



## **Power & Control**

1. What does personal power mean to you?
2. When have I been forced to share power with others and/or completely give up my personal power?
3. Do you get into power struggles? How do you typically cope with power struggles or resolve them?
4. When people threaten you, manipulate you or try to control you how do you typically react?
5. Do you try to control others? Whom? When? Does it usually work out as you planned? Why not?
6. What aspects of my life are in my control? What aspects are beyond my control?
7. How do you typically cope with things you cannot control?
8. Is it easy for you to cope with the unexpected, uncontrollable? What could you do to cope with the unexpected in a healthier fashion?

**God, Grant me the serenity  
To accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference**

**What does this poem/verse remind you of in your present that you cannot change? How can you gain serenity?**