

Title:

Controlling Behavior ~ How Do You Attempt to Control?

Word Count:

735

Summary:

Controlling behavior: Behavior intended to control your own feelings, control how people feel

All of us have grown up learning many different ways to control ~ we had to as part of our sur

Keywords:

dominance, controlling others, overbearing personality

Article Body:

Controlling behavior: Behavior intended to control your own feelings, control how people feel

All of us have grown up learning many different ways to control ~ we had to as part of our sur

Perhaps you grew up in a family that used anger and criticism as forms of control and this bec

If anger and criticism was used in your family, you might have learned to respond to it with c

Or, you might have decided to go in the opposite direction and resist others' attempts to cont

Perhaps you decided as a child to just withdraw and shut out others' attempts to control you.

Finally, you might have decided that avoiding your feelings by staying in your head instead of

Most people chose a combination of the above ways of trying to control. For example, you might

All of these behaviors are intended to protect you from some form of pain ~ the pain of reject

Yet it is these very behaviors that, as adults, are causing most of our pain. Anger feels terr

We've all heard that you can't love others until you love yourself, and this is very true. Lov

Try practicing throughout the day asking this question, ^What is in my highest good right now?

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