

Life Mastery Skills

Empowerment Exercise

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DISCLAIMER: Should you have any reason to believe that you are not in a mental or emotional condition to begin the exercises provided on this website, you should seek the advice of a mental health professional to assist you in this decision.

Additionally, should you choose to begin any of the exercises provided on this website, you may find that some of the exercises may cause unpleasant or uncomfortable feelings. If you feel confused or overwhelmed by your reactions to this material, it is recommended that you find a mental health professional to assist you in your journey towards self awareness.

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**WHEN I EXPERIENCE MY TRUE POWER,
MY POWER-TRIPPING CEASES**

False Power	True Power=Empowerment
Exerted on others through fear and threats.	Totally independent, doesn't need anyone.
Can only be experienced with others, therefore dependent on others.	Waiting to be discovered within, birthright.
Makes one person more, and one person less.	Based on clarity, conviction and inner strength.
Fools a person into believing they can change others.	Need unity of thought, feeling and action.
Based in fear and insecurity.	Makes everyone feel more powerful when they come in contact with you.

Exercise: Think of a time when you power-tripped someone. See your relationship with that person, in that moment, as if it were a movie passing through your mind. Carefully watch the characters, you and the other person. Watch to see if the person power-tripping, you in this instance, is: sure of themselves, frightened, insecure, or confident. Listen to the tone of your voice as well as what you are saying. Watch your body language: the position of your head, your eyes, and the overall sense of yourself as you power-trip someone.

Example:

I felt threatened and anxious.

Be gentle with yourself, and don't judge yourself. It is by being open and non-judgmental that you will be able to shed light on the aspects of yourself you might normally avoid dealing with. In this way

you can free yourself from them. Avoiding seeing your negative qualities and going unconscious to them is how you become a victim of these qualities.