Recognizing Patterns of Control

Purpose

Explore repeated behaviours and their effects on autonomy.

How to use this worksheet

1. Read the information and prompts at your own pace.
2. Respond only to what feels comfortable; you may skip any part.
3. Pause whenever you need to.

Reflection prompts

What happened?

What choice or freedom was affected?

Was there intimidation, pressure, or a threatened consequence?

Educational resource developed for Soteldo Psychotherapy Clinic. This worksheet is not a diagnostic instrument, formal risk assessment, legal opinion, or substitute for individualized professional advice.

Reflection prompts — continued

Has something similar happened before?

How did the experience affect me?

What support might be helpful?

References

Concepts informed by:

Department of Justice Canada. (2021). The Divorce Act changes explained. https://canada.justice.gc.ca/eng/fl-df/cfl-mdf/dace-clde/index.html

Ontario Association for Family Mediation. (n.d.). HELP-M Toolkit: Identifying and responding to family violence and power imbalances in mediative approaches. https://www.oafm.on.ca/help-m-toolkit/

Reflection questions and worksheet layout are original clinic educational content.

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