

Interactive Transforming Power Talk

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- At the heart of many conflicts is a struggle for POWER. For this reason, if we are to find alternatives to violence, we need to deepen our understanding of power--what it is and what how we use it.
- When you hear the word POWER, what comes to mind? What are your associations with that word? [Usually, participants will say things like “Being the boss” or “Getting my way” or “Being on top”, etc. Repeat these words as people say them so everyone hears.]
- Most of the words and ideas that you suggested reflect the most common understanding of power in our culture: DOMINANT POWER. We could also call this “POWER-OVER”. [Write these phrases at the top of a piece of easel paper.]
- Let’s take a few minutes to think about everything we know about this kind of power. [Turn to a new page of easel paper with the following chart drawn on it. Brainstorm responses to as many of these questions as you can and record responses.]

	DOMINANT POWER (POWER-OVER)
When you successfully use this kind of power in a conflict, what happens?	[I get my way, other people have to do what I say. We find WIN-LOSE solutions.]
How do we get this kind of power?	[Use violence or threaten violence...]
What does it feel like to have and use this kind of power?	
What does it feel like to have someone else use this kind of power?	
What famous person used this kind of power?	
What movies portray this kind of power?	
Is there a song that describes this kind of power?	
What animal has this kind of power?	

Have <i>you</i> ever had this kind of power?	
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- In order to find alternatives to violence, we do not need to become submissive and let other people be dominant. Rather, we need to develop our ability to use a different kind of power. In AVP we call this TRANSFORMING POWER. We could also call this “POWER-WITH”.
- While we may not think of this kind of power right away, we have all experienced it at times. Let’s see if we can brainstorm responses to the same questions we asked about Dominant Power.

	TRANSFORMING POWER (POWER-WITH)
When you successfully use this kind of power in a conflict, what happens?	[I can turn a negative situation into a positive one. We find WIN-WIN solutions.]
How do we get this kind of power?	
What does it feel like to have and use this kind of power?	
What does it feel like to have someone else use this kind of power?	
What famous person used this kind of power?	
What movies portray this kind of power?	
Is there a song that describes this kind of power?	
What animal has this kind of power?	
Have <i>you</i> ever had this kind of power?	

- We had a lot harder time with this chart than with the first one we made, didn’t we? Why do you think that is? What questions has this exercise raised for you? We’ll keep these charts up for the rest of the program and if you think of some more ways to fill out the rest of the chart, let me know!