

Locus of Control Worksheet

1. What is your general attitude towards life? Do you believe that things happen to you or that you make things happen?

2. Think about a recent success or failure in your life. Did you attribute the outcome to your own actions and decisions, or did you feel like external factors played a bigger role?

3. How does your locus of control affect your relationships with others? Are you more likely to hold yourself accountable for problems, or do you tend to blame others or circumstances?

4. Have there been times when you felt like you were stuck in a particular situation, and had no control over what was happening? How did you cope with that feeling?

5. Think about a goal or aspiration you have for the future. How much control do you feel you have over achieving that goal, and what steps can you take to increase your sense of control?

6. Have you ever experienced a situation where you initially believed you had no control, but later realized you could have taken action? What did you learn from that experience?

7. Consider the different areas of your life (work, relationships, health, etc.). Which areas do you feel like you have the most control over, and which ones do you feel like you have the least control over? Why?

8. How does your locus of control affect your overall well-being and happiness? Do you feel more satisfied when you feel like you have control over your life, or does it not make a significant difference?

9. Are there any negative beliefs or thought patterns that are holding you back from taking control of your life in certain areas? How can you work to change those beliefs or patterns?

10. Reflect on how your locus of control has evolved throughout your life. Have there been any major events or experiences that have influenced this change?
