

Welcome, this is a guide for self-therapy called a “gamified framework,” the idea is to transform painful, diminishing experiences into something where the survivor has a sense of achievement and power rather than defeat. Done carefully, this can be healing—almost like “flipping the script.” This framework can help ground abuses, give them names, and show us the “severity,” of the abuse through “points.” Survivors who “score,” high might come up with a system in which they gain “rewards.” An example of a reward might be, a therapist session! A gift, a self-celebratory outing, a spa date etc. Our US sermon this week 9.1.2025 describes “letting go,” as well... *soul food for thought*.

Survivor Power-Up Game: Score Tracker

How to Play

- Every abuse endured = points gained (your strength score).
- Multipliers increase your score in tougher situations.
- Track your points over time and watch how strong you’ve become.

Point System

Mild (10–20 pts each)

- ☐ Passive-aggressive comment (10)
- ☐ Eye-rolling / silent treatment (15)
- ☐ Mocking disguised as 'joke' (20)
- ☐ Interrupted / dismissed (20)

Moderate (30–50 pts each)

- ☐ Shamed for past mistakes (30)
- ☐ Belittled achievement (40)
- ☐ Humiliated in public (50)
- ☐ Gaslighting ('too sensitive') (50)

Severe (75–100 pts each)

- ☐ Name-calling / degradation (75)
- ☐ Character assassination / smear (100)

- ☐ Verbal threat (100)
- ☐ Exploited vulnerability (100)
- ☐ Isolation tactic (100)

Extreme (150–250 pts each)

- ☐ Stalking / intimidation (150)
- ☐ Coercion / blackmail (200)
- ☐ Severe emotional manipulation (200)
- ☐ Sexual coercion (250)
- ☐ Physical abuse (250)

Multipliers

- Public Setting → x2
- Repeated Abuse → +50% each repeat
- Trusted Person (family, friend, partner) → x3

Achievement Badges

- Phoenix Rising (1000 pts): Survived smear campaigns
- Mirror Shield (500 pts): Recognized gaslighting without self-blame
- Unbreakable (2500 pts): Withstood multiple severe abuses and kept standing
- Freedom Badge (5000 pts): Removed self from abusive cycle

Resilience Score Tracker

Date	Abuse Type	Base Points	Multipliers	Total Points
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