

QUESTIONS ON THE USE OF TRANSFORMING POWER

1. When threatened, do I think before I react? Do I make my mind rule my emotions?
2. Do I react non-violently?
3. Do I talk myself into a non violent response in advance?
4. Do I stand my ground and let my opponent know what's on my mind?
5. Do I look my opponent in the eye and appeal to their reason?
6. If that won't work, do I surprise them by doing or saying something unexpected to bring the person back to his or her thinking self?
7. Do I forget about not liking the other person?
8. Do I hold onto my best picture of myself and apply it to my opponent?
9. Do I put myself in the other person's shoes and speak to the best side of them?
10. Do I refuse to let words upset me and, at the same time, watch my own words?
11. Do I step down from my ego?
12. Do I admit if I am partly wrong to give my opponent a chance to admit that they are partly wrong too?
13. If I find that my opponent is right, do I tell them so and swiftly end the dispute?
14. Do I let pride make me feel my image will be damaged if I admit I was wrong?
15. In a dangerous emergency, do I follow my instinct on how to resist non-violently, or whether to withdraw? Do I then expect to receive the power to succeed?
16. While not welcoming hardship or suffering, are there some things I am willing to suffer for and thus win allies and maybe change my opponent?
17. Do I realise I'm never beaten until I give up? When I have to wear down prejudice, do I try over and over again until I succeed?
18. Is my final goal to reach an agreement where both sides can win something?
19. Am I ready to practice Transforming Power day after day until it becomes my way of life?