

# GUIDES TO 'TRANSFORMING POWER'

In AVP we say that if we respect ourselves and care about other people – if we can think before reacting, look for a non-violent way and expect the best from ourselves and other people – then life can change in surprising ways for the better. We start to build better relationships and handle conflicts well, even with people we find very difficult. We say 'transforming power' to mean this change.



## In relationships...

1. When faced with a conflict, look for common ground and for the good in the other person.
2. Listen, listen, listen. Even if you feel sure that the other person is in the wrong, listen for their real needs and try to understand them.
3. When you feel clear about your own needs and feelings, trust yourself to speak up for them.
4. Trust can grow by being honest with yourself and with other people.
5. Be ready to change your view if you find it's not fair; be ready to say sorry.
6. Aim to forgive yourself and others but be honest about your own feelings.
7. Being assertive means respecting yourself and caring for others – everyone matters, even people you find difficult or don't like.
8. Threatening behaviour and put-downs take you away from a 'win-win' outcome.
9. Try not to let your dislike for someone get in the way of respecting them as a human being, even if they have done wrong.
10. Not every problem has a solution, at least not straight away, but be patient and persistent.
11. Be willing to face some hostility but always keep your own dignity.

## In risky situations...

1. In risky situations, try to be fully yourself. Risk being creative rather than violent. Surprise and humour sometimes turn a situation around.

2. There are no guarantees but if you expect the best from yourself and other people you are more likely to get the best.
3. Learn to trust your inner sense of when to act and when to withdraw.

## In yourself and your life...

1. What matters most to you? Put these things at the centre, make your life *about* them.
2. Build your self-respect. You have a right to be here and to be respected as a human being.
3. Understand your own anger and the hurts, needs and fears that lie underneath it.
4. Know your snapping point and how to cool down if you're overheating. Sometimes walking away is best.
5. Weapons, drugs and alcohol can weaken you in the things that matter most to you.
6. Risk trying new ways; risk experimenting; risk making mistakes; risk changing yourself.

## In the world around you...

1. Help to build relationships based on honesty, respect and care.
2. Try to find people who can support you in the things that matter most to you; be wary of those who distract you from this.
3. A violent society creates fear and violence in people; a nonviolent society creates nonviolence in people. Do your actions promote nonviolence in your life?