



Truth **FULLY**  
EMPOWERMENT  
TRAINING

<i>Healthy</i> <b>BOUNDARIES &amp; SOVEREIGNTY</b>	<i>unHealthy</i> <b>BOUNDARIES &amp; coDEPENDANCY</b>
You can <b>SAY YES OR NO AUTHENTICALLY</b> , and are okay when others say no to you.	You have a hard time saying no because you're afraid of rejection or abandonment.
You have a <b>STRONG SENSE OF IDENTITY</b> .	Your identity consists of what you think others want you to be. You're a chameleon.
You <b>RESPECT YOURSELF</b> .	Your inner dialogue is self-judging and shaming.
You <b>EXPECT RECIPROCITY</b> in a relationship, and <b>SHARE RESPONSIBILITY</b> and power.	The power and responsibility in your relationships is out of balance. You tend to either be overly responsible and controlling or passive and dependent.
You <b>KNOW WHEN</b> the problem <b>IS YOURS</b> and when it <b>BELONGS TO SOMEONE ELSE</b> .	You take on other's problems as your own.
You <b>SHARE PERSONAL INFORMATION GRADUALLY</b> in a mutually trusting/sharing relationship.	You share personal information too soon before establishing mutual trust/sharing.
You <b>DON'T TOLERATE ABUSE</b> or <b>DISRESPECT</b> .	You have a high tolerance for abuse and being treated with disrespect.
You <b>KNOW</b> your own <b>WANTS, NEEDS, AND FEELINGS</b> , and communicate them clearly.	Your wants, needs, and feelings are secondary to others and are sometimes determined by others.
You are <b>COMMITTED TO</b> and responsible for exploring and nurturing your <b>FULL POTENTIAL</b> .	You allow others' expectations of you to define your potential, and lose sight of your dreams and aspirations.
You are <b>RESPONSIBLE FOR YOUR OWN HAPPINESS</b> and fulfillment, and allow others to be responsible for their own happiness and fulfillment.	You feel responsible for others' happiness and fulfillment and sometimes rely on your relationships
You <b>VALUE YOUR OPINIONS, INSTINCTS</b> , and <b>FEELINGS</b> as much as (or more than) other people's opinions and feelings.	You tend to absorb the feelings of others. You rely on others' opinions, feelings, and ideas more than you do your own.
You <b>KNOW</b> and <b>RESPECT YOUR LIMITS</b> (emotionally & physically). You allow others to define their own limits.	You allow others to define your limits in order to please them or you try to define limits for others.
You are <b>ABLE TO ASK FOR HELP</b> when you need it.	You feel that asking for help is a sign of weakness and you avoid it.
You <b>DON'T COMPROMISE YOUR VALUES</b> or <b>INTEGRITY</b> to avoid rejection or adversity.	You compromise your values and beliefs in order to please others and avoid conflict.
You <b>TRUST</b> your <b>INNER VOICE</b> and <b>INSTINCTS</b> .	You ignore your inner voice and instincts, and rely on others for direction in life.