

POWER Handout

Level A, B

There are several kinds of power.

Power over

Based on force. You make use of others for your own benefit. May result in violence from those who have been rejected.

Power over – manipulative.

Based on persuasion, for your own benefit.

Power against – competitive.

Between equals. May result in a win-lose situation.

Power for

Based on caring for another or others. (eg parent-child)

Power with

Based on sharing. When people come together. The action of the group can result in more power than one person alone could bring. Consensus can bring this kind of power.

Institutional power

Whatever The System is

People power

The ability of people getting together to resist the Institution

Transforming power

Based on truth, justice and love. A higher form of power that can change us from within. This one means giving up controlling others, and letting something greater control us.

Power can be exerted in different ways –

- By aggression
- By violence
- By assertion

Shared power, power for, and assertiveness can lead us towards **Transforming Power (TP)** TP can allow the good of others to come in, and for us to find our true self.