

Power Threat Meaning Framework

Worksheet



People's responses are understandable

What has happened to you, or been done to you, that has been unfair?

What has hurt your wellbeing? (e.g. fitting in with friends or in society online, harm or trauma, being given out to, losing someone or grief, racism, sexism, being bullied, having less control, being told you have issues, having less advantages or money, unsafe, your body, finding relationships difficult).

How did it affect you and your emotions?

Did you lose anything when the stuff happened or was done to you? (e.g. confidence, sleep, sense of identity, eating, anger, did you become a witness, annoyed, drama, needed to show off).

What sense or understanding did you make of it?

What did you learn? What did you think of your response? (e.g. felt unwelcome, not included, tormented, overpowered, fakeness, only human, reacted, thinking about the other person, blame, shut down).

What did you have to do to survive?

How did you cope? Were there unintended consequences? (e.g. fighting, slagging, standing up for yourself, talking, trust, changed social circle, changed, reinvented or lost myself, gave in to peer pressure, hurting yourself, hurting others).

What are your strengths?

Who is your One Good Adult? Who is the real you? What make you unique?

What is your story?

If you heard someone else tell your story, how might you respond compassionately? If someone was to play you in a film, what would they need in their CV? How has this experience left you?
