

Reflection Activity Template: Unpacking our Threat Responses

Seven Universal Threats

- **Tone Threat:** judgmental or angry tone of voice is felt as a threat to the ego
- **Hurt Threat:** the threat to our physical safety
- **Risk and Punishment Threat:** taking risks, fear of failure and making mistakes
- **Exclusion Threat:** looking stupid in front of others, and being ostracised
- **Anger Threat:** fear of someone's anger toward us, not knowing how to respond, fear of aggression or violence
- **Territory Threat:** having our territory limited or people encroaching on our territory
- **Status Threat:** challenge to our power or status

Reflection Questions:

Threat	Examples of where / in what situations have I experienced this threat	What is the outcome of experiencing it? What have I done as a result? What impact has that had on me and my effectiveness? How might I deal with it more effectively?
Tone Threat		
Hurt Threat		

Risk & Punishment Threat		
Exclusion Threat		
Anger Threat		
Territory Threat		
Status Threat		