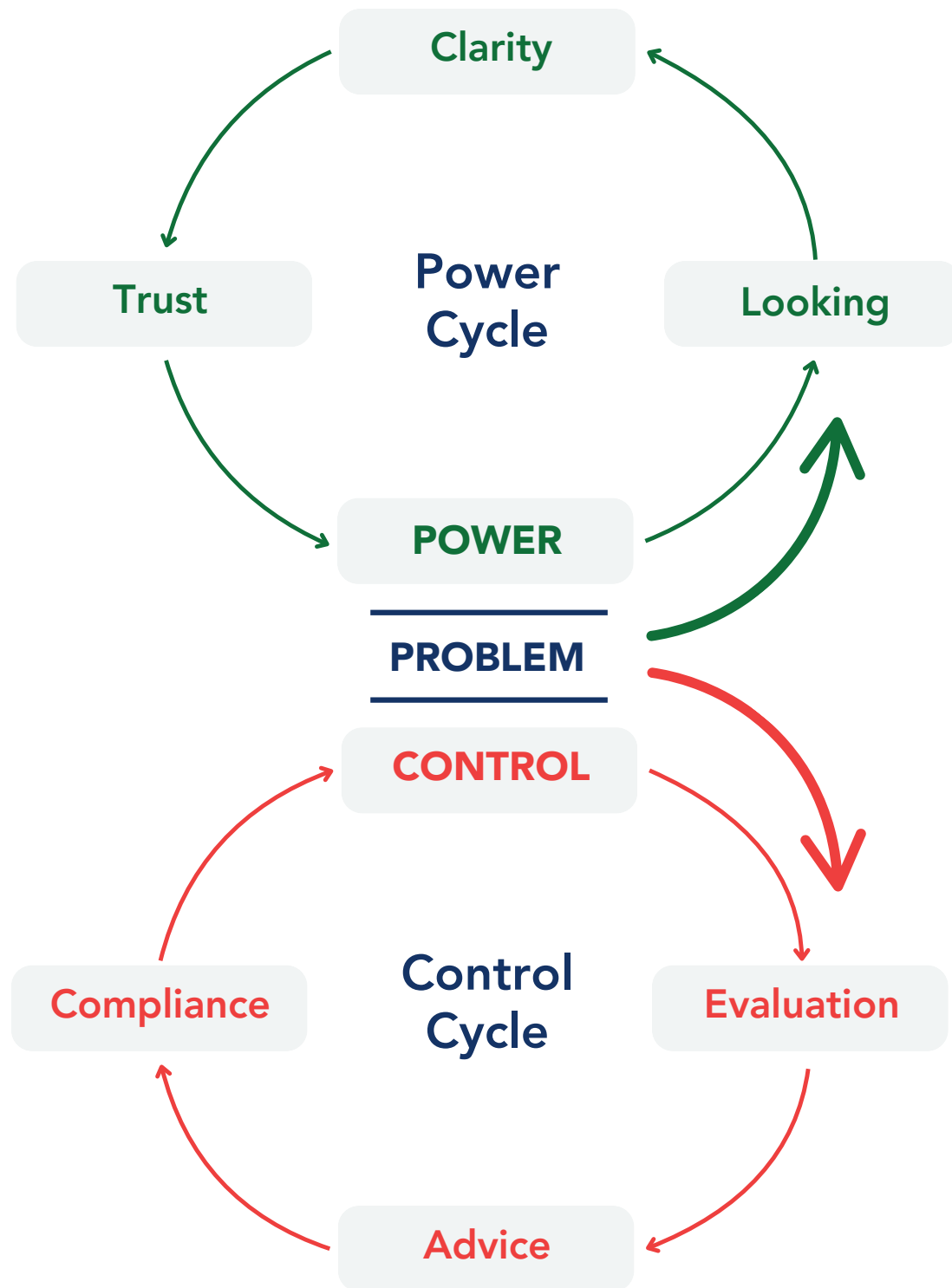


Power Or Control Model



Power Or Control Model

There are two ways to approach problems. One is more effective than the other. Most people choose the path of control instead of taking ownership of their power. The Power Or Control Model describes these two different problem-solving approaches and thus offers you a choice to opt for the more effective path more and more often.

Problem

I don't have what I want, or I don't want what I have, and that triggers anxiety inside me.

It begins with a problem. We define a problem as the situation in which you do not have what you want, or you do not want what you have. Additionally, the situation ceates anxiety inside you, e.g., worry, fear, anger; but it can also simply be the feeling that something is just not "right" at the moment.

Looking

I am looking in order to find the actual problem.

Clarity

I gain clarity about the problem and/or solution.

Trust

I trust myself and others to handle the problem.

Power

This gives me the power to use the Power Cycle again for the next problem.

Evaluation

I evaluate someone or the situation as bad or wrong.

Advice

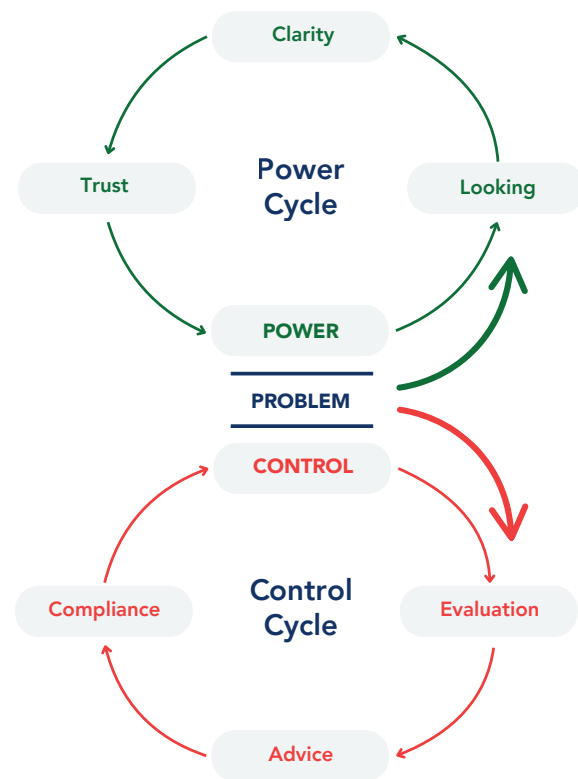
I search within myself or with others for the advice that will STOP the problem and reduce anxiety.

Compliance

I or others "just" have to stick to the advice.

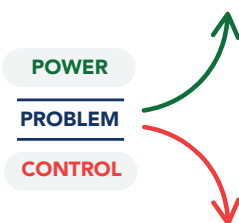
Control

If I continue to control, everything stays "good".



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You always are at choice!



It may not always feel that way to you, but you always have a choice whether you choose the **Power Cycle** or the **Control Cycle** when you have a problem. So, if you catch yourself in **Evaluation** with black-and-white categories, are currently giving yourself **Advice**, or are thinking about **Compliance** for yourself or others, then rethink your choice. Instead, you could go into **Looking** and find **Clarity** about what is actually going on and **Trust** what you truly want now that things are seen the way they really are. Therefore, the Control Cycle is not bad, just less useful in the vast majority of cases.

Find more information on the Power Or Control Model on <https://www.powerorcontrol.com>