



## Bruised but Not Broken

*Wanda Blackwell*

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Women often stay or feel stuck in a relationship when they don't understand or believe in their own self-worth. It is important for women to not only empower themselves, but to also empower each other, so we can all recognize a healthy relationship and know we deserve to be in one. When we set limits and expectations for ourselves, it will prevent us from falling for any and everything that may not be in our best interest. Pay attention to your own perceived red flags, these are the warning signs that will help you make the decisions that are best for both you and the people who mean the most to you. ~Kara Fluker, MSCP, Resident in Counseling, Manassas, VA

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