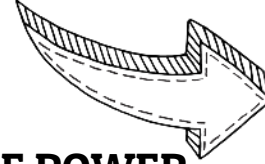
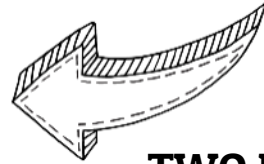


POWER

Social



Personal

TWO MAIN KINDS OF POWER

Social Power comes from having personal attributes that are aligned with the preferences of the dominant culture at that time.

Personal Power comes from inner capacities developed from self-knowledge and growth that enable you to act in the world in accordance with your values and goals.

PHYSICAL ASPECTS

- height
- weight/size
- age
- gender
- sexual orientation
- skin colour
- ethnicity
- native language
- health
- ability/disability

STRUCTURAL ASPECTS

- formal education levels
- socio-economic class background
- current economic situation
- level of employment within a hierarchy (i.e. receptionist versus CEO)
- being a member of a religion
- citizenship status
- membership in special or elite clubs

UNSTABLE because it's dependent on the judgement of others

NON-TRANSFERABLE it only gives you power in certain contexts

PSYCHOLOGICAL ASPECTS

- resilience
- self awareness
- growing from traumatic life events
- being at ease with conflict
- feeling loved as a child
- having your ideas and feelings validated through childhood
- valuing your own opinions and perceptions even if others don't
- emotional intelligence

SPIRITUAL ASPECTS

- feeling like you belong
- a relationship to something divine or transcendent
- knowing your purpose in life
- having been close to death
- contact with 'the ineffable'
- a deep faith that life is meaningful

no one gives it to you (or can take it away) **STABLE**

you can access and use it in any context **TRANSFERABLE**