

Personal P.O.W.E.R. Principles

Presence:

- Voice. Your most important self-defense tool.
- Body language & stance.
- Breathing.
- Expand your personal space bubble.

Own your power:

- Own yourself: are you a **Being In Total Charge of Herself**, or **Cool Under Nasty Threats**?
- Antagonist may use insults, trash talk, and ploys to divert your attention from your safety. Own your power by staying focused on your goals of safety.

Watch antagonist and environment. And yourself:

- What's he doing? What's the distance, tone of voice, body language?
- Check out environment for escape routes, other people, environmental weapons.
- Are you breathing? What's your state of consciousness? We tend to take more risks when sad, angry, depressed, inebriated, etc.
- What is your intuition saying? Listen close.

Enforce your boundaries and **E**scape:

- Clear verbal statements.
- Keep your distance.
- Quick physical skills response.
- Run, evade, block, escape. This is the bottom line basic. **Your goal is to keep yourself safe and escape assault.** Use your feet, use your voice, use your cunning, and use your physical skills as a last resort.

Resources:

- Supportive (i.e., non-blaming, non-judgmental) family and friends.
- Advocacy and social services.
- Legal and law enforcement agencies.
- Safety planning.

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