



Willpower & Powerlessness: Part 1- Whether you consider yourself to be addicted to something or not, everyone alive has experienced powerlessness in some form or another. There are always going to be things in life we just need to accept that we cannot control. Still, the idea of powerlessness sometimes can distract people from the other side of the coin which can be of equal importance. As critical as it can be to accept *powerlessness* when needed, it is also necessary not to overlook the value of the age old concept of *willpower*.

What is willpower?

Willpower - noun

1. The ability to control oneself and determine one's actions
2. Firmness of will

Synonyms: determination, self-control, discipline, resolve, self-restraint

Progress and success in just about any life area requires some degree of willpower in one form or another. Think about the willpower you needed to achieve goals in your life including, for example, graduating high school, career goals, building a family, and many others life areas where you needed to put in some work in order to grow and prosper.

For discussion, consider the following aspects of willpower. Discuss what each one means to you by thinking of some examples in your own life. Then at the end go back and identify the areas discussed that you may need to work on

Willpower and Patience: The power to delay immediate gratification for the greater long term good

Willpower and Thinking: The ability to overpower an unwanted thoughts, cravings or urges

Willpower and Emotion: The power to experience emotions without impulsively letting these emotions control our words and actions

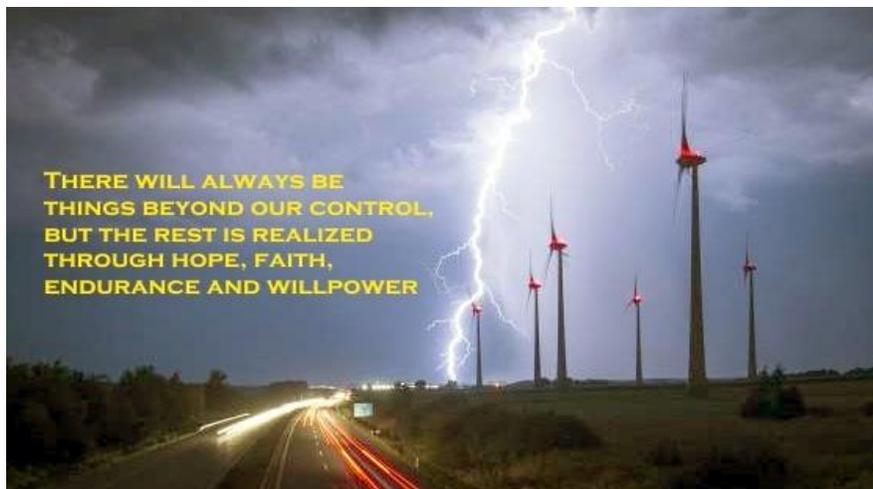
Willpower and Self-Regulation: The ability to be conscious of your desires without giving in to them

Willpower and Resources: The ability to ration your money, time and other resources without wasting them or burning through them too quickly

Willpower and Ego: The ability to share, let go of power, and give up the need to try to control other people

Willpower and Letting Go: Possessing the power let go or give in when something negative has a hold on us

Willpower and Fear: The ability to experience fear and apprehension but still press forward



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Willpower & Powerlessness: Part 2

There is a time to “accept the things we cannot change” which involves letting go of a futile attempt to control something that we have no control over. However, at times we need the “courage to change the things we can”, which requires willpower. For each topic below, identify and discuss which ways you can use willpower to make good choices and then identify some areas which you may be powerless. (*The first two are completed with examples*) – *This can be a challenging exercise that requires some thought*

Topic	WILLPOWER	POWERLESS
Drugs	<i>I can choose to avoid drug using people and places I can choose not to have drugs in my home</i>	<i>Once I start using it is likely I will lose control and use more than I intended too, so it is better for me not to pick up in the first place</i>
Relationships	<i>When I am single I can choose who I enter into a relationship with I can try to control my own behaviors and choices in my relationships</i>	<i>When I am in a relationship I cannot control the thoughts, feelings, moods and behaviors of my relationship partner</i>
Friends		
Money		
Health		
Emotions		
Work/Career		
Your words		
Behaviors/Habits		
Your Time & Your Future		
The World Around You		



The Many Faces of Power – Look at the list below of phrases that can describe power in one way or another.

- First, pick one phrase that does not apply to you but stood out to you for one reason or another
- Next pick one phrase that reminds you of something from your own life or experience

Discuss your choices

Avoiding power

Underestimated power

Overestimated power

Abuse of power

Corrupt power

Channeling power

Flaunting power

Drunk with power

Hidden power

Power trip

Power play

Knowledge is power

Power lust

Balance of power

Staying power

Untapped power

Mental power

Physical power

Sharing power

Love of power

Power of love

The power to change

Power for good

FINAL DISCUSSION QUESTIONS

- What is one way you can use the power you have to improve yourself or improve your life?
- What is one way you can use your power to help others?