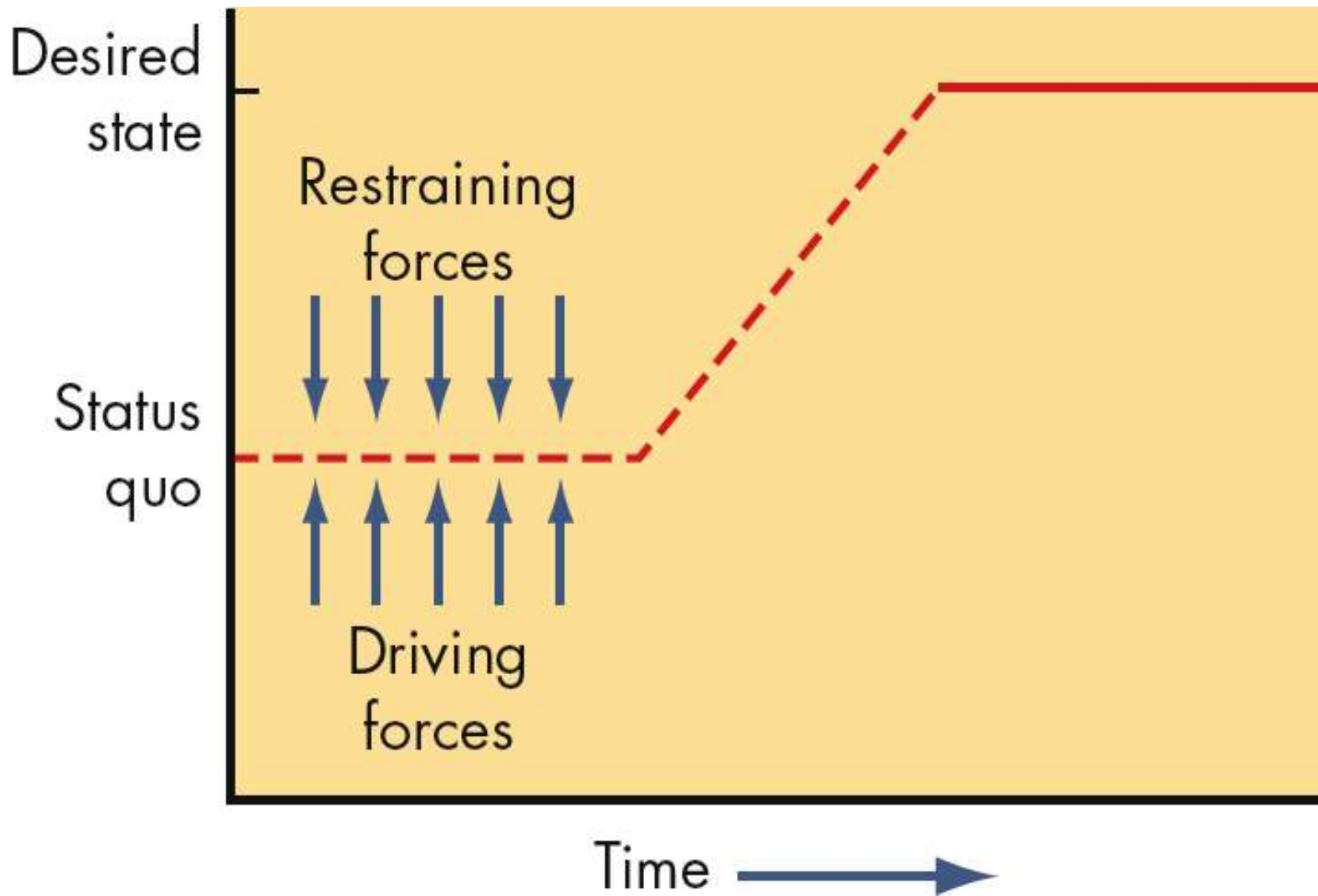


Force Field Analysis

Force Field Analysis

- It provides a framework for looking at the factors (*forces*) that influence a situation, originally social situations.
- It looks at forces that are either driving movement toward a goal (helping forces) or blocking movement toward a goal (hindering forces).
- The principle, developed by Kurt Lewin.



Force Field Analysis

- Driving forces are forces that push in a direction that causes change to occur.
- Driving forces facilitate change because they push the person in the desired direction.
- They cause a shift in the equilibrium towards change.

Force Field Analysis

- Restraining forces are forces that counter driving forces.
- Restraining forces hinder change because they push the person in the opposition direction
- Restraining forces cause a shift in the equilibrium which opposes change.

Force Field Analysis

- Equilibrium is a state of being where driving forces equal restraining forces and no change occurs
- Equilibrium can be raised or lowered by changes that occur between the driving and restraining forces.



Force Field Analysis

