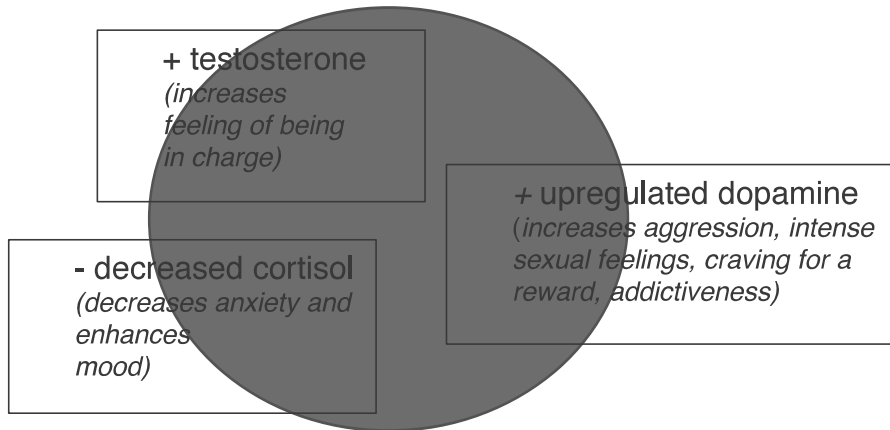


Neurobiological Changes that accompany High Power Roles



No matter what your intentions, the nature of power—like Sauron’s Ring—it is a spell and a big shadow that is a tempting combination of opportunity and immunity to consequences. High power also increase our ability to contribute to well-being and the common good.

A. A decreased ability to accurately assess yourself, others, and situations

- over or under-identify with role
- get needs met through role
- assume rather than earning trust and authority
- project own issues onto others and get projected on by others
- get easily idealized and devalued

A. The role power added to your personal power makes you **bigger and more influential** than just your personal self.

B. prioritizing own interests and needs

- ego-centrism
- spell of perks
- lose awareness of limitations

B. **Access to more resources and perks**

C. Diminished empathy

- reduced accuracy in seeing other’s feelings and perspectives
- reduced awareness of your impact

C. **Social distance**

D. increased impulsiveness/decreased social inhibition

- more insensitive
- lax about rules for yourself, strict about rules for others
- heightened confidence in predicting positive outcomes
- your unhealthy trigger behaviors will be exaggerated, influential, and not easily forgiven

D. **Final say**
(freedom to act limited interference and with reduced consequences and accountability)