



## **CONTROL ISSUES WORKSHEET #5**

- "Who is driving my life?"
- "Where is my control center?"
- Being IN control usually makes us feel "safe."
- Being CONTROLLED usually makes us feel angry.
- Being in control of ME is a full time job.
- Detachment means realizing my spouse is a separate person.
- "I have no right to control my spouse, my spouse has no right to control me."

### **QUESTIONS TO PONDER**

#### ***SELF:***

Am I in control of myself? Or does someone else or something else control me? Do I exercise control over my emotions and habits? Do I have my own identity? Do I allow my spouse to "push my buttons?" Do I let my spouse bully or manipulate me? Can I trust my own judgment? Where do I need to do some work?

#### ***IN RELATION TO MY SPOUSE:***

In what ways do I feel a need to control my spouse and our circumstances? Do I ever bully or manipulate my spouse? Do I ever take advantage of their vulnerable feelings to get them to do what I want? Could I begin to relinquish some issue or circumstance concerning my spouse?

#### ***MY GOAL IS:***