

**SELF-EMPOWERMENT:**  
*FOSTERING HEALTHY  
RELATIONSHIPS*



## **SELF-EMPOWERMENT**

Confidently gaining control over your life by making decisions that helps you achieve personal growth and success.



## **DISEMPowerMENT**

When you doubt your ability to take control of your life.  
The opposite of self-empowerment.





# The Importance of Self-Empowerment

- Self-empowerment encourages you to live your life authentically.
- It will help you build your confidence and strengthen your ability to stand up for yourself and say **NO** when necessary.
- Self-empowerment can help strengthen and improve your relationships.
  - Confidently set boundaries



# How To Empower Yourself

## **Understand What Confidence Means To You:**

Take time to learn what makes you feel the most confident and how you can implement daily habits that increases your confidence.

## **Learn To Say NO:**

You have every right to say **NO** to someone! Saying **NO** does not make you a bad person; it is healthy to say **NO**!

## **Build Healthy Habits:**

Learn to take time to prioritize yourself and your needs. Be sure to make time for self-care.

## **Positive Self-Talk:**

Do not say things to yourself that you would not say to others.

# Self-Empowerment & Your Relationship

- Ignoring your needs in order to constantly please your partner can negatively impact your well-being and your relationship.
  - People will walk over you
  - Feelings of resentment may arise
- Constantly putting other people's needs before yours can eventually lead to people manipulating you.
  - People will constantly try to get what they want from you
- Healthy relationships value and recognize each other's needs, it is never one-sided.





# The Role of Empowerment in Your Relationship



- Empowerment is a guiding force that fosters healthy relationship dynamics.
  - Communication is enhanced
  - Emotional intimacy improves
  - Respect is mutual
- Empowered partners will help boost and strengthen their relationship.
  - They embrace evolution and learning
- When both partners are dedicated to empowering themselves and each other, empowerment will become a shared journey, allowing the relationship to blossom.

# How to Empower Yourself in a Relationship

## 1. Set Healthy Boundaries

Take time to determine your boundaries and discuss them with your partner.

- Do you like public displays of affection?
- What sexual activity are you okay with? What are you not okay with?
- Are you okay with sharing passwords?

Always recognize when boundaries are crossed.

## 2. Self-Care

When in a relationship, it is typical to put your partners needs before your needs. Therefore, it is extremely important to take time for yourself outside of your relationship.

- Spend time with friends
- Make time for family
- Engage in hobbies

## 3. Open Communication

Communicating with your partner is imperative in a relationship. It is important to speak up if/when you need something or if you're confused and need clarification. If boundaries are crossed, have an honest conversation and let them know how you feel. Be sure to actively listen to your partner when expressing how they feel.

#### *4. Showing Consideration*

Respect goes both ways. You should show consideration for your partner's opinions and boundaries, and they should show consideration towards you and your decisions. If you feel like your partner does not respect you, then it might be time to have an open and honest conversation with them.

#### *5. Say **NO** When Needed*

You do not have to do anything you don't want to. Saying no does not make you a bad person or a bad partner. You have the power to make informed decisions that are best for you. Your partner should **NEVER intentionally** make you feel guilty whenever you say no!

#### *6. Trust Yourself*

Have faith in yourself when making decisions. Trust that you are making the correct decisions for yourself and your well-being. Own your decisions! Try not to question yourself and do not second guess yourself.



# A Healthy Relationship Is...



## Showing Mutual Respect

Respect in a relationship means valuing the other person and understanding their boundaries.



## Being comfortable with expressing your opinions

Both partners should be able to comfortably express their opinions without fear of judgement. Both partners should respect each other when expressing opinions.



## Feeling physically and emotionally safe

No partner should ever make the other person feel physically or emotionally unsafe around them.



## Communicating effectively

Both partners should be speaking honestly and openly to prevent miscommunication.



## Being honest with one another

Being honest helps strengthen and build a relationship. It is unhealthy to be dishonest and hide things from your partner.



## Being able to fully trust your partner

Trust helps strengthen a relationship. Partners should be able to trust each other and give each other the benefit of the doubt.



## Supporting each other to practice individuality

Both partners should be able to continue seeing their friends and doing the things they enjoy. Neither partner should have to give up their individuality in the relationship.



## Being able to compromise

You and your partner won't always agree on things and not everything will always go your way. Therefore, it is important to listen to each other's perspectives and be willing to give and take.

# A Healthy Relationship Is NOT...



## **Controlling**

A controlling partner will typically make all the decisions, tell the other partner what to do, and control who the other partner spends time with.



## **Being dishonest**

A dishonest partner will lie and keep information from the other partner.



## **Intimidating each other**

Intimidation in a relationship is when one partner will try to control the other partner by making them feel timid or fearful.



## **Being sexually/physically violent**

No partner should ever force you against your will to engage in sexual activity. Nor should they ever use force to get their way (hitting, grabbing, shoving, slapping).



## **Being exceptionally dependent on each other**

Unhealthy dependence is when a partner feels like they “cannot live without” the other. Oftentimes the partner will threaten to do something dangerous if the relationship ends.



## **Hostile**

A partner will typically pick fights constantly with the other partner. One partner might feel to do everything in their power to not upset the other.



## **Disrespectful**

One partner will do/say things that will put the other down, such as destroying their property, making fun of the other partner, and/or make fun of the other partner’s interests.



## **Emotionally abusive**

One partner will purposely cause conflict with the other, belittle their emotions, mock and devalue their interests, manipulate them, and blame them for reacting to the toxic behavior.



# Making Informed Decisions

- You have the power to make informed decisions about your sexual health that are right for you and reflect your personal values!
- Birth Control
  - Do you want to be on birth control?
  - What birth control methods do you like?
  - When do you want to start being on birth control?
- When To Engage in Sexual Activity
  - You have the power to decide when and with who to engage in sexual activities with.
  - If someone makes you feel bad for not wanting to engage in sexual activity, then that person might not be for you.
- Condoms
  - Never let anyone persuade you to not use condoms.
    - Condoms prevent unwanted pregnancies & STIs
  - If someone makes you feel bad for wanting to use a condom, then that person might not be the one for you.



## Ready to Take Charge of Your Sexual Well-Being?

Please visit our website to make an appointment at one of our **25 locations** or make a virtual appointment with one of our providers!



We will be more than happy to help you take control and care of your well-being.



# The Most Empowering Thing You Can Do Is Ask For Help



**Suicide Prevention Hotline:** 1-800-273-8255 or 988

**National Human Trafficking Hotline:** 1-888-373-7888

**Substance Abuse Service Helpline:** 1-844-804-7500

**National Child Abuse Hotline:** 1-800-422-4453

**National Domestic Violence Hotline:** 1-800-799-7233



# Q & A

Have a question you'd prefer to discuss privately?  
Feel free to reach out to Marie Garcia at  
[megarcia@fpawomenshealth.com](mailto:megarcia@fpawomenshealth.com)  
for a confidential conversation.



# THANK YOU

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