

LOCUS OF CONTROL

Overview

In the "Locus of Control" worksheet, we invite you to explore the factors that contribute to a specific problem or behavior in your life. This exercise helps you break down these influences into two key categories: Self-Related Factors and Others-Related Factors. By doing so, you'll gain a better understanding of how you perceive your role and the role of others in your situation. This self-awareness will enable you to determine whether you tend to attribute the issue more to your own actions and choices (internal locus of control) or external factors and outside influences (external locus of control). Ultimately, this exercise empowers you to make more informed decisions for personal growth and resolving challenges.

Step 1: Define the Problem or Behavior

Begin by clearly defining the specific problem or behavior you want to analyze. This could be a personal challenge, a habit, or any situation you're trying to understand better. Write down what the problem or behavior is below.

Step 2: List Self-Related Factors

In the "Self-Related Factors" section of the worksheet, make a list of factors that you believe are related to the problem or behavior, and that you perceive as within your control. These may include your actions, decisions, attitudes, and personal qualities.

Step 3: List Others-Related Factors

In the "Others-Related Factors" section, identify factors that you believe contribute to the issue and are external to you. These could be related to other people's actions, external circumstances, societal influences, or any external elements that you think play a role.



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Internal Locus of Control/Self-Related Factors

Please mention the factors related to yourself that contribute to your problem/behavior in the following table.

SELF-RELATED FACTORS



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Step 4: Reflect on Locus of Control

For each factor listed in steps 2 and 3, consider whether you view it as an internal or external factor. Internal factors are those you believe are within your control, while external factors are outside your direct control. Note your insights on the worksheet.

Step 5: Analyze Patterns

Examine the patterns that emerge from your categorization of factors. Do you tend to attribute the problem more to internal or external factors? This analysis can provide valuable insight into your locus of control.

Step 6: Set Goals

After analyzing the patterns, ask yourself:

Is there anything you can do about the problems associated with yourself?

If YES, list 5 things you can do to that can make your situation better.



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Now, ask yourself:

Is there anything you can do about the factors associated with others?

If YES, list 5 things you can do to that can make your situation better.

if NO, don't worry it's okay.

REMEMBER

Sometimes, in life, it's crucial to acknowledge that there are external factors beyond our control. These external elements, whether they're environmental circumstances, the actions of others, or unforeseeable events, can influence our experiences and outcomes. It's essential to remember that it's perfectly okay not to have control over everything. Instead of dwelling on these external factors, it often serves us best to shift our attention to the aspects we can influence - our internal locus of control. By focusing on our attitudes, decisions, and actions, we can channel our energy into making positive changes, problem-solving, and personal growth. This perspective empowers us to adapt, find resilience, and strive for the best possible outcomes within the boundaries of what we can control.



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External Locus of Control/Others-Related Factors

Please mention the factors related to others that contribute to your problem/behavior in the following table.

OTHERS-RELATED FACTORS



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Step 8: Monitor Progress

Continuously monitor your progress towards resolving the issue or changing the behavior. Use this worksheet as a tool for self-reflection and adjustment as you work towards your goals.

By following these steps, you'll gain a deeper understanding of how you perceive the factors contributing to your challenges and develop a more informed approach to addressing them.



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