

## **Empowerment: The Elements**

Having decision-making power.

Having access to information and resources.

Having a range of options from which to make choices.

Assertiveness.

A feeling that the individual can make a difference (being hopeful).

Learning to think critically; learning the conditioning; seeing things differently.

- Learning to redefine who we are
- Learning to redefine what we can do.
- Learning to redefine our relationships to institutionalized power.

Learning about and expressing anger.

Not feeling alone; feeling part of a group.

Understanding that people have rights.

Effecting change in one's life and one's community.

Learning skills that the individual defines as important.

Changing others' perceptions of one's competency and capacity to act.

Coming out of the closet.

Growth and change that is never ending and self-initiated.

Increasing one's positive self-image and overcoming stigma.