

CHARACTERISTICS OF POWER

CHARACTERISTICS OF FEAR-BASED POWER

Silence or Violence

Passive Aggressive

Confusing

Victim mentality

Promotes personal agenda at the expense of others

Territory over relationship

Takes from others aggressively

Serves ego

Creates fear and drama

Manipulative

Competitive

Fearful

Extreme

Abusive

Provokes change through intimidation

Prideful

Merciless

Undisciplined

Lacks Self-Government

CHARACTERISTICS OF FREEDOM-CENTERED POWER

Constructive and Healthy Interactions

Frank, Open and Honest Communication

Clear and Direct

Personal accountability

Supports individual and group needs

Relationship over territory

Holds clear boundaries

Serves true self and others

Mitigates fear and drama

Honest

Cooperative

Calm

Even-handed

Loving

Inspires change through leadership

Humble

Graceful

Disciplined

High Self-Government