

## CONTROL JOURNAL

Name \_\_\_\_\_ Date \_\_\_\_\_

1. SITUATION IN WHICH I WAS CONTROLLING:
  
2. CONTROLLING BEHAVIORS (Statements, gestures, tone of voice, physical contact, facial expressions, etc.):
  
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. "Man of the house;" "I'm right/they're wrong;" "I/they/she's supposed 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?):