

## Moving from a Domination to a Partnership Paradigm

### *Part one: A situation when I was under someone's power*

1. Recall a time when someone used his/her power over you and you submitted.
  - a. What did the person say or do (observation)?
  
  - b. And what did you do?
  
2. How do you feel now when you think of that situation?
  
3. What needs of yours are not met?
  
4. What needs were you trying to meet by the action you chose?
  
5. Try to guess the other person's feelings and needs in this situation.
  - a. The other person's feelings:
  
  - b. The other person's needs:
  
6. Moving to the **power-with paradigm**
  - a. Considering the needs of #3, #4, and #5, what would you do differently if the same situation happens again?
  - b. Or what would you like to do to repair the situation?

*Part two: A situation when I used my power over someone*

1. Recall a situation when you used your power over someone
  - a. What did you do or say (observation)?
  
  - b. And what did the other person do?
  
2. How do you feel now when you think of that situation?
  
3. What needs of yours are not met?
  
4. Try to guess the other person's feelings and needs that were not met.
  - a. The other person's feelings:
  
  - b. The other person's needs:
  
5. What needs were you trying to meet by the action you chose?
  
6. Moving to the **power-with paradigm**
  - a. Considering the needs of #3, #4, and #5, how would you do anything differently if you find yourself in the same situation again?
  - b. Or what would you like to do to repair the situation?

From Katherine Singer