



## How to Empower Yourself and Increase your Internal Locus of Control

Realise you always have a 'choice' to change your situation.

Even if you don't like the choices available at the time, even if the only change you can make is in your 'attitude', you always have some choices.

When you feel trapped, make a list of possible courses of action.

You may want to brainstorm ideas with a friend, to get more ideas than you initially considered – don't shoot these ideas down right away, just write them down.

Look at your list and evaluate each one and decide on the best course of action for you and keep the others back for alternatives. This exercise can open your eyes to the amount of choices you have in any given situation. Seeing new possibilities will become more of a habit.

Repeat this practice when you feel trapped in frustrating situations in your life. In more everyday situations you can expand your mind to new possibilities by working through this exercise.

Also: Notice your language and 'self talk'. If you tend to speak in absolutes, stop. If your self talk is generally negative, try to think more positively.

Phase out phrases like "I had no choice" and "I can't . . ." you can replace them with "I choose not to" or "I don't like my choices, but I will . . .". Realising and acknowledge that you always have choice (even if the choices aren't ideal) can help you to change your situation or accept it more easily, if it really is the best of all available options.

Your attitude affects your stress level more than you may realise, so you can make changes to keep stress down.

## Managing your high External Locus of Control

Recognise that the need to 'control' every situation is not possible.

Think about others around you and how they need to be empowered. If you always 'control' every situation you may disable those around you and restrict their opportunities to learn and develop or be you may be perceived as not being open to discussion.

Consider opportunities to delegate tasks. Take 'time out' to consider the impact of your behaviour on others be open to being persuaded and not always needing to have things your way.

Notice your language and 'self-talk'. "I need to", "I must" "I'll just", realise and understand you need to involve, include and listen to others and cannot 'control' all variables.