

Meme Triad: Control (Problem-Focused)

Name: _____ Date: _____

Attempting to control others is most often the result of an inability to control our own intentions, thoughts and feelings. The paradox here is that if we cannot control ourselves, how can we hope to control others? If we learn to control our own thoughts and feelings, we eliminate, or minimize, the need to control others. Remember, you can't control others...you can only control yourself. We can only change ourselves. When it comes to the behavior of others, we either have to accept it, or move on.

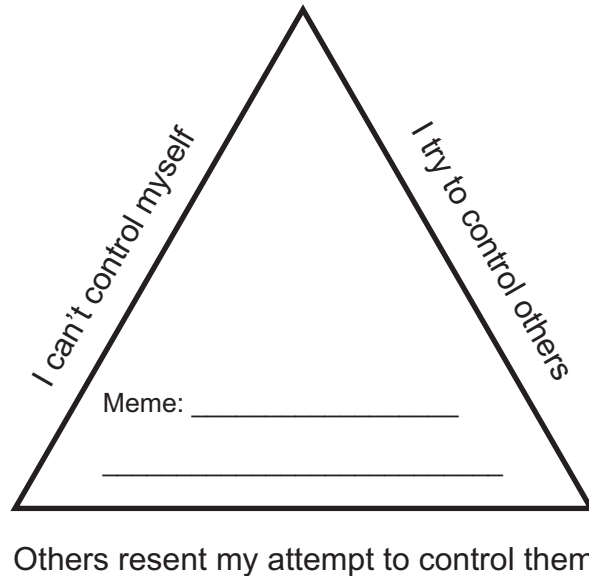
In the 'Meme' space below, write a meme that has led you to be unable to control yourself, or that has led you to attempt to control others.

In the 'What' space below, write down an instance in which you were not able to control your own emotional aggression.

In the 'Why' space below, write whether the emotional aggression was the result of an attempt to control another person. Be honest! It may help to ask, "At whom was I angry?"

In the 'How' space below, write down how the other person let you know about their resentment at your attempts to control them.

After answering these questions, which side of the triangle would be the easiest to change? How would you change it?



What: _____

Why: _____

How: _____
