

## Least in Control Situations

Following are typical responses from workshop participants who are asked to identify circumstances when they are least in control of their behavior. Read and discuss with others. What trends do you see?

*I feel least in control of my behavior*

<i>When I am . . .</i>	Excited	<i>When . . .</i>
Angry	Sad	I know someone is lying
Tired	Unsuccessful	I have PMS
Sick	In a tense situation	My feelings are hurt
Bored	Confused	I have had too much caffeine
Just awakened	Emotionally involved	I don't understand the expectations
Bitter	Physically hurt	We have no shared values
Threatened	Frightened	The other person loses control
Lost	Waiting	My schedule is disrupted
Emotional	Hungry	The environment is chaotic
Stuck in an elevator	Overwhelmed	There are interruptions
Involved in the situation	Not understood	I don't have a choice
In pain	Stressed	I don't like choices
Frustrated	Excluded	No one is listening
Too passionate about subject	With teenagers	I have unfulfilled expectations
Disrespected		