

CONTROL

- DO YOU BELIEVE THAT YOU MUST ALWAYS BE IN CONTROL OF EVERY SITUATION OR ELSE YOU'LL BE IN DANGER FROM OTHER PEOPLE BEING IN CONTROL INSTEAD OF YOU?
- DO YOU BELIEVE THAT YOU MUST ALWAYS KEEP AN EYE ON PEOPLE OR ELSE THEY'LL TAKE ADVANTAGE OF, USE OR MANIPULATE YOU FOR THEIR OWN GOOD?
- WHEN OTHERS TRY TO CONTROL YOU WHAT DO YOU USUALLY DO? -GIVE UP KNOWING WHAT YOU WANT SO YOU WON'T HAVE TO FEAR NOT GETTING IT?, TELL YOURSELF THAT GIVING IN IS NO BIG DEAL?, TAKE THE EASY WAY OUT?, TRY TO PLEASE THEM?, GET CONFUSED ABOUT WHAT YOU WANT?, GIVE IN?, GIVE AWAY YOUR POWER?, SWALLOW YOUR OPINIONS AND BELIEFS?, BEGIN TO SERIOUSLY CENSOR YOURSELF?, DOWNPLAY YOUR NEEDS?, BEGIN TO SECOND GUESS EVERYTHING?, GIVE IN FOR NOW, WAITING FOR A TIME LATER WHEN YOU WON'T HAVE TO?, BEGIN TO SHUT DOWN EMOTIONALLY?
- WHEN SOMEONE ATTEMPTS TO CONTROL YOU ARE YOU MORE LIKELY TO WITHDRAW OR FIGHT BACK?
- WHAT HAVE BEEN SOME OF THE WAYS OTHERS HAVE TRIED TO CONTROL YOU IN YOUR LIFE?
- WHO HAVE BEEN SOME OF THE PEOPLE WHO HAVE TRIED TO CONTROL YOU IN YOUR LIFE?
- WHAT HAVE BEEN SOME OF THE WAYS AUTHORITY FIGURES HAVE TRIED TO CONTROL YOU IN YOUR LIFE?
- WHAT HAVE BEEN SOME OF THE WAYS YOUR PARENTS TRIED TO CONTROL YOUR LIFE?
- WHAT HAVE BEEN SOME OF THE WAYS OTHER FAMILY MEMBERS HAVE TRIED TO CONTROL YOU IN YOUR LIFE?
- WHAT HAVE BEEN SOME OF THE WAYS LOVERS HAVE TRIED TO CONTROL YOU IN YOUR LIFE?
- WHAT HAVE BEEN SOME OF THE WAYS FRIENDS HAVE TRIED TO CONTROL YOU IN YOUR LIFE?
- IN WHICH WAYS DO YOU RESIST WHEN SOMEONE ATTEMPTS TO CONTROL YOU?-REBEL?, ACT HELPLESS?, PROCRASTINATE?, BECOME APATHETIC?, YES THEM TO DEATH AND THEN DO WHAT YOU WANT?, GET PHYSICALLY SICK?, SABOTAGE THE TASK?, MAKE THEM FEEL GUILTY?, CONVENIENTLY FORGET?, DO THE OPPOSITE OF WHAT THEY WANT? HOW DO YOU FEEL WHEN YOU ARE DOING THESE THINGS?
- IN WHICH WAYS ARE YOU LIKELY TO SHUT DOWN OR TURN OFF A CONTROLLING PERSON?- WORK?, T.V.?, DRUGS?, ALCOHOL?, FOOD?, SICKNESS?, SLEEP?, SOCIAL ACTIVITY?, HOW DO YOU FEEL WHEN YOU ARE PROTECTING YOURSELF IN THESE WAYS?
- HOW MANIPULATIVE A PERSON DO YOU CONSIDER YOURSELF?
- HOW MANIPULATIVE WOULD OTHERS SAY YOU ARE?
- DO YOU OFTEN PUT OTHERS IN NO-WIN SITUATIONS?
- DO YOU ENJOY BEING IN CONTROL?
- DO YOU COMPULSIVELY HAVE TO BE IN CONTROL?
- ARE THERE ANY CIRCUMSTANCES WHERE YOU WOULD ENJOY HURTING OR EMBARRASSING ANOTHER PERSON? IF SO, WHAT ARE THEY?
- WHAT THREATS ARE YOU LIKELY TO MAKE TO GET WHAT YOU WANT?- ILLNESS?, VIOLENCE?, SUICIDE?, PHYSICAL WITHDRAWAL?, SEXUAL WITHDRAWAL?, FINANCIAL WITHDRAWAL?
- WHICH BEHAVIORS DO YOU ENGAGE IN TO GAIN CONTROL IN RELATIONSHIPS?-LECTURING?, YELLING?, ACCUSING?, CRITICIZING?
- DO YOU EVER TRY TO DESTROY ANOTHER'S FRAGILE SELF-ESTEEM?
- DO YOU EVER ATTACK WHEN OTHERS ARE MOST VULNERABLE?
- HOW LIKELY ARE YOU TO GIVE GIFTS WITH STRINGS ATTACHED?
- DO YOU LIKE TO BE IN CONTROL BY PLAYING "NICE"?
- DO YOU EVER SEEK SYMPATHY TO GET ATTENTION?
- DOES THE THOUGHT OF HAVING POWER OVER ANOTHER PERSON FRIGHTEN OR EXCITE YOU?
- DO YOU MANIPULATE PEOPLE BY TELLING THEM WHAT THEY WANT TO HEAR INSTEAD OF WHAT YOU REALLY FEEL?
- DO YOU EVER USE THE SILENT TREATMENT TO PUNISH ANOTHER?
- ARE YOU EVER HOSTILE OR VICIOUS UNDER THE PRETENSE OF BEING HONEST?
- DO YOU EVER USE FALSE COMPLIMENTS AND FLATTERY TO GET YOUR WAY?
- DO THINGS HAVE TO BE DONE YOUR WAY OR YOU REFUSE TO PARTICIPATE?