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?

I want to make a decision about:

Talking about my mental health at work.

FORCES FOR:

SCORE: 

SCORE: 

SCORE: 

SCORE: 

SCORE: 

SCORE: 

SCORE: 

SCORE: 

SCORE: 

FORCES AGAINST:

SCORE: 

SCORE: 

SCORE: 

SCORE: 

SCORE: 

SCORE: 

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TOTAL SCORE: 

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I want to make a decision about:

Talking about my mental health at work.

FORCES FOR:

- My Line Manager can offer me help.
  
  SCORE: 20

- I may find others coping with similar situations and I could provide mutual support. I might feel less alone.
  
  SCORE: 20

- I don't have to worry about hiding my mental health problem.
  
  SCORE: 30

- I am entitled to reasonable adjustments under the Equalities Act 2010.
  
  SCORE: 10

TOTAL SCORE: 80

FORCES AGAINST:

- I take the risk of being vulnerable.
  
  SCORE: 20

- I don't want to feel 'different' / isolated from others.
  
  SCORE: 20

- I am worried about losing my job.
  
  SCORE: 10

- Others will perceive me as weak.
  
  SCORE: 20

TOTAL SCORE: 70