

CONTINUUM OF CONTROL

Control Issues in Rigid, Chaotic, and Healthy Families

1 ----- 2 3 4 5 6 7 8 9 ----- 10

| No Control "1" | Some (S-O-M-E) Control "2 - 9" | Total Control "10" |
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| <p style="text-align: center;"><u>Family of Origin:</u></p> <p>Chaotic; extreme disorder. Rigid controls attempted to create some safety.</p> <p>Abandonment experiences</p> <p>"All or nothing" thinking</p> <p>Survival dependent on following family rules superimposed on chaos to create appearance of order.</p> <p>Family rules: Don't talk; Don't trust; Don't feel.</p> <p>Belief: Life is unmanageable.</p> | <p>"Normal." Some order; some disorder. Control not a central family issue.</p> <p>Few, if any abandonment experiences</p> <p>Life is neither "all or nothing"</p> <p>Survival or parental approval not dependent on family rules.</p> <p>Family behaviors: Talk. Trust. Feel.</p> <p>Belief: Some things in life can be managed; some cannot.</p> | <p>Rigidity; no apparent disorder. Hidden feelings grow chaotic, threaten to emerge, trigger chaotic events.</p> <p>Abandonment experiences</p> <p>"All or nothing" thinking</p> <p>Parental approval and protection dependent on following family rules prohibiting natural disorder</p> <p>Family rules: Don't talk; Don't trust; Don't feel.</p> <p>Belief: Life is a matter to be managed.</p> |
| <p style="text-align: center;"><u>In Adult Life:</u></p> <p>Fear of loss of control of self, feelings.</p> <p>Fear of being abandoned by loved ones.</p> <p>Attempts to control based on past beliefs, feelings, and behaviors or to act out chaos.</p> <p>External approval sought for beliefs and behaviors.</p> <p>Poor Inner Adult recovery skills.</p> | <p>Loss of control not central fear. Confident and accepting of self and feelings.</p> <p>Not driven by fear of abandonment. Trust in self & others.</p> <p>Recognition of where you have the power to affect things and where you don't.</p> <p>Internal reference for feelings, behaviors, and beliefs.</p> <p>Activated Inner Adult skills: Validate self, "let go" control, feel feelings, identify needs, set limits and boundaries.</p> | <p>Fear of loss of control of self, feelings.</p> <p>Fear of being abandoned by loved ones.</p> <p>Attempts to control based on past beliefs, feelings, and behaviors or reject all control</p> <p>External approval sought for beliefs and behaviors.</p> <p>Poor Inner Adult recovery skills.</p> |