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Ever felt friendless, girlfriend? Ever moved to a new town or started a new job where you felt so isolated

In her book, 'Daring Greatly', Brené Brown explains that we've all been disappointed, hurt or down

Life coach Catherine Bruns says that trust has been coming up a lot in the work she does with clients

Maybe you share the soft underbelly of a shameful event with someone, only to hear it repeated to

So, how do you know who would be able to hear your story with empathy and without running you

When you meet someone new, see the potential friendship as an empty jar. Whenever this friend

Marbles come out of the jar when that person disregards your private space and treasured posses

You cannot have a trusting connection with someone when more marbles keep going out of the jar

Catherine uses the idea of a dartboard to explain your relationships with people. Think about all the

The bull's eye is small for a reason. Not everyone belongs in there with you and there's nothing wrong w

In the next circle are those who are less connected to you, but are important for various reasons. And

You just have to realise that you cannot expect any one person to meet all your needs. That's asking

What is important is whether you like them or not. We let people get away with too much because
Neale Donald Walsch said that the goodness in your life does not come to you from someone else

There is no need to 'play up' to another or try to remain in their good graces. Remain in your own, by n

Girlfriend, you train others how to treat you. When you see this, you'll be free.