Fear, Intimidation & Autonomy

Purpose

Explore whether fear or intimidation influences personal decisions.

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

When do I feel free to express disagreement?

When do I feel pressured?

What consequences do I anticipate?

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

What choices feel restricted?

What support would help me understand these experiences?

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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