

**HONORS**  
**Segment 1 --- Introduction**

The need for interpersonal “power” is normal and similar to the need for predictability and control. This includes the need for inner control, or inner “manageability.” In times of “powerlessness” negative feeling states (anger, fear, distress, shame, disgust, and contempt) are activated. Suppressed negative feelings leads to “backed-up” affect. Backed-up affect is a form of stress, or internal pressure.

**CONCEPTS:**

Shared Power (in relationships) \_\_\_\_\_

Powerlessness \_\_\_\_\_

Affect \_\_\_\_\_

Stress \_\_\_\_\_

**Describe the following words using “scenes” from this past week:**

**Happiness:** feelings of enjoyment/excitement. \_\_\_\_\_

\_\_\_\_\_

**Adequacy:** specific feelings of pride. \_\_\_\_\_

\_\_\_\_\_

**Powerlessness:** Activator of negative affects—anger, fear, distress, shame, disgust, contempt

\_\_\_\_\_

\_\_\_\_\_

**PLAN:**

1. Use Happiness/Adequacy Work sheet(s)
2. Use Powerlessness Work Sheet
3. Use Journal sheets

**GOALS:**

1. To develop “observing self” skill.
2. Collect and store positive affect, to be retrieved and used later.
3. To build a heightened awareness of positive feeling states, making them more available.
4. Increase personal ability to “self-stabilize.” (Refer to ‘Gains’ below)

**OUTCOMES:**

1. Locate internal resources for building positive self-esteem.
2. Increased ability to validate self from within.
3. Create the potential for better (healthier) relationships in the future.
4. Gains: “self-stabilizing skills”
  - \*Centering
  - \*Self-validation
  - \*Increased ability to recognize patterns of negative internal behavior that undermine healthy self-esteem