

What You Can Control



Wouldn't it be great if you could control your life the way you can control the players in a video game? Wouldn't it be wonderful if everyone did what you wanted them to do? Life would be so much simpler, wouldn't it? Or, would it?

Below are five scenarios which you may encounter in your daily life. Take a look at the options about how to deal with each situation and mark the ones that are within your control. Then, check your answers at the end.

Scenario 1: You're working on a project with several other people. This project can either be for a class, work or something around the house. Which of the following are within your control?

- A. How you divide up the work.
- B. How much work you do.
- C. How much work the others do.
- D. The quality of the work you do.
- E. How the others complete their part of the project.

Scenario 2: Eating a healthy diet is important to you, but your family isn't quite as committed as you are. Which of the following are within your control?

- A. What you purchase at the grocery store.
- B. What your family eats when you're not around.
- C. What you cook for dinner.
- D. What your family eats when you go out to dinner together.
- E. Whether your children go out to eat with you.



Scenario 3: Your boss is very demanding and expects you to work late frequently. Which of the following are within your control?

- A. To choose whether or not you stay late at the office.
- B. To change your boss' work habits so you can go home at a reasonable hour.
- C. To negotiate alternative working arrangements.
- D. To fire your boss.
- E. To find a job that better suits your schedule.

Scenario 4: In your opinion, your husband drinks excessively, but he doesn't believe that it's a problem. Which of the following are within your control?

- A. To make your husband admit that he has a problem.
- B. To leave a function when you believe your husband has had enough to drink.
- C. To make your husband stop drinking at a party.
- D. To choose whether to join your husband on an outing where alcohol will be served.
- E. To cover up for your husband when he tells you to.

Scenario 5: Your wife is often late for events you want to attend. Which of the following are within your control?

- A. To make your wife hurry to get ready.
- B. To patiently wait for your wife.
- C. To convince your wife that how she looks isn't important.
- D. To arrange alternate transportation for your wife to take to the event.
- E. To make your wife take the transportation you arranged.

Answers:

- Scenario 1: A – No, B – Yes, C – No, D – Yes, E – No
- Scenario 2: A – Yes, B – No, C – Yes, D – No, E – No
- Scenario 3: A – Yes, B – No, C – Yes, D – No, E – Yes
- Scenario 4: A – No, B – Yes, C – No, D – Yes, E – Yes

