



Characteristics of Controllers Self-Test

Anger	Fear	Worry	Guilt
<p>___ I become irritated about petty matters and nonessential issues.</p> <p>___ When people annoy me, I punish them by giving them the silent treatment.</p> <p>___ I often procrastinate to get back at some-one who is trying to tell me what to do.</p> <p>___ I sometimes use a pleading tone of voice to get others to do things my way.</p> <p>___ I think about an unpleasant experience over and over again, feeling that the other person shouldn't have responded that way.</p> <p>___ I use sarcasm or humor to disguise how upset I am by some issues or experiences.</p> <p>___ I sometimes state my convictions in ways that may seem harsh to other people - and even critical of them.</p> <p>___ I sometimes hold grudges.</p> <p>___ When someone asks me to do some-thing I don't want to do, I only make a halfhearted effort.</p> <p>___ I tend to do I want to do, whether or not it will have an ill effect on the people around me.</p> <p>● If you checked 5 or more you probably use anger to establish unhealthy control over others.</p>	<p>___ I work hard to create a friendly reputation so that I can keep others from seeing the other side of me.</p> <p>___ If a topic is mentioned that is uncomfortable to me. I might leave the room or change the subject.</p> <p>___ If someone exposes one of my weaknesses, I turn the tables and ask, 'What about you? You're just the same way.'</p> <p>___ I am perturbed when my opinions are not appreciated, and I wish I could get others to see my point of view.</p> <p>___ I sometimes blame things that happen to me on other people. For instance, 'If you hadn't upset me so, I wouldn't have acted impatiently.'</p> <p>___ If I know someone is going to criticize me, I tend to be too busy to meet him or her.</p> <p>● If you checked 3 or more you probably experience fear that causes you to be defensive.</p>	<p>___ I tend to assume the worst when a problem arises.</p> <p>___ I must have my activities planned well in advance, so little can go wrong at the last minute.</p> <p>___ When I have to do something new or different, I sometimes feel anxious or tense or I get a headache.</p> <p>___ I'd rather live within predictable guidelines than try new ways.</p> <p>___ Cleanliness and order are very important to me. I'm uneasy if everything isn't just right.</p> <p>___ When someone in my family makes a mistake, I quickly come up with an excuse or apology.</p> <p>● If you checked 3 or more you probably worry excessively.</p>	<p>___ I feel that I need to make up for my mistake by proving how good I really am.</p> <p>___ I tend to make too many excuses for my mistakes and imperfections.</p> <p>___ When I compare myself to other people, I tend to assume that they are better than me.</p> <p>___ I am easily intimidated by another person's strong attitudes, even though I know that person is wrong.</p> <p>___ Even though people tell me they've forgiven me, I never really feel forgiven.</p> <p>___ I apologize more than I need to.</p> <p>● If you checked 3 or more you probably experience false guilt.</p>