



Simple Checklist for Identifying Power-Giveaways

- ____ 1. I second-guessed my feelings at the suggestion of someone else.
- ____ 2. I changed my plans because I felt pressured by someone.
- ____ 3. I felt bad today because I wasn't doing what I really wanted to do.
- ____ 4. I felt guilty that I didn't think of others before myself.
- ____ 5. I believed I should lean on someone else for advice because they will make better decisions than I.
- ____ 6. I had trouble speaking because I felt what I had to say was less important than what others had to say.
- ____ 7. I had difficulty saying no.
- ____ 8. I changed my feeling state to match those around me even though it wasn't what I was really feeling.
- ____ 9. I said, "Whatever you want to do is fine" when asked my opinion.
- ____ 10. I felt powerless when I was around certain people.