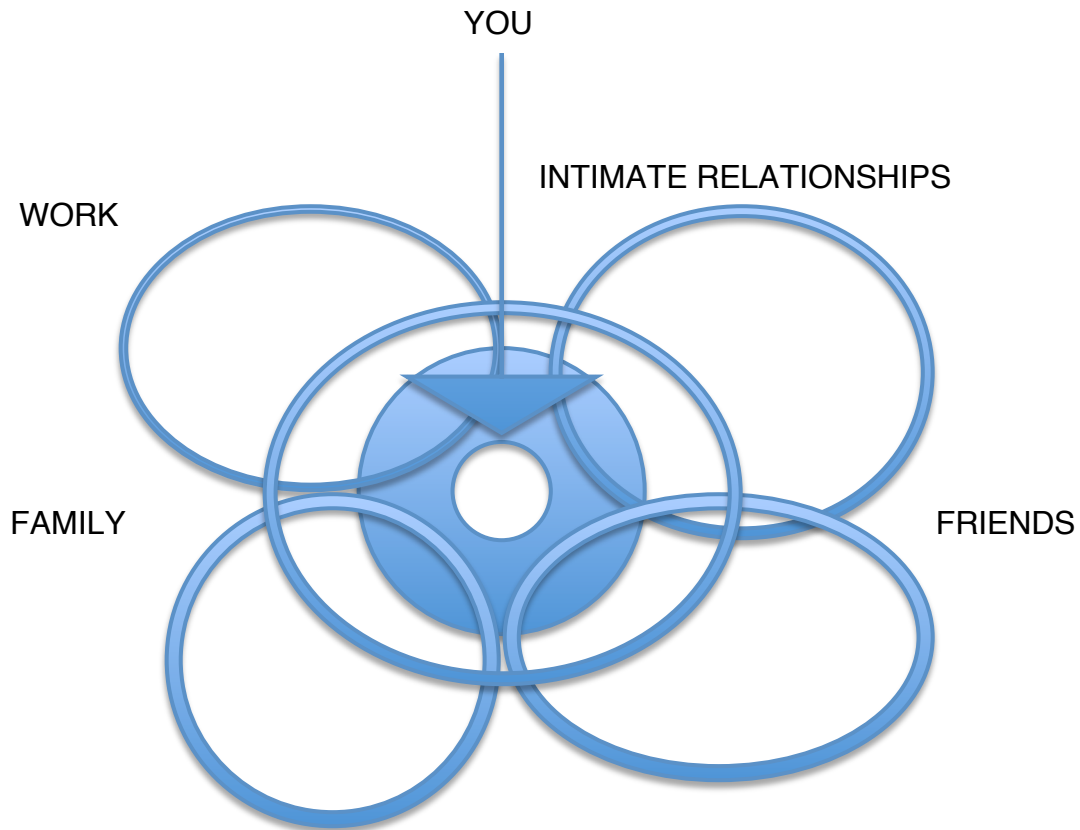


Empowerment Assessment Chart

We all have set boundaries in many areas of our lives within our comfort zone, but sometimes the dramas of our lives cloud our boundaries. Commitments from work, family, friends, social obligations, intimate relationships, etc. can cause you to become overwhelmed and lose your "sense of self." Your boundaries become overlapped and undefined, with you, in the middle, feeling lost.

You don't want to let this happen because it diminishes who you are. However, sometimes you just can't help it. The diagram below shows you what this looks like. So the question here is, how do you regain your autonomy, so that you once again feel empowered, strong and focused?



The first thing to do is become aware of your situation and remind yourself that you are important. Then look at the choices you make and whether they are benefiting your personal well-being. This exercise will make you aware of areas that need some nurturing and TLC (tender, loving care). Respond to the statements below by examining whether you totally, sometimes or never agree with them.

