

**DARTH VAADER**  
**VS.**  
**ROBERT E. LEE**

06

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**There are two groups of emotions:**

**Feel Bad Emotions**

**Feel Good Emotions**

If the emotional mind has determined that something undesirable is about to happen, the brain prepares itself and the body to fight the threat or run away from it – the so-called "fight or flight response".



**Feel Bad Emotions**

# END THE THREAT

If the emotional mind decides to put a stop to the menace, it prepares to confront it with intimidation or force. This is experienced as anger or a related emotion.

If the emotional mind decides you cannot stop to the menace, it prepares to run away. This is experienced as fear or a related emotion.



**Feel Bad Emotions**

# **Fight** *Anger*

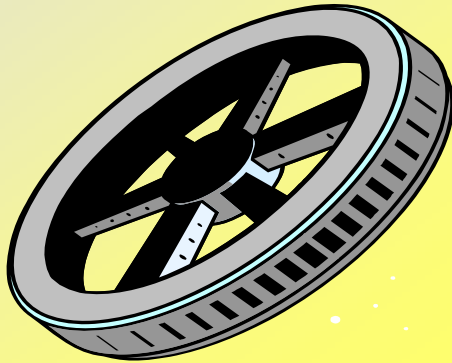
**USE**  
**Intimidation & Force**  
**Stop the Threat**

**(Anger Feels Bad)**

If the emotional mind senses an opportunity to get something it wants, a person will experience a feeling of either power/control/elation or of pleasure/satisfaction/joy. Power/control/elation are associated with mastery and the emotional urges to dominate a situation in order to obtain something of value. In contrast, pleasure/satisfaction/joy, among other things, are associated with a sense of well-being, security and freedom from harm .



**Feel Good Emotions**



HOW TO GET PEOPLE  
TO DO  
WHAT YOU WANT THEM  
TO DO

Intimidation

Encouragement



Power, Control, Elation

Pleasure, Satisfaction, Joy

There is an old adage that you can get a donkey to do what you want with a carrot or a stick. Write the number 1 on a piece of paper and write then what you think that adage means?

IF YOU ARE NOT  
GETTING WHAT YOU WANT  
YOU WILL FEEL BAD

But if you use:

**Intimidation**    OR    **Encouragement**

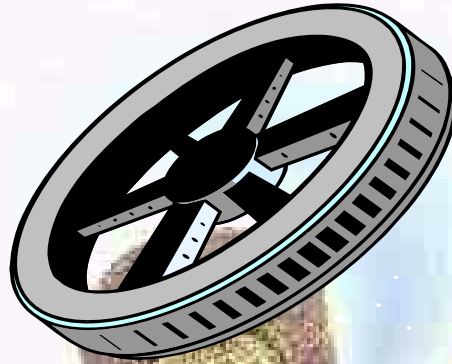


And get what you want, you  
will feel good.

**Power, Control, Elation**

**Pleasure, Satisfaction, Joy**



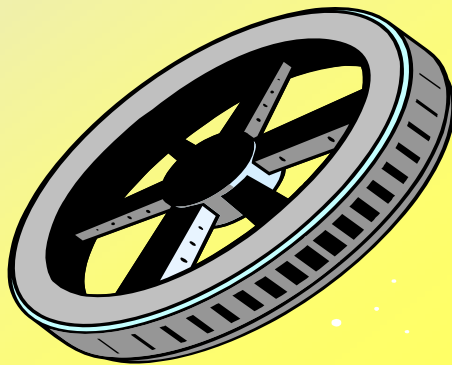


In the movie *Star Wars* the Rebels have stolen the plans to the Death Star and the Imperial Command is meeting to discuss getting them back. A dispute breaks out between Darth Vader and another commander. Darth Vader holds up his hand, conjuring up the Dark Side of the Force, and the commander grabs his throat as if he is being choked. All of the other commanders look on in fright. Darth Vader releases the Dark Force and the commander's head drops to the table.



Write the number 2 on your piece of paper and then write why Darth Vader choked the man? Do you think that everyone else was intimidated by Darth Vader and the Dark Side of the Force? Will they all be less likely to cross Darth Vader in the future?

**VADER WAS ANGRY AT  
THE OPPOSITION, BUT  
GOT WHAT HE WANTED**



**HE USED INTIMIDATION  
AND FORCE & FELT  
POWER, CONTROL AND  
ELATION**

**HOW TO GET PEOPLE  
TO DO  
WHAT YOU WANT THEM  
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Encouragement



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Of course Darth Vader is just a fictional character. He does not exist. But, I believe, the Dark Side is very real and all around us.



A scene in the movie 9-5, starring Dolly Patron, Lily Tomlin and Jane Fonda. Fonda's character is given a task on her first day on the job. She has to make copies on a hugh complex copy machine. It gets out of control and she has papers flying everywhere. The boss, played by Dabney Coleman, come in and begins to yell at her. "Any moron can operate this machine. You had better get it right or your first day will be your last." He didn't try to help her. He didn't try to teach her. He felt anger and tried to intimidate her to do things right.



HOW TO GET PEOPLE  
TO DO  
WHAT YOU WANT THEM  
TO DO

Intimidation

Encouragement

—

+

Power, Control, Elation

Pleasure, Satisfaction, Joy



“Any moron can operate that machine.” That is the Dark Side and it is very real



Write the number 3 on your paper and then write a sentence or two about someone that treated you that way.

Think of a time  
when this  
happened to  
you.

**DOUBLE SPEED**

**FORCE & INTIMIDATION**

**PUSHES**



**DESIRE FOR  
POWER AND CONTROL  
PULLS**

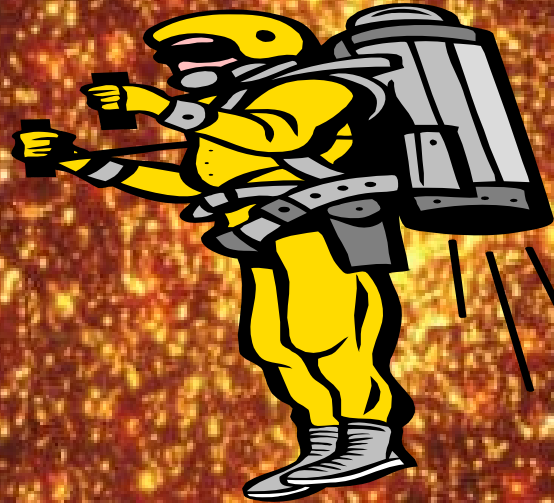
**DOUBLE STRENGTH**

This is a serious situation. Anger pushes you and power and control pulls you. Things happen double fast and with double strength.

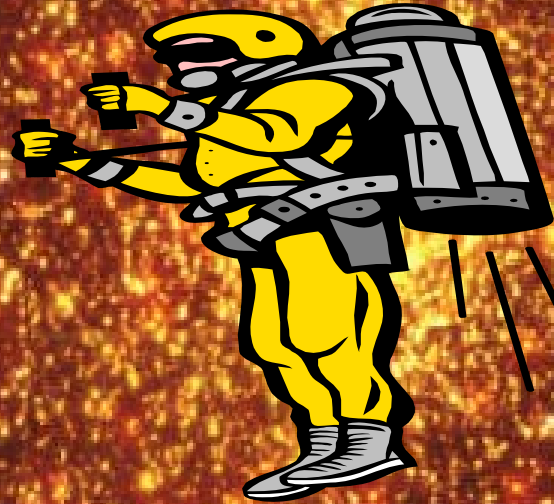
**A DANGEROUS  
COMBINATION**



**BUT THERE IS ANOTHER SERIOUS  
DANGER TO THE DARK SIDE**



In the *Return of the Jedi* Luke Skywalker was captured by Darth Vader and the Emperor was going to seduce him to the Dark Side. Do you remember how that was to happen? Write the number 4 down on a piece of paper and then your answer.



Darth Vader egged Luke into a fight so that he would get angry and lose control to his Dark side. The Emperor told Luke, “Your hate has made you powerful. Give yourself to the Dark Side.” Luckily for Luke he remembered his Jedi training and did not go all the way into their mind trap.

Anger makes you feel bad. But getting your way, either in reality or just in your head, causes you to feel “powerful and in control” That makes you feel good. So, even though you might not want to feel angry, you might want to feel the power and control that can go with it. This gets you hooked into **RESENTMENTS.**

# POWER FIX



**Get  
What You  
Want**

**Dominance** ←

**Getting What  
You Want**

(Power & Control Feel Good)

**POWER,  
CONTROL &  
ELATION**

# POWER FIX



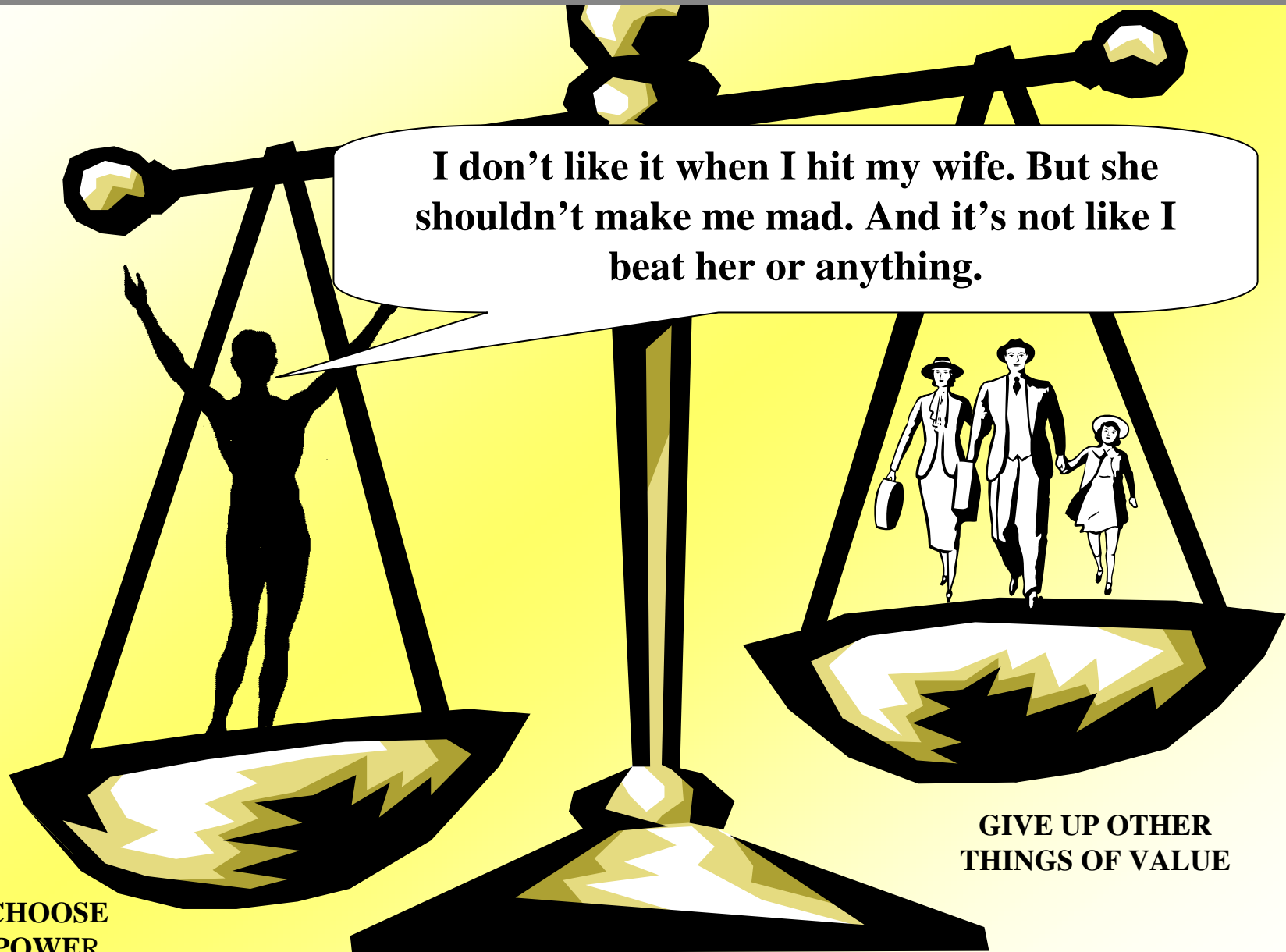
**Dominance**

**POWER,  
CONTROL &  
ELATION**

## RESENTMENTS

When you hold a grudge you won't problem solve or let things go – you will re-feel the anger (and feel bad) only to tell yourself how bad they are and how good you are. This makes you feel powerful and superior (and then you feel good). However, it's like an addiction. You need to do this all over and over again in order to feel good. Furthermore, it makes you feel as if any type of revenge is ok. You'll feel free to hurt other people and, as a result, have a life full of problems.

**But you have to make excuses to yourself why this is all ok.**



**I don't like it when I hit my wife. But she shouldn't make me mad. And it's not like I beat her or anything.**

**CHOOSE  
POWER**

**GIVE UP OTHER  
THINGS OF VALUE**

# **It Becomes A Reinforcing Cycle**

**PROBLEM**

**USE  
JUSTIFYING  
BELIEFS**



**USE  
POWER  
FIX**

It becomes a viscous circle. Something happens that you don't like, you get angry, use force or intimidation to get your way, you make excuses that it's ok, that makes you feel good and ok to do it again. However force and intimidation tend to create more problems – so you've still got plenty of problems to feel angry about. And on it goes, getting worse and worse, until your life's a mess and so is everyone else's around you.



## EROSION OF VALUES



**Value of Children = 90**

**Value of Beer = 10**

Here is an example of how a person's values may erode over time. The most important thing in this man's life is his daughter. Let's say she is worth 90 points. He also like a beer now and then. Beer is worth 10 points.



A man stops at a bar to use the phone. He leaves his daughter in the car. He is only going to be there for a minute



**Value of Children = 90**

**Value of Beer = 10**





But he sees a friend and has a beer. He thinks “one won’t hurt.” but then he has another and another – forgetting his daughter. His wife gets mad at him when she found out what he did..



**Value of Children = 90**

**Value of Beer = 10**

**He neglected his daughter and feels bad.**



**Value of Children = 90**

**Value of Beer = 10**

**He can decide to be more caring and not do that again. If he keeps his word he will feel better.**

**OR**



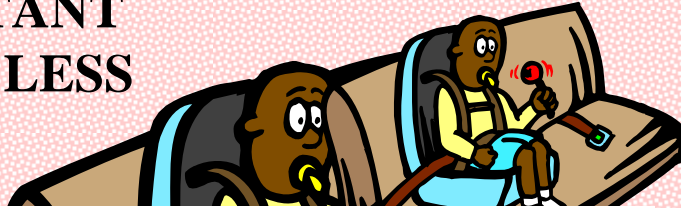
**Value of Children = 90**

**Value of Beer = 10**

**Or, he might make an excuse for his behavior (It's not like I robbed a bank or something. I don't know what the big deal is. No one's gonna tell me what to do). This too will make him feel better – but at a terrible price.**

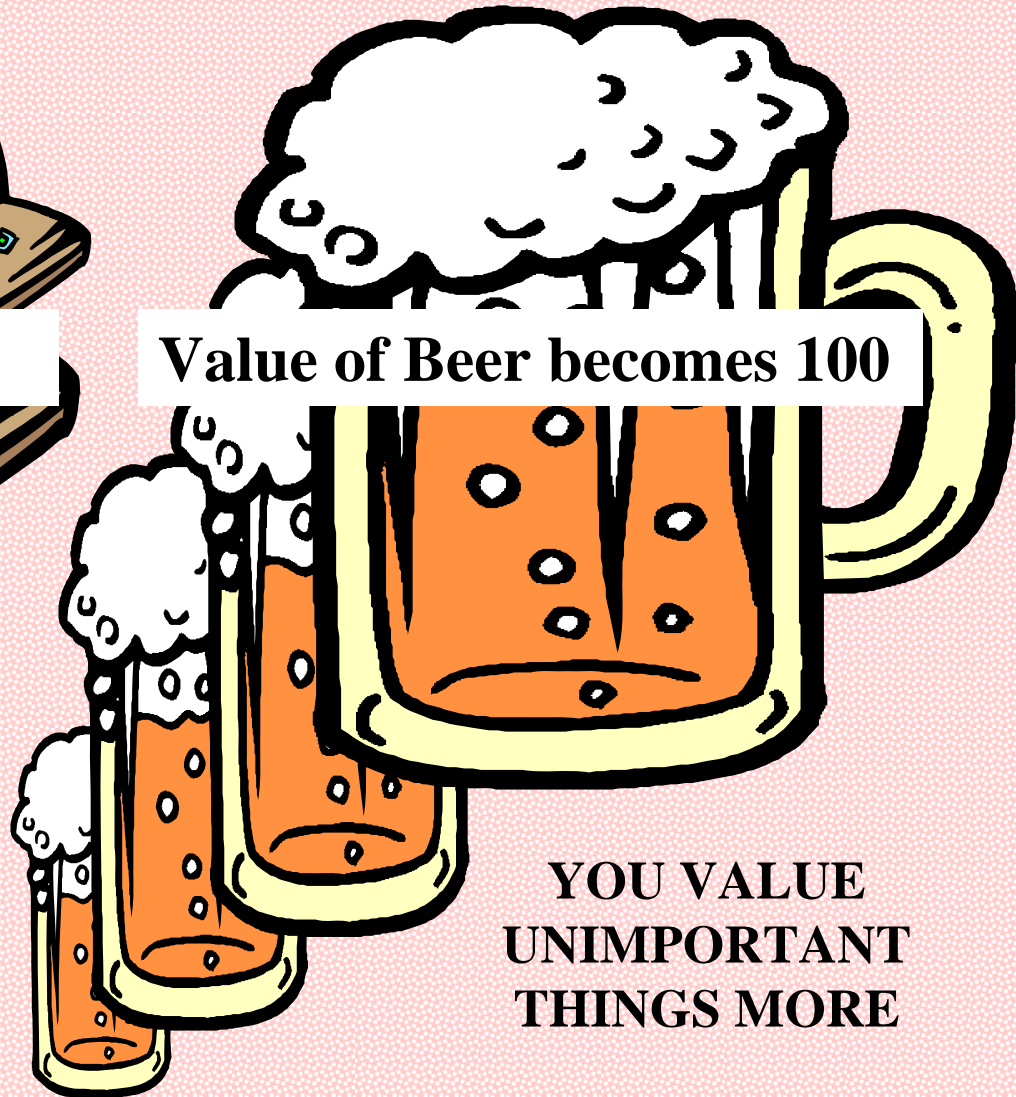
# Over time these excuse erode a person's values.

YOU VALUE  
IMPORTANT  
THINGS LESS



Value of Children becomes 0

Value of Beer becomes 100



YOU VALUE  
UNIMPORTANT  
THINGS MORE

**Moral Justification:** Bad behavior is excused by reframing it as a social or moral good. For example, *It's all right to miss the kids' game in order to get ahead at work.*

**Euphemism:** Minimizes the harm done.

**Advantage:** Comparing the current situation for a while.

**Displacement:** The behavior is viewed as just the way.

**Diffusion of responsibility:** The blame is shared.

**Distorting the consequences:** About the harm.

**Attribution:** Giving them a reason to be angry.

**Dehumanization:** Less than human. For example, *Kids are more trouble than they're worth. To hell with them.*

# JUSTIFYING BELIEFS

**Making excuses so you can feel good and still do what hurts.**

Here are some ways that people can make excuses

Minimizes the harm done.

Comparing the current situation for a while.

The behavior is viewed as just the way.

The blame is shared.

About the harm.

Giving them a reason to be angry.

Less than human.

Adapted from Albert Bandura

**Moral Justification:** Bad behavior is excused by reframing it as a social or moral good. For example, *It's all right to hurt someone, if you're getting revenge for your family.*

Adapted from Albert Bandura

**Euphemistic Language:** Bad behavior is made to feel less so by using language that minimizes the harm done. For example, *It is all right to call her a whore, if you are just teaching her a lesson.*

Adapted from Albert Bandura

**Advantageous Comparison:** The belief of having done something wrong is minimized by comparing oneself with others who are doing worse things. For example, *I just left the kid in the car for a while. It's not like I robbed a bank or something.*

Adapted from Albert Bandura



**Displacement of Responsibility:** The belief of having done something wrong is minimized when it is viewed as having a cause outside of your control. For example, *You can't blame me. That's just the way I was raised. I can't help myself.*

Adapted from Albert Bandura

**Diffusion of Responsibility:** The belief of having done something wrong is minimized by spreading the blame among many other people. For example, *You can't blame me. Everyone else does it.*

Adapted from Albert Bandura

**Distorting Consequences:** Harmful behavior is minimized by disregarding or reducing the belief about the harm done. For example, *She wasn't really hurt that much anyway.*

Adapted from Albert Bandura

**Attribution of Blame:** Bad behavior is dissipated when a person blames someone else for having giving them no choice for their behavior. For example, *I wouldn't have hit him if he hadn't made me angry.*

Adapted from Albert Bandura

**Dehumanization:** The belief of having done something wrong is dissipated if you see the victim as less than human. For example, *The stupid bitch. To hell with her.*

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**Pick the three neutralizing thoughts that you believe cause the most harm. Then write the number 5 on your paper. Then write your choices and why you picked them.**

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**Euphemism**  
minimizes the  
harm done.  
*a lesson.*

**Advantage**  
comparing  
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*a the car*

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is viewed as  
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**Attribution**  
giving them  
*angry.*

**Dehumanization**  
less than human. For example, *The stupid bitch. To hell with her.*

If you use these  
Justifying Excuses -  
they become thinking habits that erodes your values  
and spread into all other  
areas of your life.

izes the  
*a lesson.*

*a the car*

when it  
*That's*

preaching  
*it.*

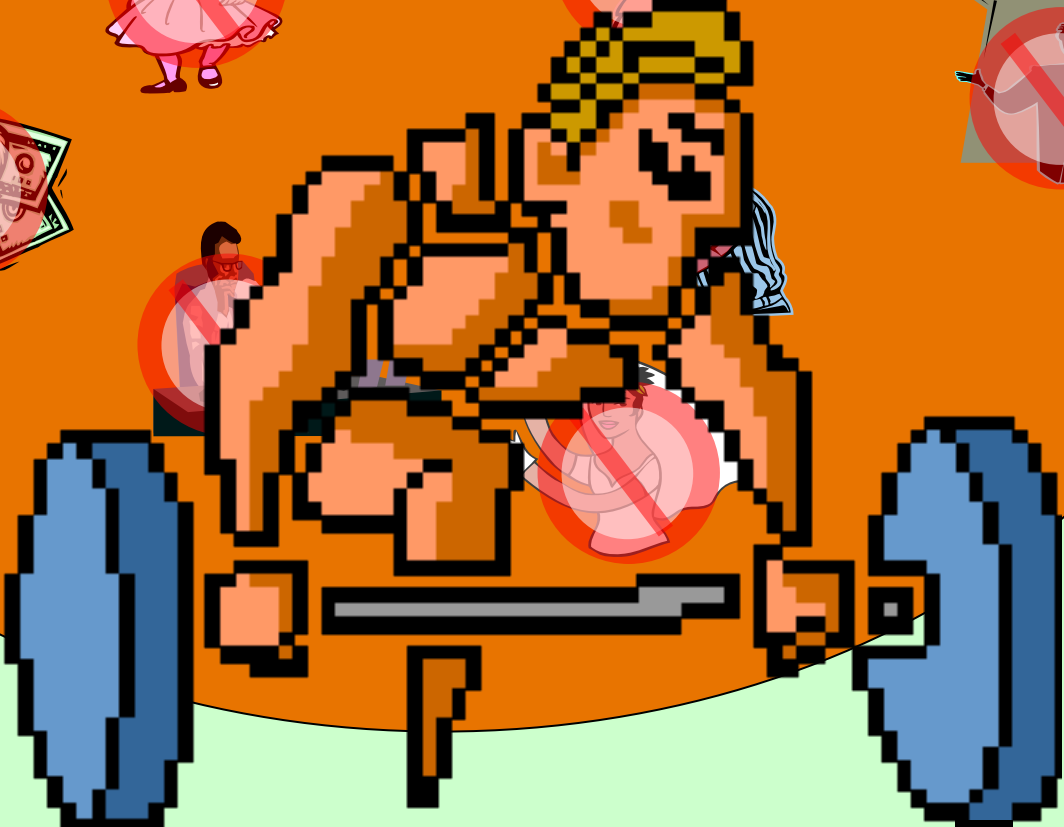
belief

having  
*made me*

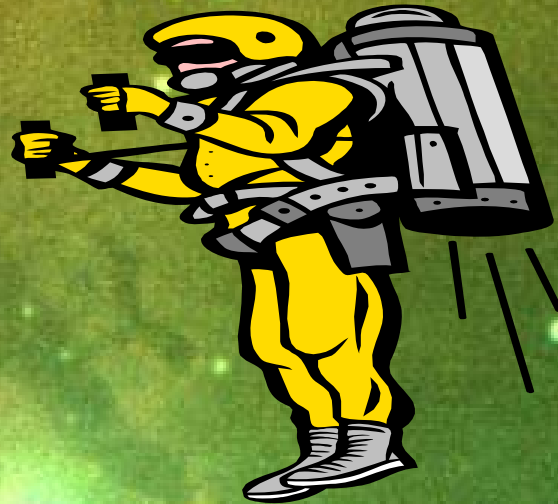
victim as

Adapted from Albert Bandura

# POWER FIXES CONSUME EVERYTHING







**Yoda, the Jedi Master, said, “Once you start down the dark path, forever will it dominate your destiny. Consume you it will.”**

**However there is a way to avoid the Dark Side.**

# A WAY OUT OF THE DARK SIDE



**Getting What  
You Want**



**Cooperation**

**PLEASURE  
SATISFACTION &  
JOY**

Controlling your anger. Letting go of resentments. Problem solving and cooperation. These are effective means of getting what you want without creating more problems. And they feel good too.



Let us finish with a scene from the movie Gettysburg. This is an example of when things can go right when cooperation is the theme. In July 1863, General Lee with 70,000 men marched in to Pennsylvania where they accidentally bumped into 90,000 Union forces in the small town of Gettysburg. The Union held the high ground after the first day of fighting, leaving them the advantage. The reason that they just bumped into each other is that the Confederate General J.E.B. Stewart didn't do his job right. His mission was to ride around with his cavalry forces, locate the enemy and size up the lay of the land. Had he done this, General Lee would have chosen the location of the battle and forced the Union to attack him at a disadvantage. Now General Lee must reprimand General Stewart. He has every right to be angry. He certainly has the power. How does he handle it.





Lee starts out by explaining to Stewart that his duty was to determine the enemy's movements and the lay of the land. Then report back. Lee tells him that he failed in his duty. He tells him that it must "never, never happen again." Stewart becomes upset and offers his resignation. Lee starts to get angry, but composes himself (he takes a step back and then a deep breath) and then tells Stewart, "There has been a mistake. It will not happen again. You are one of the finest cavalry officer I have ever know and you service to this army is invaluable. Now, let us speak no more of this."

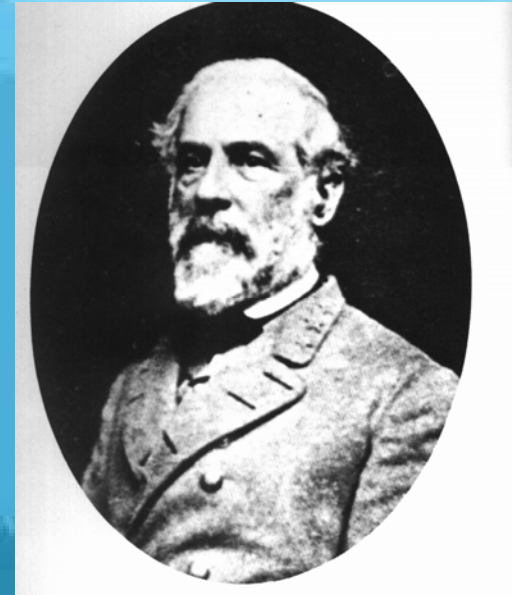
HOW TO GET PEOPLE  
TO DO  
WHAT YOU WANT THEM  
TO DO

Intimidation      Encouragement



Power, Control, Elation

Pleasure, Satisfaction, Joy



“There has been a mistake. It will not happen again. I know your quality. You are one of the finest officers I have ever known.” Contrast that with: “Any moron can operate this machine.” (Like the manage said in the movie 9-5). General Lee could have gotten mad. In fact he did. But he took a deep breath and calmed down. He wanted to make Stewart a move valuable Officer. If General Lee had belittled Stewart, Lee might have felt powerful, but Stewart would have felt bad and would not have been encouraged to do better. Instead, General Stewart, left with a greater sense of mission and went on to fight gallantly for his cause.

**LEE WAS ANGRY AT STEWART  
FOR NOT DOING HIS JOB, BUT  
CONTROLLED IT AND STILL  
GOT WHAT HE WANTED**

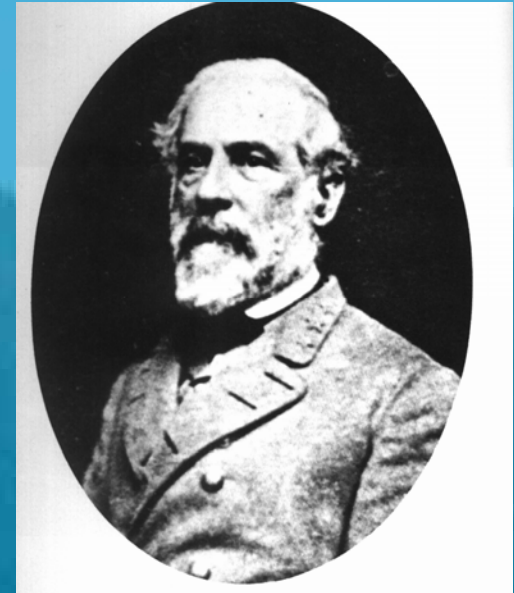
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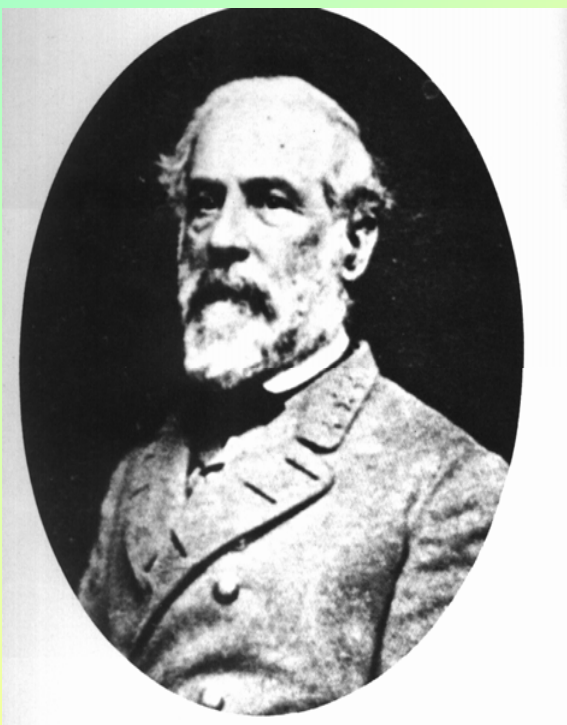


Power, Control, Elation

Pleasure, Satisfaction, Joy



**HE USED  
ENCOURAGEMENT & FELT  
PLEASURE AND  
SATISFACTION**



Think of a time  
when someone  
helped you rather  
than treated you  
badly.

Write the number 6 on your paper and then write of your experience. Add why you think this was a better way to do things.



**THE  
END**

