

# EMPOWERMENT

Some of us were brought up to merge our self with those around us: our family, our schools, churches and other social organizations.

Under the umbrella of family or group, we learned to subvert our interests and needs to others who were more powerful, such as a parent, older sibling, chronically ill family member, a school system, government, etc.

In marriage, some of us continued subverting our needs to our spouse, children and aging parents. Our own self may never have had the opportunity to fully develop. We never learned to exchange information and emotions with others while maintaining individuality.

We never learned to connect without merging, without loss of our own self.

When we overly identify with others, we lose our boundaries. When we set boundaries, we are honoring that part of us which makes us a unique and important individual.

Much of our unhappiness and worry results from our inability to set boundaries. We have learned not to feel empowered to be our own self. We haven't learned how to be oneself as a separate entity from someone else.

As a result, inside ourselves, sometimes barely conscious, our body system continues to deny its unique existence.

In this session we will begin to acknowledge our unique personhood. We may need to learn how to undo years of practice where we gave priority to the needs of others rather than consciously acknowledging our own.

In this process, we will be careful of extremes. We are not trying to establish walls. We are not looking for boundaries so rigid that they are no longer permeable.

However, we're going to learn how to acknowledge, validate, and give importance to our needs as humans.

## AFFIRMATIONS FOR EMPOWERMENT

- My emotions are allies
- I can heal
- I can trust
- I have resources
- I have boundaries
- I can experience intimacy
- My body belongs to me
- I have an unconscious
- I have a future
- I have inner guides
- My emotions are allies
- I can reject others
- I can release self-blame
- I can participate in a community
- I can enjoy my sexuality
- I can change my relationship to my memory
- I can support and respect myself