

My Power History

Use this tool to help gain a deeper understanding of your personal journey with power in different contexts and through shared stories of the highs (right uses of power) and lows (misuses of power).



TIME



Remembering a Time

Think back to a specific event when you experienced someone misusing their power with you (or someone else), and write down your responses to the following questions.

Who was involved?

What transpired?

Where and when did this occur?

How was power misused?
(be specific)

How did you respond?

What impact did this have on your relationship?

What impact did this have on you, moving forward?

What might you do differently today?