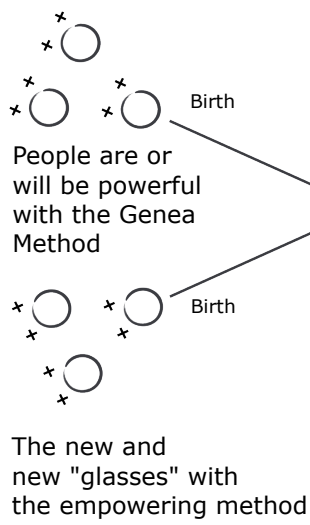


PowerCode – How to Heal an Injury of System Laws

- Causing / co-causing persons known
- It was once good enough / neutral for the people
- Persons balanced powerful / strong (++) enough
- Language correct
- New »glasses«



3. Thinking:
interpretation,
conclusion, »glasses«



4. Thinking
feelings:
ignored,
not respected
...

2. Basic
Feelings II

Rage,
Anger

1. Basic
Feelings I

pain, sorrow,
grief, fear

Basic Feelings I: Muscles tense, soft knees, trembling, pressure / pain (stomach, guts, head), hot, cold, tears shooting into the eyes, heartbeat, incongruous, lump in the throat, feel nothing, dizziness ...

Injured person

- | | |
|--|---|
| 1. Appreciative attitude | Is necessary - "it used to be good" leads to attitude |
| 2. Perception - Describe the situation (behavior) that led to the injury. | No interpretation (»glasses«) or reproach |
| 3. Effect - describe / show basic feelings I (injury / suffering) | Not thinking feeling, but basic feeling I |

Responsible person

(»raise your hand«)

- | | |
|--|---|
| 1. Acknowledgement of sorrow – »Oh, it wasn't my intention that you should... feel. I'm sorry you feel that way.« | Standing by your behavior, no excuse. |
| 2. Compensation: »I'm taking anger / rage from you, for what I'm responsible.« | Taking responsibility / anger on a pro rata basis |
| No justification or explanation | Otherwise new injury |
| 3. New behavior: »Had I known that my behaviour hurt you, my behaviour would have been different, namely...« | Leads to the new »glasses« |

Give feedback:

there must be no injury of system laws!

- | |
|---|
| 1. Appreciative attitude |
| 2. Perception – Describe the situation / behavior to which feedback should be given |
| 3. Effect – Describe / show basic feelings I (it must not be an injury or a strong feeling) |
| 4. Wish for the future – »For the future, I wish that you ... make.« (or learning task for the future; or demand for the future, if the non-fulfilment would have a consequence) |