

# **The Single Worst Mistake Women Make in Their Relationships –**



## **and What to Do NOW to Fix It!**

**By Michelle Kelley, LCSW  
Licensed Counselor  
Owner, Girls Stand Strong**

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**The reason you are reading this is possibly because:**

- **you're in a relationship that isn't living up to your expectations,**
- **you're in a relationship and feeling frustrated, annoyed and possibly resentful and you can't identify why,**
- **you're in a new relationship and don't want to do anything wrong to derail it,**
- **or you're looking for a relationship and want to start off on the right foot.**

## So what is it?

What is the single worst mistake women make? What is it we do to mess things up? We can't fix it until we know!

I often hear that women ask for too much. You may even believe that's true; that we tend to be too demanding in a relationship -- we're "high maintenance" -- and that's what sends it down the drain.

Actually, I believe the opposite is more truthful! My 20+ years of counseling women has shown me that women do not ask for *enough*. Therefore, the single worst mistake women make in their key relationships is **not asserting their needs and feelings**.

## But why?

Women tend to push their own needs aside, especially if we have a partner or children. Many of us do not even recognize we have needs!

We have overlearned the skills of accommodating others. We're excellent and patient listeners, we are natural care-givers, and we're supportive of everyone around us.

But do we ever get:

- Enough help with childcare?
- Enough time to take care of our own health (emotional and physical)?
- Enough space?
- Enough togetherness?
- Enough of *whatever it is* we need?

Perhaps "not having needs" is seen as feminine, attractive or strong (to some). Yet this would imply that knowing our heart, speaking our mind and acknowledging our needs is unattractive or somehow selfish.

Baloney!

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## Isn't this normal?

Whether we consider this Wonder Woman behavior or “playing small”, it is not good for us or for our relationship. Playing into these roles or ignoring our own needs portrays an unrealistic picture of us... and this is why **not asserting our needs and feelings is the single worst mistake women make.**

When we do not acknowledge our own needs and do not ask for support, we go down a dangerous road – a road that can lead to struggles with low self-esteem, depression and anxiety.

**Remember, you are an empowered woman at the core** (even if you have forgotten).

## How to fix it.

Here are four steps to becoming or reclaiming the empowered woman you desire to be:

1. **Name your emotions.** It's okay to acknowledge them because they are real. You need to stand and face them and put a name to them to begin healing.
2. **Understand your emotions.** Why are you feeling this way?
3. **Identify the triggers to your emotions.** Something is going on that makes you have these feelings, and it needs to be addressed.
4. **ASK FOR WHAT YOU WANT WITH CLARITY AND CONFIDENCE.** Learning to ask and receive is a learned skill. It may take time and practice. Change often does.

As you apply these steps in your everyday life, you will become more perceptive of your needs and feelings and learn to assert them in ways that provide you with a more fulfilling personal life and relationship.

## Remember...

Women are programmed to give, which is fine – but only if we stay in balance.

What will you do today to re-create your tomorrow and all your tomorrows after that?

If you would like to learn more about how to begin this process or if you want support in making changes, please contact me. I would be happy to be your empowerment coach!

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## About Michelle Kelley

Michelle Kelley, LCSW is a licensed counselor and the owner of Girls Stand Strong, a professional counseling practice in Warrenton, Virginia. Michelle specializes in helping girls and women develop the self-confidence and self-esteem they need to achieve their goals and realize their dreams. Through her speaking engagements, workshops, and counseling Michelle provides girls and women with the essential tools to select and cultivate healthy friendships and relationships. Such positive relationships foster a strong emotional well-being and successful social lives. Please visit [www.GirlsStandStrong.com](http://www.GirlsStandStrong.com) or call 703.505.2413 for additional information.



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