

## Most in Control Situations

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

*I feel most in control of my behavior*

<i>When I am . . .</i>	Well	Control over routine
Well rested	Calm	Chocolate
Secure	Comfortable	A plan
Confident	Competent	
Organized	In control of situation	<i>When . . .</i>
Informed	Willing	I know expectations
Supported	Doing my routine	I can clearly see the truth
Familiar with surroundings and people	Doing something I want	Things are organized MY way
In a safe environment	Happy	Things go the way I want
Alone	Guarded	I know what to expect
Asleep		I know the subject
In my own environment	<i>When I have . . .</i>	The environment requires it
Affirmed	A respectful listener	My needs are met
In a good mood	A lesson plan to guide me	I like what's going on
Around others	Cooperation	I believe in what is being said
On schedule	Time	
Prepared	A balance between emotions and rational thinking	