**Having decision-making power**

**Having access to information and resources**

**Having a range of options to choose from**

**Assertiveness**

**A feeling that you can make a difference (being hopeful)**

**Learning to think critically, seeing things differently (redefining who we are, what we can do, and our relationships to those who have power)**

**Learning about and expressing anger**

**Not feeling alone; feeling part of a group**

**Understanding that people have rights**

**Effecting change in your life and community**

**Learning skills that you believe are important (like communication skills)**

**Changing your perceptions of your competency and ability to act**

**“Coming out of the closet”**

**Growth and change that is never ending and is started by you**

**Increase your positive self-image and overcome stigma**

Modified from Chamberlin, J. (1997). Working definition of empowerment. Psychiatric *Rehabilitation Journal. 20(4)* exerpts in:

WI Dept. of Health and Family Services. (2001). Recovery and the Mental Health Consumer Movement in Wisconsin booklet published by Bureau of Community Mental Health Division of Supportive Living, Madison, WI.