

Josh, this is from pp 19-20 from client handouts appendix in control Therapy Training Manual

3.8 CONTROL MODE DIALOGUE” ENVISIONING WHICH MODE TO CHOOSE

This exercise is an opportunity to explore in more depth your views and beliefs about the different control modes based on your prior control stories and dynamics. Further, the exercise can help clarify goals, based on your control profile and the current situation and concern. The process also helps pinpoint any resistances you might have to positing different positive modes as aspects of your goal.

Note to therapist: Appendix 3.8 provides an outline of the steps for the Control Mode Dialogue detailed and elaborated in Module 2.3. You may choose to share with the client some of the examples of representations and dialogue from that material to model this process. However the important aspect is that this process be tailored to the client’s own area of concern, using symbols and representations that the client chooses and feels comfortable with.

A. CREATE A REPRESENTATION OF THE NEGATIVE MODES. (E.G., COLOR, SOUND, ANIMATE, INANIMATE OBJECT)

B. CHOOSE A PREFERENCE REGARDING THE NEGATIVE ASSERTIVE OR NEGATIVE YIELDING MODE, AND EXPLORE WHY.

C. HAVE THE TWO “REPRESENTATIONS” OF THE NEGATIVE MODES ENGAGE IN A “DIALOGUE”

D. WORKING TOWARD CHOOSING A POSITIVE GOAL.

E. CREATE REPRESENTATIONS FOR THE TWO POSITIVE MODES: EXPLORING INITIAL RESISTANCES AND PREFERRED MODE.

F. FURTHER EXPLORING RESISTANCES: DIALOGUES BETWEEN NEGATIVE YIELDING AND POSITIVE ASSERTIVE; NEGATIVE ASSERTIVE AND POSITIVE YIELDING

G. MOVING TOWARD RECONCILIATION, APPRECIATION, AND SAYING GOOD BYE TO THE NEGATIVE MODES; EXPLORING THE POSITIVE MODES, ALONE AND INTEGRATED

3.9 DECISION-MAKING PROCESS: * PRIORTIZING DOMAINS AND CHOOSING MODES

1. Brainstorm broadly and also specifically, in terms of “areas of concern” and note those areas on the left side of a blank page. Then, you may wish to make two columns after each area, stating in the first column what aspect of that area is in your personal control, and what aspects are not.

2. Now, to make sure the above is inclusive, go to the Domains page of your SCI. Note that there were certain domains in Step Two of that page, in which you stated they were “not a concern.” Make a list of the other domains: ones which you feel there is a concern. Then rank order them from most to least important to you right now. (You may want to use as part of your criteria those domains where you were feeling lower degrees of control—i.e., Step One).

3. Think about each one. For each, determine which mode(s) you currently use to handle that issue, and then consider which mode(s) might help you better address it. (See Mode Dialogue 3.8 above to further explore the modes.). You may want to start with the area most “out of control”, or you may want to start with something “slightly in control” or even “moderately in control” since you already have some mastery in that area.

4. Take special care to reflect on your own views: how much lack of active control can you tolerate in your environment, relationships, emotions, body, etc. Examine which areas can or should not be actively controlled, in other words, which would be better addressed by Positive Yielding (acceptance). Ask yourself, “What is in my power to do, with what effort, for what reason, and for what benefit?”

Adapted from page 214, CT.

* NOTE TO THERAPIST. If appropriate, it may also be useful to explore the client’s decision making style in more detail.. (See discussion in Module 3.3.1, and 3.3.4—Decision making revisited: exploring your style).