

POWER

WORKSHEET #4

"When ONE of us WINS, we both lose."

Success = Cooperation

"Eventually I had to decide if I wanted to be RIGHT or married. I decided I wanted to be married. So, I had to give up always being right." - Anonymous

Battlegrounds may vary from finances to sex to children, but the ISSUE is POWER.

"Get on the Same Team."

QUESTIONS TO PONDER

Self:

- Am I a powerful person or powerless person?
- Do I always have to WIN?
- Or, do I always give up easily, just to "keep the peace"?
- And then resent it?

Possible Goals:

- I will give up always having to WIN or be RIGHT.
- I will start insisting on "fairness" in our marriage.
- I will learn to negotiate and compromise.

In Relation to My Spouse:

- Am I a "team player" in our marriage?
- Do I allow my spouse his/her own opinions, tastes and preferences?
- Can I take suggestions?
- Do I always have to be right, know all the answers, or call the shots?
- What tactics do I use to get what I want?
- Am I a bully or manipulator?
- When I don't get what I want do I fall into self-pity and feelings of rejection and feeling unloved?
- Can I compromise?

SUGGESTED EXERCISE

Keep "score" for one week. Who wins/loses? Where does this suggest my work is?