

Internal Control Worksheet

This worksheet will begin to solidify your understanding of internal motivation. Think of a time you felt controlled by external circumstances and write it down. Then identify what was really driving your behavior from inside. What was your internal motivation? Then, create a sentence that describes what really happened using the word “chose.” For example, if you think your children *made* you angry because they wouldn’t get ready to leave the house in a timely manner, then recognize you chose the anger as your best attempt to get your children to do what you asked. Your statement would read, “When my children didn’t do as asked, I chose anger to get them to comply.”

Record a situation when you felt controlled by external circumstances:

Now identify your internal motivation for your behavior in this circumstance:

Internal control statement: I chose to