

A CONTRAST AND COMPARISON OF CONTROL STRATEGIES		
	CONTROLLER OF PEOPLE	CONTROLLER OF CIRCUMSTANCES
<b>Strategy</b>	Attempts to control <b>people</b> <ul style="list-style-type: none"> <li>Controls his world by overt or stoic intimidation over others</li> </ul>	Attempts to control <b>circumstances</b> <ul style="list-style-type: none"> <li>Controls his world through mental strategies and pleasing others</li> </ul>
<b>Goal</b>	Wants people to respond a certain way <ul style="list-style-type: none"> <li>believes others exist to please him</li> </ul>	Wants circumstances to be comfortable <ul style="list-style-type: none"> <li>believe he exists to make others happy</li> </ul>
<b>Motivation</b>	<b>Lust for Power</b> <ul style="list-style-type: none"> <li>performance is a means to control</li> </ul>	<b>Lust for Pleasure, Comfort, Peace</b> <ul style="list-style-type: none"> <li>performance is a means to acceptance</li> </ul>
<b>View of Self</b>	<i>Spiritual</i> because he focuses on others' sins rather than his own <ul style="list-style-type: none"> <li>biblically knowledgeable = mature Christian</li> <li>victim/martyr because others don't please him; blames others</li> <li>feels superior to others</li> <li>takes himself too seriously - lacks humor</li> </ul>	<i>Spiritual</i> because his sin is subtle and covert <ul style="list-style-type: none"> <li>likeable person; "nice guy;" "nice gal" = mature Christian</li> <li>victim/martyr because can't please others or they "use" him</li> <li>Feels inferior to others</li> </ul>
<b>Attitude Toward God</b>	Angry at God because he cannot control Him to get his way <ul style="list-style-type: none"> <li>excuses / justifies his sin</li> <li>believes God does not love him because God does not meet his expectations of love</li> <li>refuses to trust God--He is not worthy of that trust</li> </ul>	Angry at God because He doesn't make his life comfortable <ul style="list-style-type: none"> <li>ignores / minimizes his sin</li> <li>believes God does not love him because circumstances aren't pleasant, peaceful</li> <li>fears God's sovereign control – He may not bring happiness</li> </ul>
<b>Controlled By Fear</b>	Fears the future so he tries to control it <ul style="list-style-type: none"> <li>fears rejection if he does not control others</li> <li>fears failure if loss of reputation or superior position</li> <li>Fears loss of control over others</li> <li>fears loss of his reputation; demands acceptance</li> <li>Fears emotional vulnerability - it will take away his "control" position or acceptance</li> </ul>	Fears the future so he tries to ignore it <ul style="list-style-type: none"> <li>fears rejection if he does not please others</li> <li>fears rejection so he withdraws to protect himself</li> <li>Fears loss of peace, comfort, acceptance</li> <li>fears suffering so does all he can to block, ignore, prevent or avoid it</li> <li>Fears emotional vulnerability – self-disclosure may bring rejection</li> </ul>
<b>Viewed by Others</b>	<ul style="list-style-type: none"> <li>as difficult, unpleasant, invulnerable</li> <li>influences others around them to feel like they are "walking on eggshells"</li> <li>is insensitive, unapproachable, frightening</li> </ul>	<ul style="list-style-type: none"> <li>as pleasant and easy going; gets along well with most people</li> <li>accommodates/reaches compromises quickly</li> <li>anticipates and meets others' desires</li> </ul>

A CONTRAST AND COMPARISON OF CONTROL STRATEGIES		
	CONTROLLER OF PEOPLE	CONTROLLER OF CIRCUMSTANCES
<b>Self-protective Strategies</b>	<b>Attempts to convince</b> <ul style="list-style-type: none"> <li>• uses intellect and logic to convince</li> <li>• demands agreement with his opinions</li> <li>• frequently admonishes, even over petty things</li> <li>• unteachable; has tunnel vision</li> <li>• rewrites history to confuse responder</li> <li>• unreasonable expectations; often “ups the ante,” demanding more and more</li> <li>• makes everything a “win-lose” situation</li> </ul>	<b>Attempts to avoid conflict at any cost</b> <ul style="list-style-type: none"> <li>• doesn’t want to make anyone angry</li> <li>• feels guilty when telling others “no”</li> <li>• avoids admonishing, addressing problems or rocking the boat</li> <li>• conflict is always viewed as negative or personal rejection</li> <li>• is a victim/martyr because he allows others to intimidate and control him</li> <li>• withdraws to protect self from emotional pain</li> </ul>
	<b>Intimidates</b> <ul style="list-style-type: none"> <li>• physically or emotionally abusive</li> <li>• controls through fear tactics</li> <li>• loses control of temper; angry</li> <li>• is dictatorial; authoritative</li> </ul>	<b>Uses mental strategies</b> <ul style="list-style-type: none"> <li>• minimizes and/or ignores difficulties</li> <li>• looks through “rose color glasses”</li> <li>• retreats into pleasurable entertainment (TV, movies, computer, etc)</li> </ul>
	<b>Manipulates</b> <ul style="list-style-type: none"> <li>• uses bribes or threats</li> <li>• withdraws to punish</li> <li>• enables, rescues to preserve reputation or to maintain control</li> <li>• rejects others as a means to control/retaliate</li> <li>• makes mountains out of molehills</li> </ul>	<b>Forgets</b> <ul style="list-style-type: none"> <li>• conditions mind to forget</li> <li>• avoids being overwhelmed/responsible</li> <li>• fails to see what is important</li> <li>• makes promises to alleviate immediate tension, then does not follow through</li> <li>• makes molehills out of mountains</li> </ul>
	<b>Enables/rescues in order to protect reputation</b> <ul style="list-style-type: none"> <li>• easily hurt by others or hardened towards others</li> <li>• focuses on sins of others to justify control</li> <li>• controls and enables to meet own desires/demands</li> <li>• Rejects others when demands not met</li> <li>• Wants others dependent upon him</li> <li>• Very analytical of God, himself and others</li> <li>• Projects into future; makes plans to avoid potential problems</li> <li>• Marries a controller of circumstances</li> </ul>	<b>Enables/rescues to please others or avoid suffering</b> <ul style="list-style-type: none"> <li>• pleases to receive acceptance; wants to be needed</li> <li>• excuses, ignores or minimizes sins of others</li> <li>• controls/gives to others to meet own perceived needs</li> <li>• Rejects others to avoid further pain</li> <li>• Wants to be dependent upon others</li> <li>• Avoids analyzing God, himself and others</li> <li>• avoids expressing “opinions” that might not be accepted</li> <li>• Marries a controller of people</li> </ul>
<b>Results</b>	Feels superior to others <ul style="list-style-type: none"> <li>• intense person; very tense when unable to control</li> <li>• intolerant and unforgiving</li> </ul>	Feels he deserves to be punished by those he displeases <ul style="list-style-type: none"> <li>• flexible and rolls with the tide</li> <li>• very tolerant; wants peace at all costs</li> </ul>

<b>A CONTRAST AND COMPARISON OF CONTROL STRATEGIES STAGE 2</b>		
	<b>CONTROLLER OF PEOPLE</b>	<b>CONTROLLER OF CIRCUMSTANCES</b>
<b>When Reality Hits</b>	<ul style="list-style-type: none"> <li>• Compares ideal with his inability to control others</li> <li>• intense fear</li> <li>• intense anger at those he cannot control or at God for allowing uncooperative people</li> </ul>	<ul style="list-style-type: none"> <li>• Compares reality with ideal or fantasy</li> <li>• dissatisfaction</li> <li>• helplessness, hopelessness and despair</li> <li>• anger because of giving &amp; not receiving in return</li> </ul>
<b>When Strategy No longer Works</b>	<p>Sees that strategy is not working - pain is inevitable</p> <ul style="list-style-type: none"> <li>• usually uncontrollable crisis has hit</li> <li>• loss of control is inevitable</li> <li>• feels abandoned or betrayed by God/others</li> <li>• Becomes totally overwhelmed by inability to control with current strategy</li> <li>• becomes more controlling out of pride/fear</li> <li>• experiences great anxiety and doubt</li> <li>• escapes, rebels, irresponsible</li> <li>• “gives up;” depressed; suicidal</li> </ul>	<p>Sees that strategy is not working – pain is a reality</p> <ul style="list-style-type: none"> <li>• usually painful crisis has hit</li> <li>• emotional pain is unavoidable</li> <li>• feels abandoned or betrayed by those he has tried to please</li> <li>• Becomes totally overwhelmed by inability to control with current strategy:</li> <li>• comes out fighting” (assumes traits of controller of people)</li> <li>• experiences great pain and doubt</li> <li>• escapes, rebels, irresponsible</li> <li>• “gives up;” depressed; suicidal</li> </ul>
<b>Controlling Husband</b>	<ul style="list-style-type: none"> <li>• makes decisions without wife’s input</li> <li>• regards his wife as inferior or a “possession”</li> <li>• disdainful, judgmental, demeaning, disrespectful</li> <li>• threatened of wife’s opinions</li> <li>• confronts his wife harshly and unjustly</li> <li>• makes more and more demands of her</li> </ul>	<ul style="list-style-type: none"> <li>• fears wife; controlled by her intimidation</li> <li>• passive and withdrawn</li> <li>• allows his wife to lead; fears failure</li> <li>• pleases her to be affirmed or to diffuse conflict</li> <li>• controlled by wife’s opinions</li> <li>• refuses to admonish/confront her</li> </ul>
<b>Controlling Wife</b>	<ul style="list-style-type: none"> <li>• becomes the primary decision maker</li> <li>• fights for control of decision making</li> <li>• intolerant when demands not met</li> <li>• views every decision as “win-lose”</li> <li>• may “appear” submissive externally but finds a way to still control, thinking her way is best</li> <li>• views husband as inferior or weak</li> <li>• disrespectful of him</li> <li>• thinks he is the problem</li> <li>• condemning, disdainful, demeaning</li> <li>• critical of his lack of leadership but then criticizes him when he does try to lead</li> </ul>	<ul style="list-style-type: none"> <li>• finds security in being controlled and dominated</li> <li>• tolerates sinful behavior and/or physical abuse</li> <li>• tries to meet all of his expectations or demands; be the person she thinks husband expects of her</li> <li>• sees her role to make him happy</li> <li>• thinks she is the problem or at fault</li> <li>• tries to suppress growing bitterness toward him</li> <li>• avoids expressing her opinions</li> <li>• refuses to admonish/confront him</li> </ul>
<b>Hope for the Controller</b>	<p><b>Hope lies in a vital relationship with Jesus Christ and His power to free him from this life-dominating sin.</b></p>	