



“Personal Power Dynamics” Printable PDF

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& Coach

Overview: Personal Power Dynamics provides a way to symbolically represent differences in the degree of personal power experiences within a couple. It serves to make each person aware of the limitations of non-egalitarian power dynamics for both the weaker and stronger partner. It also reduces potential power struggles and increases the expression of thoughts and feelings about power dynamics because it isn't done in the context of a fight or disagreement

STEP 1: Ask one another to assume one of the three positions:

- Standing above your partner while your partner kneels below in front of you
- Kneeling down in front of your partner while your partner stands above you
- Standing in front of your partner while your partner stands in front of you

STEP 2: From each of those positions, talk about the below statements and questions while the other partner mainly listens.

- Make some statement to your partner from this power positions that's "in role." -
What's it like to be in this position?
 - What's good/easy and what's bad/hard about being in this position?
 - What would the long-term consequences be of staying in this position?
- What percent of the time do you feel you are in this position in the relationship?
 - What's one way that you contribute to being in this position?
 - What's one way that your partner contributes to you being in this position?

Once talked thoroughly through the questions with one another listening, ask your partner what is one thing they can do to help change this dynamic.