



# FEMpowered Stories



A Gentle Space to  
Pause, Reflect, and  
Protect Your Peace.

By Dr. *Quiana M. Shamsid-Deen*

*Healing through Voice, Story & Sacred Vulnerability*



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# LETTER FROM DR. QUIANA

*Dear Sister,*

This little guide is a soft place to land when your yes feels heavy.

For years, I confused peace with pleasing and love with over-giving. Healing taught me that boundaries are not barriers—they are bridges back to authenticity.

These pages were born from that lesson. They are here to help you find language for your “no,” courage for your pause, and rest for your heart.

Every time you honor your truth, you reclaim a part of yourself that forgot she was enough.

With Softness,

*Dr. Quiana*



# How to Use this Book

## 1) **Pause before you pour.**

Read one script when you feel pressure to say yes.

## 2) **Choose your truth.**

Adapt the language so it sounds like you.

## 3) **Reflect.**

Ask yourself what this “no” protects: your energy, your time, your healing, etc?

## 4) **Repeat**

Practice builds ease. Each time you use your voice, it shakes off a little guilt.



Softness is not weakness. It's wisdom resting.



# Reflection Prompts

*Write freely. Healing doesn't need grammar, just honesty.*



1) When does guilt show up around my boundaries?

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# *Affirmations to Anchor Your Peace*

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1. My no is sacred.
2. I can be kind and firm at the same time.
3. Peace is proof I made the right choice.
4. Softness is strength in its truest form.
5. Every boundary I honor builds a bridge back to myself.

***Every 'no' I honor becomes space  
for my truest yes."***

# Ready to Keep Healing?



If these pages helped you breathe again, the journey continues inside

The Soft Boundaries Script Book: a collection of 20 gentle scripts to help you speak your limits with love.

Explore the complete FEMpowered Stories Collection, including Nya's Shining Star and Nya's Enchanted Garden—stories of love, legacy, and healing for the whole family.

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