

My, That **scars** Looks Good On You...

S

Status



Perceived Status/Rank/Power

When a person feels a threat to their status, they perceive that their standing in the eyes of those who are important to them will be decreased. This decreased status could be related to their believing they will be seen as “less than” by others or that their competency is being questioned.

C

Certainty



Clear & Defined Future

When we don’t know what is going on or what is about to happen, a normal response is anxiety. When there is certainty in our lives, we don’t feel threatened. When we don’t have certainty, the natural tendency is to move away from the uncertainty.

A

Autonomy

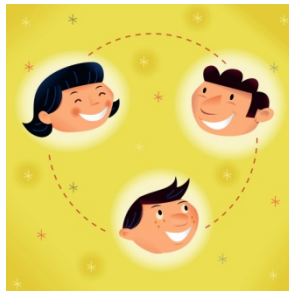


Ability to Control Own Decisions

When people are able to make decisions about what is going on in their life, they have autonomy. So, when one feels they are not able to make decisions regarding what they are going to do, resistance tends to occur.

R

Relatedness



Connectedness to Others

Feeling connected to others is relatedness. When one is feeling disconnected or alone (and that isn’t what they want), there will be push-back. Most people like to know they aren’t alone in whatever feeling they may be experiencing.

F

Fairness



Perceived Equal Treatment

One of the most frequent threats one experiences and can really draw out very strong emotions. Think about the times that someone wanted parity for themselves or someone else—this is about fairness.