

## Stigma - Force Field Analysis

Write in the boxed arrows the circumstances both for and against talking about your mental health at work. Be as specific as possible. Give each circumstance a score in order of importance to you. Compare the scores for and against. What do you need to take action on to come to a decision?

<u>FORCES FOR:</u>	I want to make a decision about:  talking about my mental health at work.	<u>FORCES AGAINST:</u>
<div data-bbox="147 416 871 528"></div> <div data-bbox="376 533 663 604">SCORE:</div>		<div data-bbox="1279 363 2011 528"></div> <div data-bbox="1485 533 1771 604">SCORE:</div>
<div data-bbox="147 676 871 788"></div> <div data-bbox="376 793 663 865">SCORE:</div>		<div data-bbox="1279 624 2011 788"></div> <div data-bbox="1485 793 1771 865">SCORE:</div>
<div data-bbox="147 936 871 1048"></div> <div data-bbox="376 1053 663 1125">SCORE:</div>		<div data-bbox="1279 884 2011 1048"></div> <div data-bbox="1485 1053 1771 1125">SCORE:</div>
<div data-bbox="147 1197 871 1308"></div> <div data-bbox="376 1313 663 1385">SCORE:</div>		<div data-bbox="1279 1144 2011 1308"></div> <div data-bbox="1485 1313 1771 1385">SCORE:</div>
TOTAL SCORE:		TOTAL SCORE:

**Stigma - Force Field Analysis**      EXAMPLE

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