

Exercise sheet

WHAT TO DO IF I NEED TO HAVE CONTROL



1 Identify what you are trying to control in your relationship

2 Identify the strategies you use to try to have control

3 Distinguish between what you can control and influence and what is not yours

4 List all your automatic thoughts related to this need for control

If I don't have control then... I must... I have to... Also reflect on all your beliefs that are related to control. For example: "other people are unpredictable and must be watched" or "men are all unfaithful, I must catch him at it to find peace".

5 For every automatic thought, find an alternative thought

How else could I think about the situation? If I didn't have this need, what could I tell myself? What would my friend Jenny, who is a pro at letting go, think about the situation? List alternative behaviours that you can put in place that will represent letting go of your need for control.

6 List alternative behaviours that you can put in place that will represent letting go of your need for control

7 Then identify the events from your childhood or the behaviours in your family that have created this insecurity. Decide whether you need to go and work on these events with a psychologist or a psychiatrist.

i This exercise is taken from Lisa Letessier's book, *Lies Between a Couple*, published by Editions Odile Jacob, 2018