--force push and --force-with-lease

Difference between --force push and --force-with-lease, You have to show the use of both, also you have to show in what scenario --force-with-lease is used?

While both "--force push" and "--force-with-lease" overwrite the updates to a branch, but the --force-with-lease offers additional security. In case of force push, the branch would be replaced by the local version of the repo. This could lead to a loss in data in case of a shared repo. Therefore, –force-with-lease is used which doesn't allow you to push the code if someone else has already updated the repo.

For example, let's assume we are working on a branch x and we start working on it and making updates to it. Between our updates, if our teammate has updated the repo then the –force-with-lease would prevent us from overwriting the updates.