

NAME :

DATE :

# Authority and Me

LESSON 20 | HIGH SCHOOL

This worksheet gives you space to express your thoughts and feelings. Let the word boxes spark your imagination; fill in the blanks with words that are important to you! On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

## Words

	Rules	Cliques
War	Control	Punishment
Democracy		Fear
School	Leadership	Guidance
Home	Structure	

## Situations

Feeling safe/unsafe	Knowing what to do	Knowing where to get help
Understanding my role		Feeling restricted

## Quotes

"I like/don't like having someone in charge because..."	"I never get to decide for myself"	"I know who I can turn to if I have a problem"
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This is one example of what authority looks like in my life:

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Anything else?

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## EMOTIONAL WORKOUTS

1. Close your eyes. Visualize the hierarchy of groups in your life as a pyramid. Which groups are at the top of this hierarchy? Which groups are at the bottom? Who decides this hierarchy?

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2. What are some people, groups, and institutions that have power in your life?

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3. What is the difference between power and authority?

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4. When have you seen someone use their authority in a helpful way?  
When have you seen someone use their authority in a harmful way?

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5. What is one thing you learned about yourself through your responses?  
Share with a classmate or family member.

## PHYSICAL WORKOUTS

[subjectofself.org/workouts](http://subjectofself.org/workouts)

**Build**

**Freedom**

**Frustrated**

**Commit**

**Presence**