Experiencing Power
A Peace Leadership Exercise
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Please consider the following questions:

1. Think back to a time in your life – a particular moment or event/ a period of time or set of circumstances – when you felt particularly powerful. Can you remember how that felt? What was the nature of that power? In your Peace Leadership Journal, list some words associated with this experience.

2. Think back to a time in your life – a moment or event/ a period of time or set of circumstances – when you felt particularly powerless. Can you remember how that felt? What was the nature of that powerlessness? In your Peace Leadership Journal, list some words associated with this experience.

3. Now think of a time when you experienced, or witnessed, someone exerting or displaying power in regard to another (either individually or in a group setting) in a negative or harmful way. How did you feel? What was the nature of that power? In your Peace Leadership Journal, list some words associated with this experience.

4. Now think of a time when you experienced, or witnessed, someone exerting or displaying power in regard to another (either individually or in a group setting) in a positive or helpful way. How did you feel? What was the nature of that power? In your Peace Leadership Journal, list some words associated with that experience.

5. Review your lists of words. What patterns do you see? What conclusions or hypotheses can you draw about power?