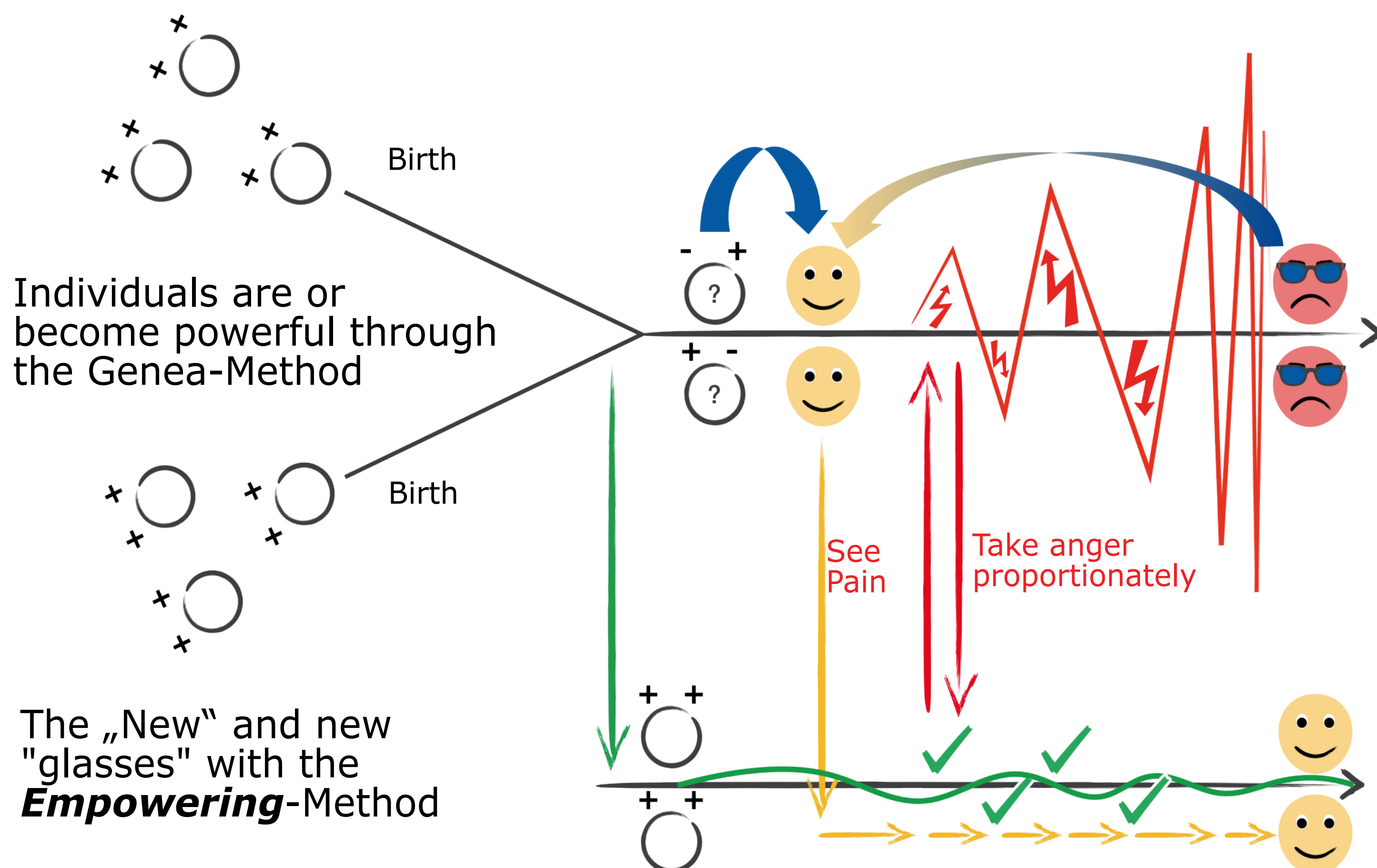
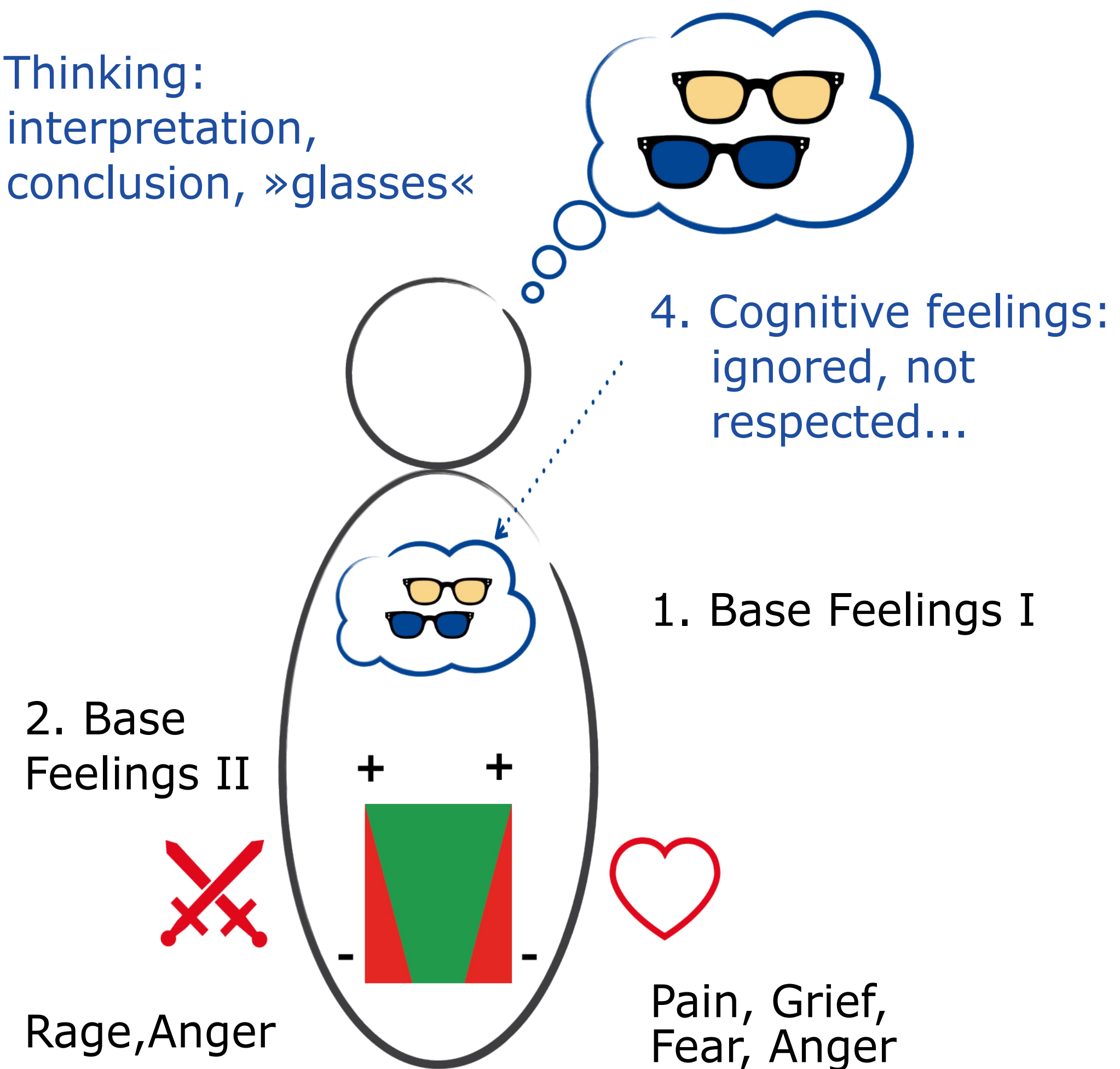


PowerCode – How to resolve System Law Violations

- Responsible / contributing persons known
- It used to be good enough / neutral for the involved
- Persons balanced powerful / strong (++) enough
- Using correct Language
- New »glasses«



3. Thinking: interpretation, conclusion, »glasses«



Base Feelings I: Muscle tension, weak knees, trembling, pressure in the stomach, pain (stomach, abdomen, head), feeling hot or cold, tears welling up in the eyes, palpitations, feeling uneasy, lump in the throat, feeling numb, dizziness...

Hurt Person		Responsible Person
1. Appreciative attitude		„It used to be good“ leads to an attitude
2. Perception - Describe the situation (behavior) that led to the violation / injury.	No interpretation or accusation	Is it clear what the issue is about?
3. Effect - describe / show base feelings I (injury / suffering)	No judgment - describe as if at a doctor's appointment	Can the suffering be seen?
Responsible Person	(»Raise hand«)	Hurt Person
1. Acknowledgement of suffering - »Oh, it wasn't my intention that you feel this way. I'm sorry you feel that way.«	Take responsibility for your behavior; no excuses	Does the acknowledgement of the suffering come through? Does the basic feeling change?
2. Compensation: »“You're right to be angry with me. I take my share of the anger that you feel, for which I am responsible.“«	Take partial responsibility/ anger	Does it come through? Does the basic feeling II/anger change? Does it bring relief?
No justification or explanation	Otherwise, new injury	
3. Outlook: »If I had known that my behavior was hurting you, my behavior would have been as follows: ...«	Leads to a new perspective and way of thinking („glasses“)	Does it come through? Does the perspective change? What is the new perspective/belief?

Providing feedback: ensure there are no system law violations!
1. Appreciative attitude
2. Perception - Describe the situation (behavior)
3. Effect - describe / show base feelings I (injury / suffering) (There should be no hurt feelings or strong emotions involved)
4. Wish for the future: »I wish that for the future, you would [do something specific]«, (or consider a learning task or requirement for the future with potential consequences for non-compliance)