

# The Dynamics of Power

The dynamics of power and how we use power is one fourth of the Mandala of NVC. Every person, organization, group, gang or team possesses power. **Power is the ability to mobilize resources.**

Some of the power we have comes from structural or systemic power. Such as, age, gender, race, education, socio-economic status or our role (e.g. supervisor, spiritual leader, parent, fireman, police officer, superintendent, etc.)

Each of us also has personal power regardless of how much or little we have structurally. We have complete authority and autonomy over our personal power. However, it is important to note, that our environment shaped us as we grew up. The choices we made to meet our needs, the strategies we employed helped create how much personal power we have.

Key Differentiations:

- Personal Power vs. Systemic and Structural Power
- Submission and Rebellion vs. Conscious Choosing
- Power Over vs. Power Under vs. Power With vs. Power For
- Domination Paradigm vs. Collaborative Paradigm

Exercise:

1. Think of a situation in your life where you have structural power.
2. Talk or journal about the four ways you can use your power in this situation:
  - a. Power Over
  - b. Power Under
  - c. Power With
  - d. Power For

