

Contents

1	On the Power and Roles of Men and Women	1
2	Where Do We Come from and What Does that Do to Us?	7
2.1	Transgenerational Transmission	8
2.2	Development of Self-Worth and Ego-Strength	13
2.3	The Importance of the Family of Origin	18
	Literature	23
3	The Power of Our Past and Origin	25
3.1	Dysfunctional Family Constellations	28
3.1.1	Unrelated Parents	28
3.1.2	Dominant father and adapted mother	32
3.1.3	Dominant Mother and Self-Insecure Father	35
3.1.4	Competing Parents	38
3.1.5	Insecure and Fearful Parents	42
3.2	Functional Family Constellations	44
	Literature	47
4	When Hormones Take the Lead	49
	Literature	53

xxv

5	The Balancing Act between Partnership, Motherhood, and Career	55
5.1	Power at First Sight?	59
5.2	Partnerships—from Career Supporters to Career Brakes	60
5.2.1	The Classic: Side by Side with the “Yes-but” Man	60
5.2.2	We are definitely not a team: Wrong partner choice and competitive relationships	70
5.2.3	The Ideal Case: “Honey, I’m in!”—The Couple as a Team	74
5.3	Excursus: Partner Search and Motherhood	77
5.3.1	Partner Search on an Equal Footing	77
5.3.2	Motherhood and the Traps and Illusions of Women	80
5.4	Excursion: Large Family Instead of Small Family	95
5.5	Women and Their Side Stages: Girlfriend, Mother, Mother-in-law, and Network Partners	98
	Literature	104
6	Leadership in Conflict—Discrepancy between Desire and Reality	105
6.1	High demand and blind spot—this is how women lead	108
6.2	Covert or Secret Leadership	113
6.2.1	The Secret Boss	113
6.2.2	Leading Pleasurably in Secret	114
6.3	The Denied Leadership Claim	114
6.4	Renouncing Leadership as a Protective Measure	115
	Literature	116
7	Power and Powerlessness: The Experienced Leadership	117
7.1	And Daily Greet Dogma, Dominance and Dismantling	118
7.2	Career Break Motherhood?	120

7.3	Backgrounds for the Devaluation of Mothers by Superiors	123
7.4	Lack of Personal Responsibility and Its Consequences	126
	Literature	128
8	Principles of Violence in German Companies	129
8.1	Our Collective Heritage	129
8.2	The Fear of Leadership of Competent Women	131
8.3	The Consequence: Women Do Not Reach Their Full Power	132
8.4	Women's Blind Spots as an Indication of Fear-Violence Spirals	133
8.5	Burying the Hatchet	134
8.6	The Brake Block Fear	136
	Literature	138
9	Tools and Strategies for Dealing with Powerfully Aggressive People	139
9.1	How Do I Extricate Myself from Power-Impotence Relationships?	139
9.2	Exiting Power-Impotence Spirals	143
10	Conclusion	149
	Addendum	153
	Glossary	155
	Book Recommendations	161