

# Power Threat Meaning Framework

## Threat responses

We make sense of our experiences in different ways and we cope in different ways. Lots of threat responses have different purposes or meanings. Below are some examples of how your responses may be helping. Different responses may have different meanings for you.



Threat response/coping mechanism	Purpose/needs being met
Lost memories, food control, doing rituals/repeating actions, high/low mood, hearing voices, alcohol/drugs, feeling disconnected from yourself, feeling numb, hurting yourself physically or emotionally.	Helps you not to feel overwhelmed.
Always being on alert, can't sleep, flashbacks, nightmares, fight/flight/freeze, feeling suspicious, keeping to yourself, aggression/anger.	Protects you from danger.
Food control, doing rituals/repeating actions, violence/aggression, bullying.	Staying in control.
Looking up to others, not sticking up for yourself, seeking care, looking for emotional reactions, use of sexuality.	Looking for closeness.
Rejecting others, hard to trust, seeking care, looking for emotional responses, putting yourself down, self-blame, violence/aggression, not sticking up for yourself, staying silent/quiet, punishing self.	Protection against loss or hurt.
Trying to look/be impressive, unusual beliefs, trying to look/be important, perfectionism, striving, bullying, aggression.	Protecting your identity and self-esteem.
Striving, competitiveness, not sticking up for yourself, staying silent/quiet, blaming yourself.	Protecting your place in the world.
Skin-picking, eating too much, alcohol/drugs, problematic sexual activity, hurting yourself physically or emotionally.	Meeting emotional needs.
Unusual beliefs, hearing voices, not eating, hurting yourself physically or emotionally.	Communicating distress.
Unusual beliefs, over-working, perfectionism, feeling 'high'.	Finding meaning/purpose.
<b>Other examples of coping mechanisms/threat responses.</b>	
Eating/sleeping problems, poor concentration, easily distracted, being impulsive, nervous tics, wetting the bed, stealing, speech difficulties, bullying others, running away from home, hitting/hurting others, fear of separation, phobias, keeping to yourself, skipping school, anxiety/panic, giving up, tearfulness, body hatred, grief, stopping looking after yourself, confusion, avoidance, denying what has happened, tension in the body, unusual sensations, thoughts of suicide or not wanting to be here, feeling entitled, over-exercising, thinking lots.	