

### Different Expressions of Power

**Power over:** Power is seen as a win-lose kind of relationship. Having power involves taking it from someone else, and then, using it to dominate and prevent others from gaining it.

**Power with:** has to do with finding common ground among different interests and building collective strength. Based on mutual support, solidarity and collaboration, it multiplies individual talents and knowledge.

**Power to:** refers to the unique potential of every person to shape his or her life and world. When based on mutual support, it opens up the possibilities of joint action, or power with.

**Power within:** has to do with a person's sense of self-worth and self-knowledge; it includes an ability to recognize individual differences while respecting others. Power within is the capacity to imagine and have hope; it affirms the common human search for dignity and fulfillment.

[http://www.justassociates.org/publications\\_files/toolsforanalyzingpower.pdf](http://www.justassociates.org/publications_files/toolsforanalyzingpower.pdf)