



## TRY THIS: POWER CIRCLES

This process, for groups of three to ten, can be done as part of a weekly group or in one or a few sessions. Over time, members can experience much depth, learning, and support. The purpose is to help people integrate what they are learning about their power and how to use it wisely by increasing their sense of empowerment, sharing feelings, listening to and learning from each other.

Go around to each participant one question at a time. Listen to each other with interest and compassion. Note that the process works best if people don't interrupt or comment. *(Thanks to Sarah Hartzel for her version of this exercise, which uses the phrase "I am a peacemaker.")*

### First Round

**I felt powerful** (or empowered) **this week when** \_\_\_\_\_.

*This is a time for remembering that you know what being empowered feels like. Your short response can come from work, home, the community, or the world.*

Complete your turn by saying: **I am powerful.** *(This is a verbal affirmation for yourself.)*

Listeners offer moment of silence. –OR– Listeners repeat: **Yes, \_\_\_\_\_ (your name), you are powerful.**

### Second Round

*(Note: This statement is made at the second session.)*

**Something related to my commitment from last week is** \_\_\_\_\_.

*This response gives you a chance to reflect on the results of your commitment from the previous round.*

Complete your turn by saying: **I am powerful.**

Listeners offer moment of silence. –OR– Listeners repeat: **Yes, \_\_\_\_\_ (your name), you are powerful.**

### Third Round

**A situation that is challenging (or an opportunity) for using my power wisely and well is** \_\_\_\_\_.

**Using my power wisely and well in this situation would look like** \_\_\_\_\_.

Complete your turn by saying: **I am powerful.**

Listeners offer moment of silence. –OR– Listeners repeat: **Yes, \_\_\_\_\_ (your name), you are powerful.**

### Fourth Round

**In the name of empowerment, this week I will** \_\_\_\_\_.

*(This action should be something specific, doable, and measurable.)*

Complete your turn by saying: **I am powerful.**

Listeners offer moment of silence. –OR– Listeners repeat: **Yes, \_\_\_\_\_ (your name), you are powerful.**