

People fall into one of two groups when it comes to getting what they want. Group 1: Using FORCE to make things happen... or... Group 2: Using personal Power to attract things into existence.

- You can make threats or you can make invitations;
- You can make selfish demands or make reasonable requests;
- You can try to control others or you can try to inspire others;
- You can use anger to make your point or use an explanation to persuade;
- You manipulate people or cooperate with people;
- You can yell to be heard or you can whisper to create listening;
- So, which kind of person are you? Are you like a storm, using FORCE to make things happen; or are you like the power of sunlight, attracting good things to you?

BEHAVIORS OF FORCE

Ridicule
Control
Punish
Manipulate
Criticize
Blame
Nag

BEHAVIORS OF POWER

Support
Encourage
Love
Forgive
Trust
Accept
Listen

LEARNING OBJECTIVE:

The student will understand motives and choices associated with the use of Force vs Power in relationships .

INSTRUCTIONS: Distribute the handout to students after viewing the video. Invite students to share their answers to question #1 only.

CLASS DISCUSSION POINTS

1. When it comes to getting what we want, we choose between two approaches: FORCE (to coerce, push, control), OR POWER (to attract, draw-in, entice).
2. Question: “Which one is your most natural approach to getting what you want?”
3. When you think of world history and various forms of government, name a type of government or a country that has relied on each one of these two philosophies.
4. What happens to our relationships as a result of each approach?

1 Which approach is used by “bullies” and what are they trying to get? What’s wrong with this approach?

Shared answer

2 In what situations would you benefit from using more personal POWER and less FORCE to get what you want?

Private answer

Review the list of behaviors on page one before you answer.