

Power Dynamics



Understanding Power

What does “power” mean to you? Write your own definition:

All of the following can create power differences in a relationship. Do any of these apply in your relationship? Check any that do.

- ☐ Age
- ☐ Being more “out” than your partner
- ☐ Confidence level
- ☐ Money or resources
- ☐ Social status / popularity
- ☐ Relationship experience
- ☐ Friends or connections
- ☐ Other:

Listening to Your Feelings

Think about a time something felt “off” in a relationship (romantic or not). What did it feel like in your body or thoughts? What might those feelings be telling you?

Have you experienced any of these feelings in your relationship?

- ☐ Pressured
- ☐ Ignored
- ☐ Afraid to speak up
- ☐ Like your opinion didn’t matter
- ☐ Comfortable and respected
- ☐ Other:

Speaking Up and Setting Boundaries

Practice using “I” statements.

Instead of: “You never listen to me.”

Try: “I feel _____ when _____ because _____.”

Practice saying “no”.

“I’m not comfortable with _____.”

“I need _____ instead.”

What helps you feel safe and respected in your relationship?



Spotting Patterns

Think about your relationship. Who usually makes decisions? Does everyone feel heard? Why or why not?

Do any of these red flags show up in your relationship?

Check any that do.

- ☐ One person always decides
- ☐ One person dismisses feelings
- ☐ One person uses guilt or pressure
- ☐ One person avoids communication
- ☐ Other:

Support & Next Steps

Who are people you could talk to if something felt wrong in a relationship?

What would make it easier to reach out for help if you needed it?

What does a healthy relationship feel like to you?
