

CONTROL JOURNAL

Name _____ Date _____

1. SITUATION IN WHICH I WAS CONTROLLING:

2. CONTROLLING BEHAVIORS (Statements, gestures, tone of voice, physical contact, facial expressions, etc.)
PLEASE DESCRIBE SPECIFICALLY:

3. WHAT DID YOU WANT TO MAKE THE OTHER PERSON DO OR FEEL?

4. HABITUAL, UNQUESTIONED BELIEFS THAT ALLOW YOU TO BE CONTROLLING (i.e. "Men are just . . .;" "I'm right/they're wrong;" "I/they/he's supposed to . . .;" "Kids ought to . . ."):

5. Give examples of ways in which you, at the time, tried to AVOID FEELINGS and RESPONSIBILITY for your actions in this situation:

6. FEELINGS (What PRIMARY feelings were you having?):

7. EFFECT OF MY CONTROLLING BEHAVIOR:
 On me:

 On the other:

 On any others:

8. PAST CONTROLLING BEHAVIOR (How did your past use of control influence the other person's or your behavior or feelings in this situation?):

9. HOW DO YOU WANT TO DO IT DIFFERENTLY NEXT TIME (using non-controlling behaviors)?

10. NEW "NON-CONTROLLING" BELIEF (What it would take for me to TRULY believe in order to be non-controlling?):

11. QUICK SCRIPTURE QUOTE (What verse/quote could I recall in the future to help me in this situation?):