



A CONTRAST AND COMPARISON OF CONTROL STRATEGIES



APPROACH #1

CONTROLLER OF CIRCUMSTANCES

Ignore Problem / Please People



APPROACH #2

CONTROLLER OF PEOPLE

Fix Problem / Change People

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

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APPROACH #2

CONTROLLER OF PEOPLE

Self-protective Strategies	<p>Attempts to avoid conflict at any cost</p> <ul style="list-style-type: none"> • doesn't want to make anyone angry • feels guilty when telling others "no" • avoids admonishing, addressing problems or rocking the boat • conflict is always viewed as negative or personal rejection • is a victim/martyr because they allow other to intimidate and control them • withdraws to protect self from emotional pain 	<p>Attempts to convince others at any cost</p> <ul style="list-style-type: none"> • uses intellect and logic to convince • demands agreement with their opinions • frequently admonishes, even over petty things • unteachable; has tunnel vision • rewrites history to confuse responder • unreasonable expectations; often "ups the ante," demanding more and more • makes everything a "win-lose" situation
	<p>Uses mental strategies</p> <ul style="list-style-type: none"> • minimizes and/or ignores difficulties • looks through "rose colored glasses" • retreat into pleasurable entertainment (TV, social media, hobbies, etc.) 	<p>Intimidates</p> <ul style="list-style-type: none"> • can be physically or emotionally abusive • controls through fear tactics • loses control of temper; angry • can be dictatorial; authoritative
	<p>Forgets</p> <ul style="list-style-type: none"> • conditions mind to forget • avoids being overwhelmed/responsible • fails to see what is important • makes promises to alleviate immediate tension, then does not follow through • makes molehills out of mountains 	<p>Manipulates</p> <ul style="list-style-type: none"> • uses bribes or threats • withdraws to punish • enables, rescues to preserve reputation or to maintain control • rejects others to control/retaliate • makes mountains out of molehills
	<p>Enables/rescues to please others or avoid suffering</p> <ul style="list-style-type: none"> • pleases to receive acceptance; wants to be needed • excuses, ignores or minimizes sin • controls/gives to others to meet own perceived needs • rejects others to avoid further pain • wants to be dependent upon others • avoids analyzing God, himself and others • avoids expressing "opinions" that might not be accepted • avoids thinking about the future; lives in denial of potential problems • usually marries a controller of people 	<p>Enables/rescues to protect reputation and maintain control</p> <ul style="list-style-type: none"> • easily hurt by others or hardened toward others • focuses on sins of others to justify control • controls and enables to meet own desires/demands • rejects others when demands not met • wants others dependent upon them • very analytical of God, themself and others • has definite opinions that are expected to be adopted by others • projects into future; makes plans to avoid potential problems • usually marries a controller of circumstances
Results	<p>Feels they deserve to be punished by those they displease</p> <ul style="list-style-type: none"> • flexible and rolls with the tide • very tolerant; wants peace at all costs 	<p>Feels superior to others – expects others to agree with them</p> <ul style="list-style-type: none"> • intense person; tense when not in control • intolerant and unforgiving

APPROACH #1
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APPROACH #2
CONTROLLER OF PEOPLE

<p>Controlling Husband</p>	<p>Fears wife; controlled by her intimidation</p> <ul style="list-style-type: none"> • passive and withdrawn • allows wife to lead; fears failure • pleases her to be affirmed or to diffuse conflict • controlled by wife's opinions • refuses to admonish/confront her • may lie to avoid/diffuse conflict 	<p>Fears loss of control; dominates wife</p> <ul style="list-style-type: none"> • makes decisions without wife's input • regards wife a inferior or a "possession" • disdainful, judgmental, demeaning, disrespectful • threatened of wife's opinions • confronts wife harshly and unjustly • makes more and more demands of her
<p>Controlling Wife</p>	<p>Finds security in being controlled and dominated</p> <ul style="list-style-type: none"> • tolerates sinful behavior and/or physical abuse • tries to meet all of his expectations or demands; be the person she thinks husband expects of her • sees her role to make him happy • tries to suppress growing bitterness toward him • avoids expressing her opinions • thinks she is the problem or at fault • refuses to admonish/confront him 	<p>Finds security in maintaining control over husband</p> <ul style="list-style-type: none"> • becomes primary decision maker • fights for control of decision making • intolerant when demands not met • views every decision as "win-lose" • may "appear" submissive externally but finds ways to control, thinking her way is always best • views husband as inferior or weak • disrespectful of him • thinks he is the problem • condemning, disdainful, demeaning • critical of his lack of leadership but then criticizes him when he does try to lead

STAGE TWO

<p>When Reality Hits</p>	<p>Compares reality with ideal or fantasy</p> <ul style="list-style-type: none"> • dissatisfaction • helplessness, hopelessness and despair • anger because of giving and not receiving in return 	<p>Compares ideal with inability to control others</p> <ul style="list-style-type: none"> • doubles down on overt control • intense fear • intense anger at those they cannot control or at God for allowing uncooperative people
<p>When Strategy No Longer Works</p>	<p>Sees that strategy is not working – pain is a reality</p> <ul style="list-style-type: none"> • usually painful crisis has hit • emotional pain is unavoidable • feels abandoned or betrayed by those they have tried to please • becomes totally overwhelmed by inability to control with current strategy • comes out "fighting" (assumes traits of the controller of people) • experiences great pain and doubt • escapes, rebels, irresponsible • "gives up;" depressed; may be suicidal 	<p>Sees that strategy is not working – pain is inevitable</p> <ul style="list-style-type: none"> • usually uncontrollable crises has hit • loss of control is inevitable • feels abandoned or betrayed by God/others • becomes totally overwhelmed by inability to control with current strategy • becomes more controller out of pride or fear • experiences great anxiety and doubt • escapes, rebels, irresponsible • "gives up;" depressed; may be suicidal
<p>Hope for the Controller</p>	<p align="center">HOPE LIES IN A VITAL RELATIONSHIP WITH JESUS AND HIS POWER TO BRING FREEDOM FROM THIS LIFE-DOMINATING, SINFUL APPROACH TO LIFE</p>	