



The Power-Zone Pattern with Responsibility To/ For

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The Pattern:

1) Access a full experience of your “Four Central Powers.”

You have two *private inner powers*:

Thinking: representing, believing, valuing, understanding, reasoning, etc.

Feeling: somatizing, valuing, etc.

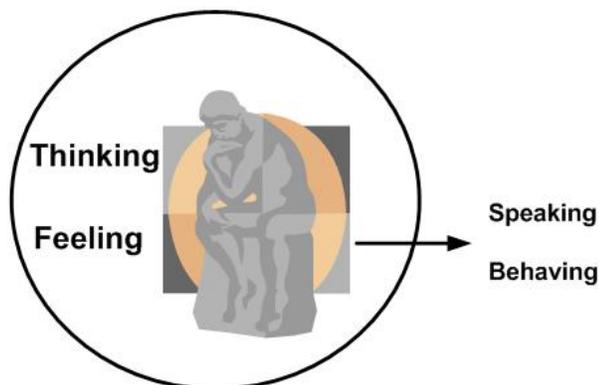
You have two *public and outer powers*:

Speaking: languaging, using and manipulating symbols, asserting, etc.

Behaving: acting, responding, relating, etc.

Just notice these powers as you “step into them” fully. Access them so that you begin to feel these powers. Use your hands to mime out these powers in your own personal “space” to create your *Circle of Power* and influence and responsibility.

Meta-Stating Power Zone Ownership



2) Access and amplify the resource state of ownership.

Has there ever been a time, maybe during childhood, when you said “*Mine!*” fully and completely? Think about such a time. Be there. Feel what it’s like

when you strongly sense that something is yours, when every fiber in your being says, **“Mine!”** Keep it small and simple, such as: “My hand!” “My eye.” “My cat.” “My toothbrush.”

3) Access the states of acceptance and appreciation of “mine!”

Imagine a reference that allows you to fully and completely feel a sense of acceptance... when you just welcomed and acknowledged something ... like a rainy day, or the traffic.

Now feel this acceptance about what you own as yours.

Recall a reference that enables you to feel a warm sense of appreciation for something, when you see value and delight in something. Feel that appreciation about this sense of ownership.

4) Amplify these states until your neurology radiates and apply to your power zone.

Amplify your sense of ownership, then acceptance, then appreciation and apply them to your power zone.

Let your words emerge as you language it effectively. “This is my *zone* of power. I am totally responsible for my *responses* of mind, emotion, speech and behavior.”

5) Imagine pushing other people’s judgments on how you speak away from you.

As you own your own powers, give other people permission to own their own powers without your judging what they may or may not think of you.

“I absolutely refuse to let what others may or may not think of my speech determine how I perceive myself.”

Visualize yourself pushing them away. Stand up and go through the motions of moving them outside the boundaries of your life so they cannot bring judgment to bear on how you speak.

6) Run the Meta-No/ Meta-Yes Pattern

Say “No” to what others may think, feel, say or behave towards your speech.

Say “Yes” to owning your own thinking, feeling, speaking and behaving.”

“It is my speaking-behavior, I own it. I take responsibility for it. I have the power to behave and speak resourcefully. I absolutely refuse to allow others to control my states about my behavior and speaking. Yes!”

7) Take ownership of Power Zone and distinguish responsibility “To” and “For” other people.

Note: Responsibility “for” establishes personal “accountability.” The word “responsibility” refers to one’s “ability to respond.” It means to have power to act, to exercise influence, to control things, etc. This establishes what you are responsible “for.”

Ask yourself the question, “*Do I realistically have power over someone else’s four powers?*” Or, are they and they alone responsible for how they think, feel, speak and behave? Obviously, just as you are to “own” your four powers, give other people the privilege and responsibility to own their powers. *Stop* trying to do that for them by *guessing* or *mind-reading* what they may or may not think of your speech.

We are all responsible *only* “for” ourselves and what occurs within ourselves. We are responsible “to” others in how we behave towards them but *never* are we responsible *for* how they speak and behave towards us. My mother used to say, “You make your bed, you must sleep in it.” That is an old Appalachian mountain saying for personal responsibility. By being responsible *to* others, we create healthy relationships. Thinking one is responsible *for* them creates co-depending relationships. There is a big difference between the two.

Michael summarizes:

You are responsible *for* your thoughts (beliefs, understanding, values, etc.), your emotions (feelings, moods, states), your words (language, speech, speaking patterns), and your behaviors (actions, reactions, commitments, etc.). Generally speaking, then your “responsibility for” *ends at your nose*.

Please understand, as long as you *blame* other people for judging how you speak and behave, you will, in all likelihood, *never* overcome the problem. For, as long as you consciously or unconsciously allow the fear of their judgments to drive your undesired behavior, you will never take full responsibility for it. Once you take full responsibility for it (own you’re speaking/ behaving), you are well on your way towards recovery.

Responsible “For/ To” Pattern

- a) While inside your power bubble, notice how you feel when you say, “I am response-able *for* my thoughts, feelings, speech, and behavior.”

“Response-ability *for* is my accountability.”

- Notice how well this settles.

- How many more time do you need to say this until it settles well?
- Are there any objections to it in the back of your mind?

b) Now say, "I am response-able *to* others but never *for* what others think, feel, say or do."

"Response-able *to* others is *relationship* with others."

- Notice how this settles.
- Check if there are any objections.

c) Now say, "**I have set the boundary of my power zone bubble as the line between responsibility “to” and “for.”** Say “Yes” to that.

8) Future Pace. – Imagine living your life from now on with these new learnings.

Taking Full Ownership of Your Power-Zone (By Geoff)

