

ASSIGNMENT # 39

EXPERIENCING POWER

PURPOSE: To explore our existing wisdom about powerfulness and powerlessness

MATERIALS:

- ✓ Personal Peace Journal

ACTIVITY:

- ◆ Think back to a time in your life when you felt particularly powerful. What was that like for you? What was the nature of that power? In your Peace Journal, list some words associated with this experience.
- ◆ Do the same thing for a time in your life when you felt particularly powerless.
- ◆ Think of a time when you experienced, or witnessed, someone exerting or displaying power in regard to another (individually or in a group) in a negative or harmful way. What was that like for you? In your Peace Journal, list some words associated with this experience.
- ◆ Do the same for a time when the power was exerted in a positive or helpful way.
- ◆ Review your lists of words. What patterns do you see? What conclusions or hypotheses can you draw about power from these experiences?
- ◆ Record any reflections, insights, or questions you might have in your Personal Peace Journal, or discuss them with a friend or co-learner.