



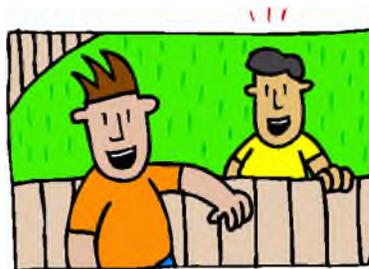
A. Power Struggles i.e. Control Battles

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.*



C. Control

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

1. "What's going to happen to me if that problem doesn't get solved?"
2. "Am I upset because he's upset?"
3. "What happens to me personally?"
4. "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.



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.



AVOID!

Should; Ought; Must; Have to...

One-Liners

- 🌸 AAA = Awareness Acceptance Action (What is the issue? Where do I stand in relation to it? What can I do?)
- 🌸 How Important Is It? (Do I really need to go to every conflict I am invited to?)
- 🌸 MYOB = Mind Your Own Business (I have enough to focus on without getting involved in other people's stuff.)
- 🌸 *Listen and Learn (I don't have to agree; just listen and come to an understanding.)
- 🌸 *Is it kind? Is it important? Is it necessary? (Nine little words that help me think before speaking.)
- 🌸 Keep an Open Mind
- 🌸 Let It Go! (If it's not yours, let it go.)

<http://growastrongfamily.org/avoiding-power-struggles/> For more about avoiding power struggles!



Grow a Strong Family is a family life education organization that provides support to families uprooted by mental illness.

We look at the whole family and how each member participates in it.

Grow a Strong Family Inc. is a tax-exempt 501c3 non-profit corporation which is dependent upon fee-for-service contributions, donations, and grants.

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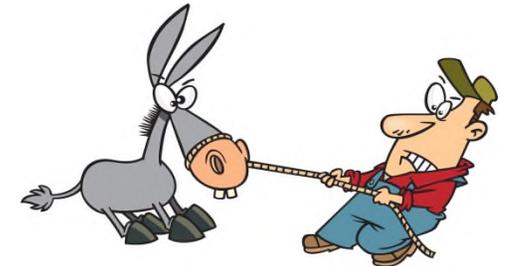
GASFInc@outlook.com

781.405.8376



Grow A Strong Family, Inc.
Support for families uprooted
by mental illness.
www.GrowAStrongFamily.org

**Yes! You Can
Avoid Power
Struggles**



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