

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?

A RELINQUISHMENT PRAYER

God, I acknowledge You as Lord of the Universe, not me. I relinquish my need to always be in control. I release my spouse to You and pray for the grace to control my own life. I trust in You to "Bring all things to good." Amen.