INDIVIDUAL HANDOUT 13.2

Power Against vs. Power With

"POWER AGAINST"

Overt
"Power and Control"

Covert
"Victim Stance"

BOTH

- Judge or blame someone (or something external)
- Deny responsibility for one's own situation
- Perceive necessity for other person (or situation) to change

"POWER WITH"

Power and Vulnerability

(a) An unexpected feeling (of surprise, anger, fear, shame, confusion, etc.) tells me I've moved to the vulnerability side.

(b) I embrace my vulnerability by pausing and opening fully to this moment's feelings and needs. Through this connection, I rediscover my internal power to value myself, out of which arises my power to value others.

(c) This returns me to the power side.

(d) I step into my power when, grounded in my own values, I can see the other as fully human with needs as precious as my own. With this power I trust myself to take effective action to address my needs.