

Influence...

MY PERCEIVED CONTROL

Definition

Perceived control refers to the belief that a specific situation depends either on the self (my actions, skills, and efforts), what we call internal perceived control, or on external factors (god, destiny, other people, etc.), called external perceived control. This belief can vary according to the situation or a certain period in one's life.

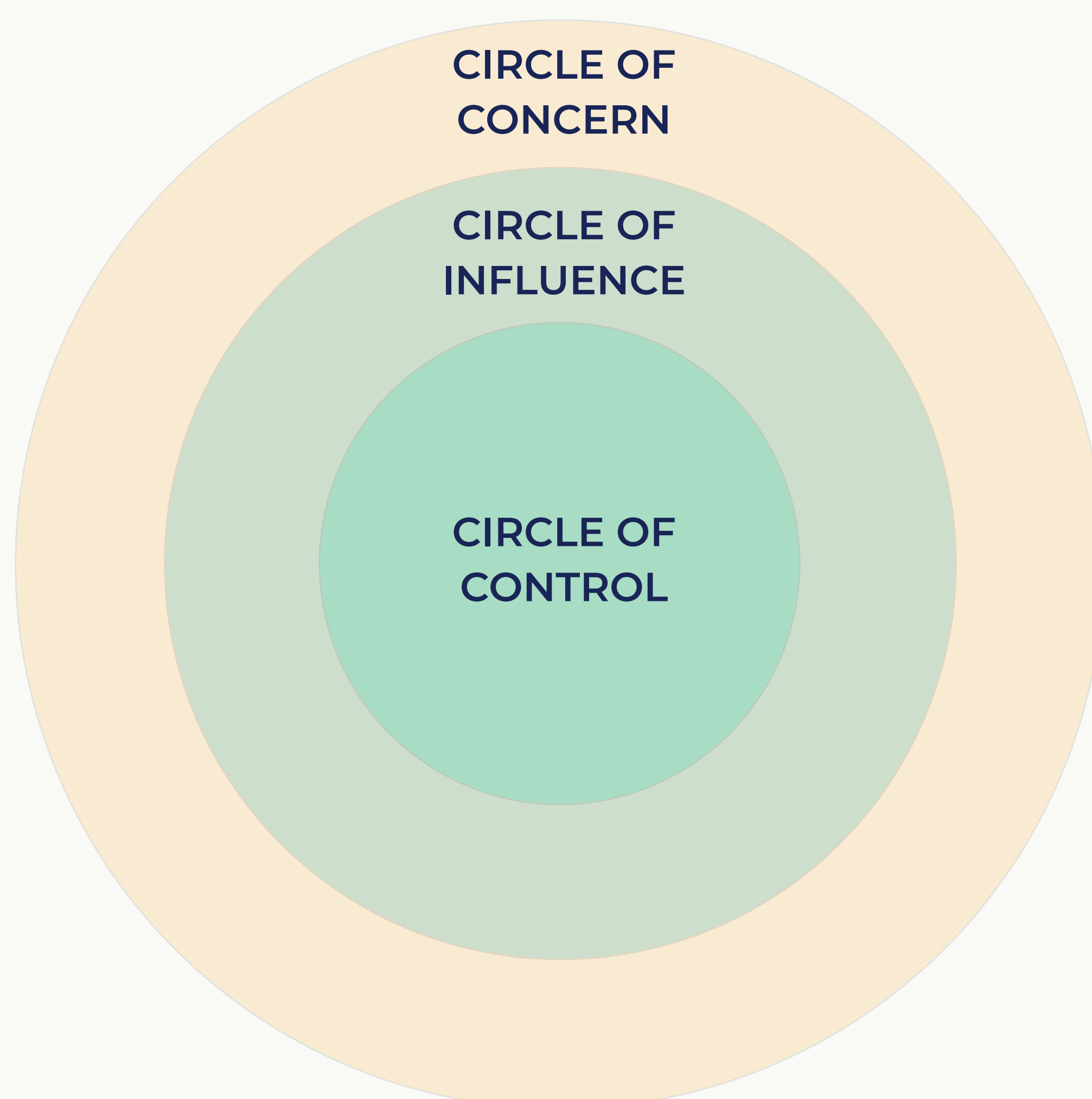
Having a stronger internal than external perceived control means that the person considers they have a say in what happens to them; they feel a responsibility in the occurrences of their life. If the internal perceived control is too strong, we can reach a point where we feel guilty for things that have nothing to do with us. In a general sense though, it allows us to have a grip on the events of our lives; if everything depends on the self then we can impact on everything! Inversely, a perceived control that is too external implies that others (or other phenomena) are responsible for what becomes of us and that we cannot influence our fate.



How to regulate my Perceived control?

Be conscious of one's perceived control over situations:

If a past situation makes you call into question the degree of control you had over it, take a step back and analyze it a posteriori. Ask yourself, what depended on me? It is then possible to position yourself on three levels that we can represent on Stephen R. Covey's circle (down below).



CIRCLE OF CONCERN

Refers to situations you do not have control over. Today's weather, for example. Since you can't change the things you don't have control over, you can work on changing your perception of situations you dislike.

→ Card : Influence... my perceived stress

CIRCLE OF INFLUENCE

Refers to situations you do not have control over, but that you can change. For example, when you do not meet the requirements for a job offer; you can't change the requirements but you can convince the recruiter that you're still suitable for the job position and that you'll eventually meet all the requirements.

CIRCLE OF CONTROL

Refers to the situations you do have control over. For example, eating healthy during your lunch breaks even if your colleagues go for fast food all the time. In such a case, saying you're unable to eat healthy because of your colleagues points to an external perceived control.

You could:

- o Make a list of the events and elements that pertain to each circle to better conceptualize what you feel you have control over. This way you will visually represent and understand the aspects of your life that seem directly dependent on you and your actions.

