



Grow A Strong Family, Inc.

Building resilience one family at a time.

YES! You CAN Avoid Power Struggles

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A. Power Struggles i.e. Control Battles

1. What is the purpose of the power struggle?
2. What do YOU have control over? What do you *wish* you had control over?
3. Where do you spend your energy?

B. Strategies

1. Neutralize the arguing. *"I love you too much to argue about this!"*
2. Use One-Liners! *"That's one way to look at it." "Hmm, that's an option." "Interesting." "Tell me more."*
3. Make your statements into questions. *"What does taking care of yourself look like to you?"*
4. Use enforceable statements. *Enforceable statements tell the other person what I am going to do or how I am going to handle something. Since this is about what I can make happen, it is enforceable. For example, "I'll listen to what you have to say as soon as your voice is as quiet as mine."*
5. Say, "NO!" by saying YES to something else. *Instead of, "You cannot have a cat!" you can say, "Sure, you can have a cat when you have been stable for a year."*
6. Apply the "Delayed Consequence." *"Don't worry about it now." "I'll get back to you about this later."*
7. "Good Neighbor Policy" *How would you talk to a neighbor that you liked and respected? This means being polite, caring, concerned, and no-nonsense.*

Strategies from the Cline/Fay "Becoming a love and logic parent program." And the book, Cline, F. & Fay, J. (1990). Parenting with love and logic. Colorado Springs, CO: Pinon Press.

Control

Identify if a given problem belongs to the YOU or your loved one.

- “What’s going to happen to me if that problem doesn’t get solved?”
- “Am I upset because he’s upset?”
- “What happens to me personally?”
- “How might I twist this problem to make it mine?”

Every time we solve their problems, we meet our own needs.

Every time we allow them to solve their own problems, they meet their own needs.

In the event that the solution is not effective, you can offer to assist with Problem-Solving.



KISS! Keep it simple, sweetie.

Serenity Prayer

Grant me the serenity to
accept the things I cannot change,
Courage to change the things I can, and
the wisdom to know the difference.



Grow A Strong Family strengthens your skills through the “How To” seminars/webinars, coaching services, and online support group <https://www.facebook.com/groups/GrowaStrongFamilyTogether/> .



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*... 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,
grant me Patience with
the changes that take time,
Appreciation of all that I have,
Tolerance of those with
different struggles,
and the Strength to
get up and try again,
One Day at a Time.*



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