A SEVEN-DAY EXPERIENCE

POWER

Catch the rules running you. Choose which ones stay.

You are not being asked to agree. You are being dared to understand.

Shania Perrett

Seven themes. Seven field pages. One chosen rulebook.

A standalone fieldbook adapted from POWER. This edition contains the seven-day core, not the full book or its thirty-day continuation.

BEFORE YOU BEGIN

The rules of the game

POWER is a curiosity game, not therapy, medical care, legal advice or permission to provoke unsafe people. Every exercise must be voluntary, consensual, reversible, proportionate and legal. Do not recreate abuse, violence, coercion, sexual harm, stalking, humiliation, financial sabotage, threats, property damage or deprivation. Do not confront a person you fear for the sake of an experiment. Stop when safety, consent or dignity is at risk. Understanding does not require agreement. It does not remove consequences.

Use one day at a time. Read the statement, notice your first response, then test the rule against evidence. Use the facing field page to record what changed.

A body sensation records your experience. It does not, by itself, establish another person’s intention.

This is a reflection product, not a diagnostic test or a promise of treatment. You can stop any exercise.

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DAY 1

Respect

The statement

“If somebody loves you, they should not question you in front of other people.”

First hit: Rate it 0–10 before explaining.

Body: What moved first?

Origin: Which home, culture, faith community or relationship taught your definition of respect?

Function: Does it protect dignity, hierarchy, harmony, secrecy or control?

Opposite world: “A relationship that can survive honest disagreement is safer than one that requires public agreement.”

Evidence: Find one context where public disagreement is useful and one where it becomes humiliation.

Dare: Ask a trusted person how their family defined respect. Your only job is to understand the definition.

Second hit: Rate the original statement again.

My rule: KEEP / EDIT / DISCARD / NOT ENOUGH DATA.

Clean option: “Disagreement is allowed. Deliberate humiliation is not. We decide which conversations belong in private.”

DAY 1 / FIELD PAGE

Write what you found

The statement / first rating (0-10):

Body response and inherited rule:

Evidence for / evidence against:

A different explanation worth testing:

My safe action:

Second rating / keep, edit, discard or unknown: