Topic #5 DESIRE FOR CONTROL. How do you know you have a desire for control? Think about times in the past when you have wanted more or less control of a situation Is there a bodily sensation, cognitions, images? Again, note the antecedents, the situation, circumstance, people involved. For example, was it important for you to give the appearance to others that your life is in control? Did you like things around you to be ordered and disliked ambiguity and the unknown? Did you want to control your anger better, etc.?

Do you notice that your "desire for control" increases or decreases when "antecedent" conditions seem to be more out of control? How do you tend to respond (consequences): e.g., do you "micromanage" more when you have an increased desire for control? Or do you become more passive and helpless when you have a decreased desire for control?

Topic #6. AGENCY OF CONTROL Finally, you may choose to remember times when you gained a positive sense of control from your own efforts; and/or when you gained this positive sense of control from "others." If from "others," what was the source: e.g., family, friends, a higher power? Or you may wish to note when you felt you were relying too much on others, when you felt you should be making the effort yourself. Or, conversely, you could recall a time when you felt you were relying too much on yourself, and were not able or willing to ask for help from others (cf., quadrant four, negative yielding, above).

Matching: An example.
Individuals at high risk for coronary disease. Comparing two SCI control profiles:

Below is an example of individuals with equally high cardiac risk, but with quite different control profiles. These examples illustrate the importance of matching control enhancing interventions to the unique control profile of the person with whom we're working.

Note that though each of these individuals feels a low sense of control, there are differences in desire for control, modes, and agency. These two profiles show the importance of matching, and emphasize the point that there is no one-size-fits-all approach to people feeling a low sense of control. Rather, it is important to have a multi dimensional approach to understanding a client's (or one's own) control profile

If you look at the two different control profiles of these patients at high cardiovascular risk in the figure below, it is clear that it is necessary to tailor and match different control enhancing interventions to each. Participant one differs from the normal range in these ways, as indicated by the gray areas on the slide: a high desire for control, high negative assertive, and low belief in others as a source of control. Participant one needs to learn to have less desire for control, reduce his/her negative assertive mode style, develop positive yielding skills, and learn to trust others more. Participant two, on the other hand, is high in negative yielding; and has a low self as a source of control. This individual needs to learn to rely on him/herself more and develop more

positive assertive control skills. Given these profiles, how might a therapist "teach" each person the skills needed to best address their control deficits and build a more optimal sense of control?

slide

CONTROL PROFILE OF TWO PATIENTS AT HIGH CARDIOVASCULAR RISK
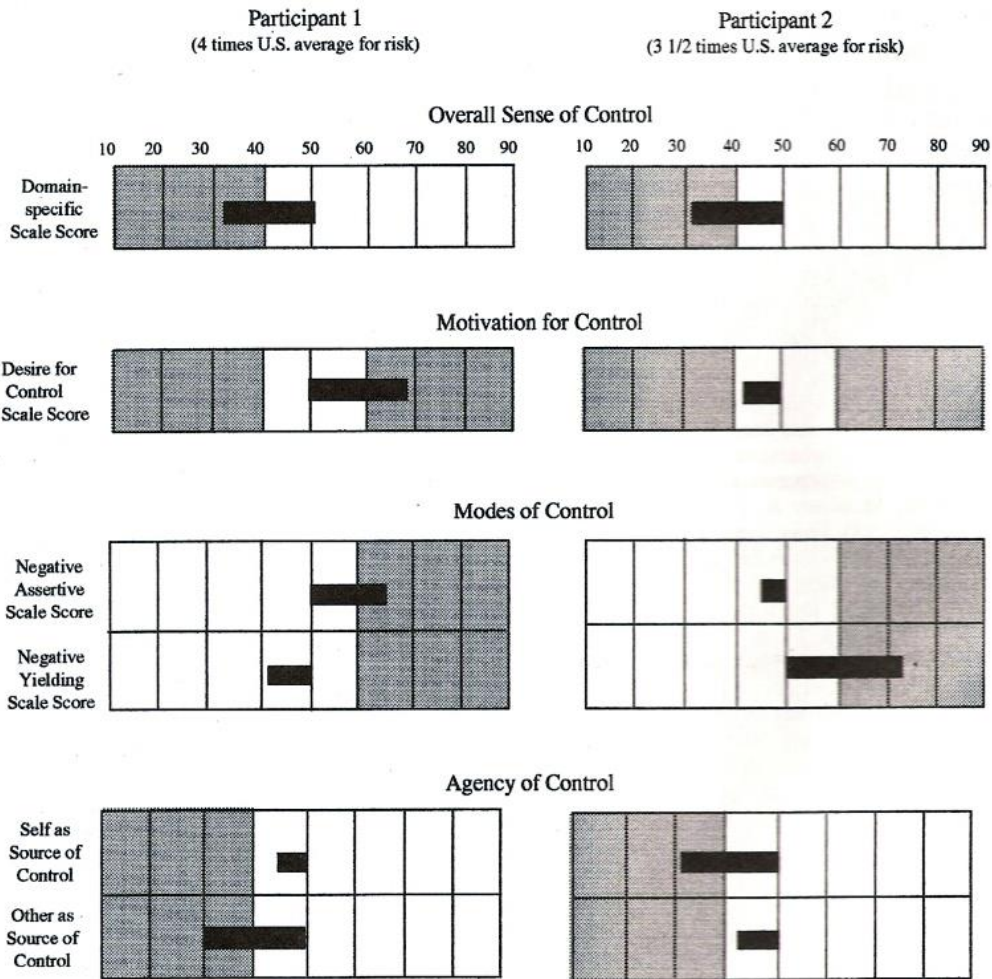
End slide

We now turn to the five step process for teaching the yielding/accepting mode of control, and the assertive/change mode of control.