and ways that feel authentic to you;

- What do I need right now?
- What feels aligned for me right now?
- What kind of connection am I needing at this stage of my life?
- Where do I feel seen, respected, and able to be myself?

Reflecting on these questions requires you to be honest with yourself and to meet yourself where you are. Growth and change requires courage to have honest conversations, to set boundaries, or sometimes, to allow distance without forcing resolution. These can feel weird and uncomfortable or liberating and amazing, all can be true at once. Acknowledge the feelings, get curious about the feelings and accept the feelings, but ultimately be kind to yourself during this time. This will allow you to open the door to a relationships that meet that meet you where you are now.

## **Updates, This & That**

### **Pet of the Month**

Vader is the top dog this month! Pictured is Vader enjoying his birthday with a special birthday cookie. Way to go Vader!

### **Clinic Closure**

The clinic will be closed on Monday, May 18<sup>th</sup> for Victoria Day.

### **Did You Know?**

Victoria Day is not always on May 24th because Canadian law changed in 1952 to always observe the holiday on the last Monday preceding May 25th. This ensures a three-day weekend rather than a holiday falling in the middle of the week

