

Inferior Mindset “POWER UNDER”	Centered Mindset “POWER WITH”	Superior Mindset “POWER OVER”
Analogous to Child	Analogous to Adult	Analogous to Parent
Operates from past decisions to cope from childhood	Operates in present moment	Operates from the past observance of parents and other caretakers
Sees others as having power over them	Sees others as equals	Sees themselves as having power over others
Takes things personally “What’s wrong with me?”	Takes nothing personally	Makes things personal “what’s wrong with you?”
Seeks approval	Defines him/herself on his/her own terms. Distinguishes between skills and self.	Seeks to take care of
Plays innocent <i>“Not me”</i>	Owns his or her part of a situation	Looks for someone to blame <i>“Your fault”</i>
Can tend to act helpless	Allows others to live with the consequences of their actions	Can tend to be overly helpful
Gets angry and rebellious to feel more powerful	Gets the facts and stays grounded	Gets authoritative, judgmental to feel more powerful
Reflexive thoughts “I’m no good” “I should have done better” etc.	Chooses thoughts - interrupts old patterns	Reflexive thoughts “Look what you did wrong” “You are no good” etc.
Reacts to others’ decisions on what is good or bad, right or wrong, black or white	Considers what thoughts and actions will lead to. Focuses on consequences and fallout	Sees the world in black and white, right and wrong, good or bad terms

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Tends to be more emotional	Tends to be more logical and rational	Tends to be more values-driven
Looks outside of self for motivation	Internally motivated	Looks outside of self for motivation
Tends to try to prove or show that “I am enough”	Grounded and feels from the inside out “I am enough”	Tends to need others “under me” to feel like “I am enough”