

# Meme Triad: Control (Solution-Focused)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

When we are able to control our own intentions, thoughts and feelings, we have no need to attempt to control the behavior of others. If we can control ourselves, the need to control others diminishes or disappears.

By focusing on what we have the power to change; in other words, our own behaviors, we step outside of the need or the desire to force others to comply with our wishes.

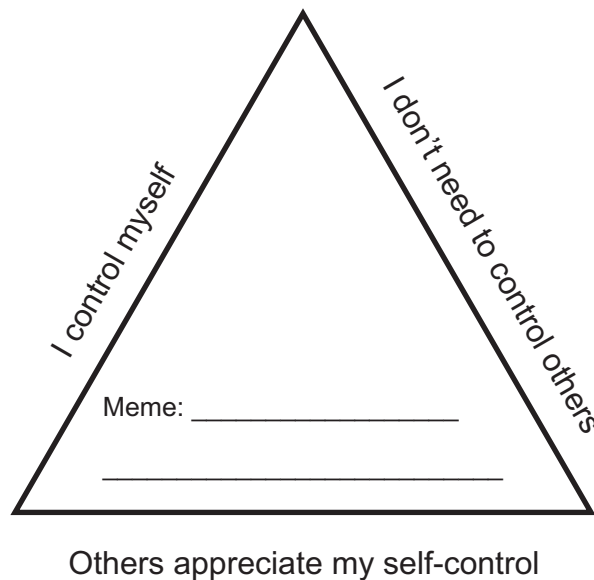
In the 'Meme' space below, write a meme that has led you to be able to control yourself, or that has led you to avoid the attempt to control others.

In the 'What' space below, write down an instance in which you were able to control your own responses in a difficult situation.

In the 'Why' space below, write why you were able to resist the desire to try to control others.

In the 'How' space, write down how the other person responded when you resisted the desire to control them. Did their response reinforce your desire not to control them?

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



What: \_\_\_\_\_

\_\_\_\_\_

Why: \_\_\_\_\_

\_\_\_\_\_

How: \_\_\_\_\_

\_\_\_\_\_