



## KINDS OF POWER

- ✓ **EXPLOITATIVE POWER** (power upon)  
Use of physical violence or force, or the implied intent to use it
- ✓ **MANIPULATIVE POWER** (power over)  
Playing with people's wants and needs
- ✓ **COMPETITIVE POWER** (power against)  
Competing with others of equal power
- ✓ **NUTRITIVE OR NUTRIENT POWER** (power for)  
Using influence to empower others in a positive way
- ✓ **COLLABORATIVE OR COALITIONAL POWER** (power with)  
Combining one's power with others to increase everyone's power

Based on Carolyn Schrock-Shenk, "Power and Conflict," Mediation and Facilitation Training Manual, 4th edition, editor Carolyn Schrock-Shenk, Akron, PA: Mennonite Conciliation Service, 2000, pp. 78-79.