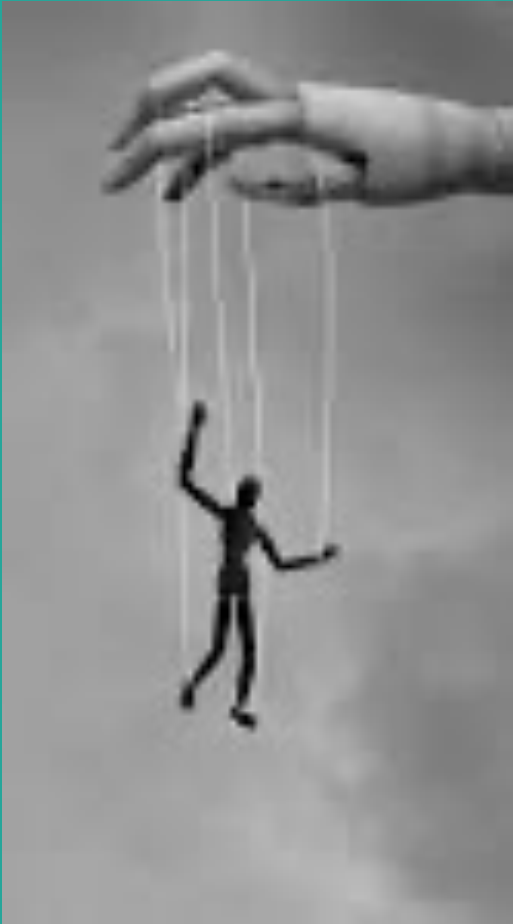


CONTROLLING CONTROL

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What is Control?

- the power to direct people's behavior or the course of events

Traits of a "Control Freak":

- heightened sense of self-awareness**
- tendency to trust in oneself**
- embrace perfection**
- likelihood to kill any self-perceived self-doubt**
- less inclined to take risks for fear of failure**
- elevated expectations of self and others**

Things we CANNOT control:



- **Weather / Mother Nature**
 - **Traffic**
 - **Costs / Supply chain**
 - **Laws / Rules**
 - **Children**
 - **Spouses / Extended family**
 - **Friends / Co-workers**
 - **Pets**
 - **Homework**
 - **Time**
 - **Health**
 - **Politics**
 - **War**
 - **Crime**
 - **Aging**
-

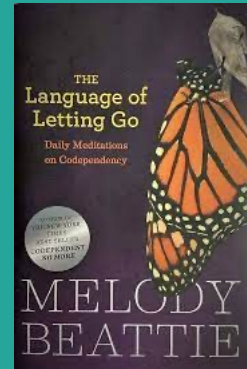
*What happens when we focus on the things we **CANNOT** control?*

- Clip from "Kindergarten Cop"
- Control is an illusion
- Trying to control actually has control over us and our lives
- Unmanageability of life, internally and externally
- Plethora of unhelpful emotions: anger, worry, sadness, helplessness, and hopelessness
- Prevents fully being in the moment and experiencing God's joy and beauty
- Closes us off from opportunities
- Separates us from God and His will



Alternative Approach

- **Free yourself and just let go**



- **Author Melody Beattie's question in "The Language of Letting Go"**
"What happens if we let go, if we stop trying to keep the world existing and just let it whirl? It'll keep right on whirling! It'll stay on track with NO help from us. And, we'll be free and relaxed enough to enjoy our place in it!"

- **Concept of influence**

I will exchange a controlling life for one that is influencing or managing

Things we
CAN
control:



- **Our choices**
- **Our behavior**
- **Our responses**

“That’s all folks!”

HOW?

- Behavioristic approach
- $A + B = C$
- Keep on the pathway that leads to goal(s)
- Be intentional
- Show self-compassion and kindness
- Remind yourself- “BE THE B”

ADVANTAGES?

- Decreased stress
- Lowered levels of worry and/or anxiety
- Elevated happiness
- Enhanced relationships



Biblical Perspective

- “Lord, I know that people’s lives are not their own; it is not for them to direct their steps.” (Jeremiah 10:23)
- “He is before all things, and in Him all things hold together.” (Colossians 1:17)
- ”For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.” (Isaiah 55:6-7)
- “The LORD of hosts has sworn: ‘As I have planned, so shall it be, and as I purposed, so shall it stand.’” (Isaiah 14:24)

Scripture teaches us over and over that we are not in control. Our Heavenly Father IS. Praise God!

THANK YOU!

Q and A