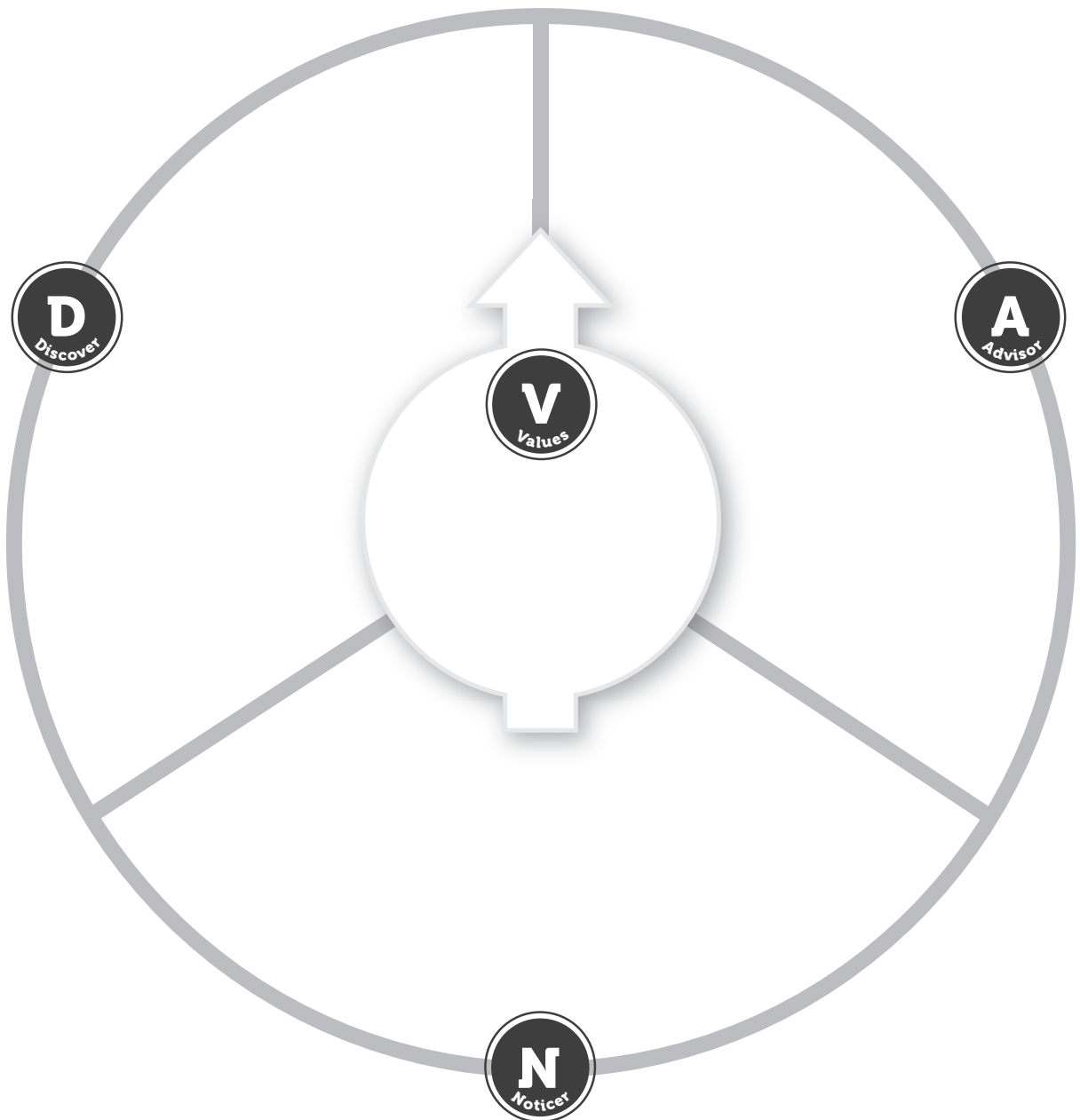


## Dial into Your DNA-V Strengths

This disk will help you apply flexible strength to a challenge. As you think about a challenging situation, answer these questions. What are your evaluations and thoughts (A)? What sensations and feelings do you notice in your body (N)? What might you do in this situation (D)? What kind of person do you want to be in this situation (V)? What aspects of D, N, and A will help you build value?






### Inside-Outside Vision

Now that you've grounded yourself inside and outside, you're ready to use your social view. This exercise involves viewing yourself in the relationship from the inside and outside. You also view the other person in the relationship in this way. The table below captures the key steps.

View	You	Them
<b>Inside</b>	1. How did I think and feel? _____ _____	2. If I were the other person, how would I think and feel? _____ _____
<b>Outside</b>	3. How did I look on the outside? _____ _____	4. How did the other person look on the outside? _____ _____

## Your 2x2 PowerUp Grid

Use this blank 2x2 PowerUp grid to generate a bunch of strategies you can use to manage how you interact with others. Don't worry about right or wrong answers while you work with this grid. This is playful discovery. Make sure you include strategies in every quadrant.

		Level 1	Level 2
Power strategy		Don't express social power	Express social power
Level 1	Don't express self-power	<u>Ignore or escape</u> 	<u>Stand up for yourself or attack</u> 
Level 2	Express self-power	<u>Be nice</u> 	<u>Be nice and stand up for yourself</u> 