

# CONTROL STYLES – CONTROL STRUGGLES

## ACTIVE MODE

## PASSIVE MODE

**BEHAVIOR  
THAT IS  
DONE**

SPEND BIG WITH OUT NOTICE  
MAKE PLANS WITH OUT NOTICE  
MAKE A MESS AND WALK AWAY

LOSE STUFF – LATE – HELP ME !  
MISPLACE KEYS–WALLET–PAPERS  
FORGET – BE LATE – MISS DETAILS

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**BEHAVIOR  
THAT IS  
NOT  
DONE**

I DON'T TALK ABOUT FEELINGS  
I DONT “DO” WINDOWS/DISHES  
I DON'T TAKE CARE OF CHILDREN

NOT USE REGULAR WORDS  
NOT CARRY MONEY – WATCH  
NOT USE NORMAL MEANINGS

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THE STRUGGLE FOR POWER AND CONTROL IS MOSTLY ABOUT WHO SAYS "WHAT GOES". MOST OF THE "PLAYGROUNDS" FOR POWER AND CONTROL ARE ABOUT EVERYDAY CHORES OR WORK THAT HAS TO BE DONE BEFORE PEOPLE CAN DO WHAT THEY WANT TO DO . MOST STRUGGLE IS ABOUT WHAT IS "FAIR"AND WHO CONTROLS WHAT IS FAIR.

STRUGGLES ARE MOSTLY ABOUT THE ADAPTED CHILD AND LOW SELF-ESTEEM. "IF I CAN MAKE THEM DO (SOMETHING) THEN I AM A POWERFUL AND OK PERSON." "IF I CAN GET MY WAY THEN I AM A POWERFUL AND OK PERSON." THIS IS A CHILDHOOD REVISITED ABOUT LOW AFFECTION–LOW BELONGING AND HIGH CONTROL STRUGGLES.

PARENTS AND EMPLOYERS HAVE THE RIGHT AND RESPONSIBILITY TO SET CONDITIONS AND RULES. CHILDREN AND EMPLOYEES HAVE THE RIGHT AND RESPONSIBILITY TO PAY ATTENTION TO THE MEANING AND PURPOSE OF CONDITIONS AND RULES. CHILDREN AND EMPLOYEES HAVE THE RIGHT AND RESPONSIBILITY TO QUESTION, COMPLY, NEGOTIATE, DISCUSS, CHANGE, AND TO DO THAT WITHOUT FIGHTING.

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.

