

Control log

1. **Actions** – what did you do which was controlling? Who was there? Where did this take place?
2. **Feelings** – how did you feel physically? How did you feel emotionally?
Physical feelings:
Emotional feelings:
3. **Thoughts** – what was running through your head?
4. **Intents** – what did you want to happen or to stop happening?
5. **Beliefs** – what do your intents and actions say about how you think the world or the other person should be or behave?
6. **Effects** – what were the effects of your controlling behaviour: on the other person; on you; on anyone else involved? What messages or lessons are the other people learning from your controlling behaviour?
Other person:
You:
Others:
7. **Non-controlling alternative behaviours** – what could you have done differently or do differently in future?
8. **Alternative beliefs** – what other ways to look at the situation or the other person could there be?