

PREPARE / RESOURCE 06

What Makes Speaking Up Difficult?

Explore predictions, rules and a more flexible way forward.

Name / reference: _____ Date: _____

Beliefs such as "I must not disappoint anyone" can make requests and boundaries feel risky. Treat predictions as ideas to explore, not facts to obey. Consider the relationship and power differences. Where speaking up could lead to threats, coercion or harm, prioritise safety and support rather than using a conversation as an experiment.

WORKED EXAMPLE

Rule: "If someone is disappointed, I have done something wrong." Cost: agreeing when exhausted. More flexible view: "I can consider others and still have limits. Their disappointment does not by itself mean I was unfair." A small practice could be expressing a preference to a trusted friend.

START HERE

What am I afraid will happen if I speak up?

What rule am I following? Where might I have learnt it?

How does this rule help me, and what does it cost?

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A HELPFUL REMINDER

Do not equate a feared reaction with an unlikely reaction. Take credible risks and the person's lived experience seriously.

PRACTISE IN YOUR OWN WORDS

What supports my prediction? What suggests another possibility?

A fairer, more flexible view I could try:

Is this suitable for practice? What support or safer approach is needed?

One small situation where I could test my prediction:

What would I observe, and how would I support myself afterwards?