

## ***An Empowered Woman and the Survival Mindset***

*“Survival of the fittest” is a saying as old as written time. The predators, in this case, the criminals, prey on who they perceive to be an “easy target”. In the human world this still holds relatively true. Criminals victimize the young because they might not have the life experience to recognize the crime or be strong enough to physically resist. They attack the old by offering false help to gain their belongings and money or abuse them physically because they think they cannot fight back or report the abuse.*

*We cannot change how young or old we are but we can change how we are perceived: a victim/target vs. a strong and empowered woman. Criminals or attackers will target victims who look weak by having poor posture, failing to make eye contact, people who don't pay attention to their surroundings or women who do not stand up for themselves in a relationship. These traits are common in victims of domestic violence, rape and certain property crimes (e.g.-purse snatching).*

*By becoming an empowered woman, not a victim, we will project our self-confidence with good posture (head up, eyes forward, back straight and shoulders back), being aware of risks and avoiding/reducing them, and making sure we are respected in our relationships. Most predators will not take on the challenge of an empowered person no matter their age or sex.*

*For women who are faced with a traumatic event, no matter their situation, there are certain things, which can help her survive. She may choose to take the abuse or fight with every ounce of her body and sole to survive. Her survival must be the only thing that matters during these times. This is what we call the “Survival Mindset”. Never allow death to be to a consideration. We never know exactly what the bad guy's are thinking and don't want to find out. We must never give up! We must fight through the physical violence or stand up to the verbal abuse.*

*If all else fails we can always deliver a good kick or hit to their groin area, hit them in the face, stomp on their feet, or kick them in the knee. The main thing to remember is not to panic and have the “Survival Mindset”. Take action and fight with every physical ounce of your being.*

*Most women don't know their own strength and do not know how to channel their power. At The Women's Self-Defense and Empowerment Group we believe the body is only as strong as the mind allows. If the mind has never experience the body being strong it can create doubt and weakness, which restricts the body from fighting for its survival. The body gives up because the mind thinks there are no other options.*

*Sign up for a class today so you can empower your body by opening your mind to the “Survival Mindset”.*

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