



The Ethical Power Inner Scorecard

A one-page reflective companion for clarity under pressure

*This scorecard is not for fixing a situation.
It is for **seeing it clearly before it fixes you.***

*Pause. Read each section slowly.
There are no right answers. Only honest ones.*

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Power that lacks ethics must use fear to survive. Power tests ethics — not strength.
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1. STATE CHECK — Inner Weather

What am I feeling most strongly right now?

- Anger
- Fear
- Shame
- Defensiveness
- Sadness
- Urgency
- Calm
- Numbness
- Something unnamed: _____

Note the sensation, not the justification.

2. THREAT CHECK — Perceived Risk

What do I believe is at risk?

- My dignity
- My authority
- My safety
- My reputation
- My future
- My relationship
- My control
- Something else: _____

Is the threat concrete — or symbolic?

3. CONTROL CHECK — Actual Reach

What is truly in my hands today?

- My words
- My timing
- My attention
- My boundaries
- My reaction
- My silence
- Very little
- More than I thought

Notice the difference between influence and illusion.

4. BELIEF CHECK — Inner Narrative

What story am I telling myself right now?

- “If I don’t act, I lose.”
- “I’m being disrespected.”
- “This must be fixed immediately.”
- “They are against me.”
- “I must prove something.”
- “This moment defines me.”
- Other story: _____

Stories accelerate emotion. Naming them slows it.

5. ENERGY CHECK — Source of Motion

My next impulse is coming from:

- Fear
- Anxiety
- Habit
- Anger
- Ego protection
- Exhaustion
- Clarity
- Groundedness
- Stillness

Energy determines outcome before action begins.

6. DHARMA CHECK — Ethical Alignment

Which choice preserves dignity for everyone involved — including me?

- Speaking
- Waiting
- Withdrawing
- Listening
- Setting a boundary
- Doing nothing — for now
- I don't know yet

Not all clarity arrives immediately. That itself is information.

Quiet Closing

This scorecard does not demand resolution.
It restores **orientation**.

When perception settles, power steadies.
When power steadies, ethics re-enter the room.