$R_1 = 20\,000$ $R_3 = 10\,000$
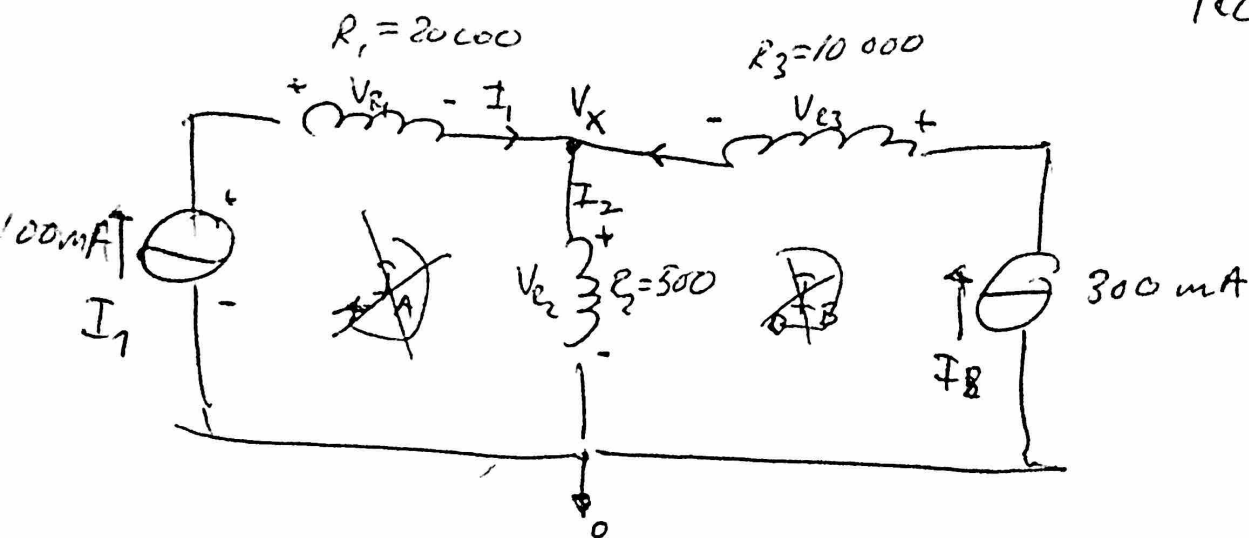
KCL in V_x $I_1 + I_B = I_2 \Rightarrow 0.1 + 0.3 = 0.4$

$V_{R_1} = R_1 \cdot I_1 \Rightarrow V_{R_1} = 20\,000 \cdot 0.1 \Rightarrow V_{R_1} = 2000\,V$

$V_x = R_2 \cdot I_2 \Rightarrow V_{R_2} = 500 \cdot 0.4 \Rightarrow V_{R_2} = 200\,v$

$V_{R_3} = R_3 \cdot I_B \Rightarrow V_{R_3} = 10\,000 \cdot 0.3 \Rightarrow V_{R_3} = 3000\,V$

$P_1 = V_{R_1} \cdot I_1 \Rightarrow P_1 = 2000 \cdot 0.1 \Rightarrow P_1 = 200\,W$

$P_2 = V_{R_2} \cdot I_2 \Rightarrow P_2 = 200 \cdot 0.4 \Rightarrow P_2 = 80\,W$

$P_3 = V_{R_3} \cdot I_B \Rightarrow P_3 = 3000 \cdot 0.3 \Rightarrow P_3 = 900\,W$

$P_1 + P_2 + P_3 = \overline{1180\,W}$

POWER × TIME = ENERGY (JOULE)

$1180 \cdot 3600 = 4.2\,MJ\ (4\,248\,000)$