



INTERNAL LOCUS OF CONTROL NOTES

Locus of Control: Your perception of how _____.

Internal Locus of Control: You tend you to believe that you have control over your own actions, reactions and emotional states and what _____ you get in life.

External Locus of Control: You tend to view your life, emotions, perceptions, and even actions as dependent on _____, like other people or circumstances.

Keep in mind that there is nothing inherently _____ with having a particular locus.

We are concerned with the _____ that a particular locus has on your life.

Both sets of beliefs are self-validating and self-fulfilling.

We look for evidence.

Emotionally resilient people tend to mostly operate from an

_____.

Emotional resilience is the ability to _____ from the challenges that life gives us.

The good news about emotional resilience is that we are born with some basic resilience, and in addition, at least _____% of it is in our control so we can improve it!

LOCUS OF CONTROL



Awareness is ½ the journey, being aware of where you fall on the continuum of locus of control is the first step in being able to

_____.

Healthy zone means your behavior doesn't cause you _____.

Healthy Zone

Those with an internal locus of control: Generally take personal responsibility for their own actions, they feel self confident, seek to learn, not only new skills but from their _____, tend to be leaders and are successful, happier healthy people.

People with an internal locus of control feel more in control, see they have options and feel hopeful & optimistic

What it sounds like...."Hmmm, what can learn from this for next time". "I did my best", "I could benefit from learning more about marketing...."

They have the mindset of the glass ½ full down pat.

There is actually a _____ zone for external locus of control.

Those with an external locus of control can be easy going, flexible, happy to go with the flow. They are team players like following structure set out for them.

Spiritual beliefs and practices can be a healthy _____ locus of control. It is a great way to manage your emotions and stress when you know you don't have control.

Unhealthy Zone: Internal

Internal locus of control- takes too much _____.

External locus of control- abdicates or gives away _____.

Overly internally-focused person is taking too much responsibility for their _____ and will be hard on themselves and constantly analyze what they did wrong.

Their internal critic sounds like a drill sergeant. "Argh, you're so stupid, you should have tried harder, done it better, Or it could sound inadequate, "What is wrong with me?"

What does your critic say to you? _____

Might suffer from “bright shiny object syndrome,” taking training after training thinking this _____ will fix it.

Unhealthy Zone: External

Conversely, those that have an external focus may come off as someone who _____ taking responsibility for their actions.

The victim stance-

Focus on their limitations- “I’m not good enough,” “I’m stupid.”

Feel stressed, anxious and prone to _____.

Internal critic sounds like “I can’t handle this”, “I don’t have a choice but to be in this crappy job/relationship” “I don’t have time to” “What’s the point in trying?”

What does your internal critic say? _____

WHERE DOES YOUR LOC COME FROM?

Wiring

Parenting Styles

Siblings

Circumstances

WIRING

Naturally wired to be Accommodating

Naturally wired to do your best

PARENTING STYLES

Helicopter parents

Tiger Moms

Parents overly concerned with what others think

Parents model healthy ILC

SIBLINGS

Siblings

Birth Order

CIRCUMSTANCES

Learned helplessness, is when a person begins to believe that they have no control over a situation, even when they do.

The consequence is a feeling of helplessness and believing you have no power to improve circumstances.

Crisis

Trauma/tragedies

INTERNAL LOCUS OF CONTROL LEADS TO HAPPY

Happy, successful people are skewed toward having an _____ Locus of Control.

Sweet spot is where you take responsibility for what you can. You also are realistic about your strengths, capabilities and limitations. You are able to learn from your mistakes AND give yourself credit for job well done.

What we want is a locus that is both as empowering as possible while accurately reflecting the reality of life.

YOU ALWAYS HAVE A CHOICE!



You always have a choice. Even NOT choosing is a choice.

IMPROVING LOCUS OF CONTROL

Recognize negative self talk and self limiting beliefs.

Self talk: Language colors our experience and alters our perceptions & reality. What you tell yourself matters, it matter a lot!

Self-limiting beliefs:

When you tell yourself you can't handle something or some other self-limiting thought/belief, you tend to stop looking for solutions.

Be curious, is that thought true? Is it always true? What if it wasn't true? Being curious connects you with the parts of your brain that see options and solutions and choices.

Powerful question: What do I want, what do I need?

Spiritual version of this question is: *Life is happening for you not to you.*

RECLAIM YOUR POWER

See worksheet.

BE THE HERO OF YOUR MOVIE!

This exercise, ***if practiced regularly*** in the face of negative self talk, will lead to a more internal locus of control.

After the exercise you will see options and choices, empowering you to make choices. Start small, setting yourself up for success. Notice how life goes well for you, collect the evidence of your power/control and expertise!

Celebrate your wins as you move toward an internal locus of control.

JOIN ME NEXT TIME: NOV 3RD 11AM, PST

COMFY CHAIR COACHING (CCC)

Sign up for CCC via email this month and we will find a time to talk.



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