

Power as agency

Intent and purpose: To help you understand how power plays out in your life and encourage you to ponder over the impact of power on your self-care.



Power influences and is influenced by our various identities, from age to gender to caste to disability status to class to education. Power dynamics, therefore, significantly impact one's wellbeing. Self-care can help people who are marginalised by various power structures.

Power plays out differently for every individual at different times. Through this activity, you can revisit your understanding of how power influences your life. Here are some questions to help you along in this process.



This activity can work well when a facilitator guides a group along the process.

~What do you think you have the power to do in your life?

~What do you think has power over you in your life?

~Where/when has power been used against you in your life?



Power as agency

~Where/when have you used power over others in your life?

~What gives you power?

~What denies you power?

Think of your multiple identities based on your age, gender, class, religion, sexual identity, caste, disability status, marital status, etc. The following questions focus on gender and sexuality, but you could easily adapt them for various identities to introspect over how these intersect with your power.

~Where/when has power been used against your gender and/or sexuality?

Power as agency

~Where/when have you used your power over others especially in the context of gender and/or sexuality?

~What/who do you think has power over your gender and/or sexuality?

~What do you think you have the power to do in your life with respect to your gender and/or sexuality?

~How does your power framework affect your ability to access self-care? The following questions may help you think about this.

*Does power decide who is “allowed” to practice self-care, and who may not?



Power as agency

*Who/what has power over whether you can take time out for your self-care?

*Within the power structures you live in or engage with, what agency do you have for your own self-care?

*Irrespective of one's power framework, do you think self-care matters?

Why or why not?

