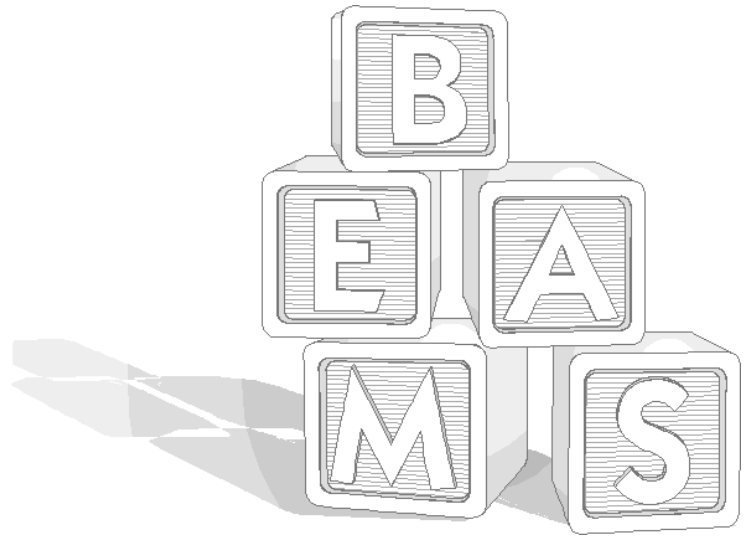


SESSION V

LOCUS

(Loss of Control Under Stress)

SELF-ASSESSMENT



This is not a test. There are no right or wrong answers. Decide if you agree with each statement by answering Yes or No. If you feel you could answer both Yes and No to a question, think about whether your answer is a little more one way than the other. If you think your response might be 51% Yes and 49% No — then answer the question Yes.

- ___ 1. Do you believe that most problems will solve themselves if you just don't fool with them?
- ___ 2. Do you feel that if things start out well in the morning, it will be a good day no matter what you do?
- ___ 3. Do you usually find it hard to change a friend's opinion?
- ___ 4. Did you feel it was nearly impossible to change your parents' mind about anything?
- ___ 5. Do you feel that when you do something wrong, there is very little you can do to make it right?
- ___ 6. Do you believe that most people are just born good at sports?
- ___ 7. Do you feel that one of the best ways to handle most problems is just not to think about them?
- ___ 8. Do you believe that people like you or not depending on how you act?
- ___ 9. Have you felt that when people are angry at you, it's usually for no reason at all?
- ___ 10. Do you believe that when bad things are going to happen, they just will, no matter what you try to do to stop them?
- ___ 11. Do you think that people can get their own way if they just keep trying?
- ___ 12. Do you usually find it useless to try to get your own way at home?
- ___ 13. Do you feel that when someone doesn't like you, there is little you can do about it?
- ___ 14. Are you the kind of person who believes planning ahead makes things turn out better?
- ___ 15. Do you think it's better to be smart than lucky?

INTERPRETING YOUR SCORE

Key:

| | | |
|------|-------|-------|
| 1. N | 6. N | 11. Y |
| 2. N | 7. N | 12. N |
| 3. N | 8. Y | 13. N |
| 4. N | 9. N | 14. Y |
| 5. N | 10. N | 15. Y |

INTERNAL (11–15)

You probably see life as a game of skill rather than chance. You probably believe that you have a lot of control over what happens to you. This is called internal control. You tend to see yourself, rather than others, in control of events around you.

VARIABLE (6–10)

You've answered questions in both directions. How you respond to experiences may be situation-specific. You may look at one situation (work, for example) and believe you have very little control. In other situations you may feel able to influence events and outcomes.

EXTERNAL (0–5)

You see life as a game of chance where your skills make little difference. You may believe that no matter what you do, you can't influence the way situations unfold. This is called external control.

QUESTIONS TO CONSIDER

- What is the relationship between your view of control and your anger?
- Is it realistic to seek absolute control at all times?
- Do you think your need for control might change in various circumstances?
- If your need for control changed, how do you think that might affect your anger?