

POWER STRUGGLES & SETTING LIMITS

POWER STRUGGLES

DEFENDING YOUR CREDIBILITY

If you find yourself defending your position or who you are and what your credentials are, you are heading toward a power struggle

BRINGING UP PAST HISTORY

If you are bringing up past history or irrelevant issues, you are about to be pulled into a power struggle

DELIVERING THREATS OR ULTIMATUMS

If you are making empty threats or giving ultimatums, then you are in a power struggle

ALLOWING YOUR "BUTTONS TO BE PUSHED"

If you find your "buttons" are being pushed and you are becoming defensive and upset, you are in a power struggle



INSTEAD OF ENGAGING...

- * Choose not to "pick up the rope"
- * Stay calm
- * Be silent and model listening
- * Use a diffuser
- * Match your non-verbals & your verbals
- * Return to the topic
- * Change our perspective- think positive

Crisis Prevention - CPI



KEYS TO LIMIT SETTING:

LIMITS SHOULD BE...

- * **SIMPLE AND CLEAR:** keep the limit short & simple: use a clear, calm & even tone
- **REASONABLE:** keep the limit short and simple: use a clear, calm and even tone
- * **ENFORCEABLE:** keep the limit short and simple: use a clear, calm and even tone

Crisis Prevention -CPI

APPROACHES TO LIMIT SETTING

- **Interrupt and Redirect pattern:** helps the person stop what (s)he is doing and consider an alternative positive behavior- (*interrupt*) "Charlie, you are shouting at me." (*redirect*) "Please speak quietly"
- **When and Then pattern:** helps the person consider a positive behavior and the immediate impact this will have- "Charlie, when you clean your room, then you can go outside to play."
- **If and Then pattern:** helps the person reflect on their current behavior and the impact it is having on others. It also helps the person consider a positive alternative behavior- "Charlie, if you clean your room, then you can go outside to play. If you don't, then you will be unable to go"

