

CONTROL JOURNAL

Name _____ Date _____

1. SITUATION IN WHICH I WAS CONTROLLING (Include date):

2. CONTROLLING BEHAVIORS (i.e. from "Controlling Behaviors" list; give exact example):

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

4. HABITUAL, UNQUESTIONED BELIEFS THAT ALLOWED YOU TO BE CONTROLLING:
"If I _____, then he/she/they _____
_____. And my reward will be _____."
_____."
5. Give examples of ways in which you, at the time, tried to AVOID FEELINGS and RESPONSIBILITY for your actions in this situation (From "Defense Mechanisms & Self Deceptions" handout):

6. What PRIMARY feelings (i.e. hurt, afraid, threatened, embarrassed, trapped, vulnerable, abandoned, alone, etc.) were you having? (Angry, frustrated, annoyed, etc. are all SECONDARY feelings):

7. EFFECT OF MY CONTROLLING BEHAVIOR:
On me:

On the other:

On any others (Collateral):

8. How did your PAST USE OF CONTROL influence the other person's or your behavior or feelings in this situation? (i.e. "It has become habit for me/how I was raised" or "The other person is now extra-sensitive to my control"):

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?):
"If I _____, then he/she/they _____
_____. And my reward will be _____."
_____."
11. QUICK QUOTE (What Bible verse/well-known quote could I recall in the future to help me in a similar situation?):