

Power Struggles

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What are they?

- When a person holds one position and another person holds a different position and both are unwilling to change their positions
- Can occur over large and small issues
- Power struggles will occur at every age and look different depending on age
- Examples of power struggles you have had?

Why do they occur?

- Seeking control
- Asserting their independence
- Often when expectations and abilities are not in sync at the moment
- Rarely about the issue at hand
- It is about feeling powerless

Control and trauma

- Feeling out of control of their lives
- Search for control over anything they can
- Poor regulation and communication skills will result in power struggles that escalate quickly

Rules of power struggles

- Avoid getting into them
- Pick your battles wisely
- If you choose to get into one, you better win!

How to avoid them

- Increase predictability, age appropriate control, and sense of responsibility

When they happen

- Consider what you can and cannot control
- Stay in control of your emotions
- Address his /her emotions before giving solutions/ consequences
- Make a decision and stick to it

When they happen

- Use humor to neutralize conflict
- Consider non-verbal communication and positioning to de-escalate
- Use time-ins
