

Locus of Control Worksheet

Name: _____ Date: _____

What is locus of control?

Locus of control refers to the extent to which individuals believe they have control over events in their lives. This concept suggests that people fall along a spectrum:

- **Internal locus of control:** Belief that one's own actions and decisions primarily influence life events.
- **External locus of control:** Belief that external factors, such as luck, fate, or other people, primarily control life events.

Understanding your locus of control can help you recognize patterns in your thinking and behavior, potentially leading to more effective problem-solving and personal growth.

Identifying locus of control

For each statement, choose the option that best describes your beliefs:

| |
|---|
| 1. When I make plans, I am almost certain I can make them work. |
| a. Mostly true |
| b. Mostly false |
| 2. Many of the unhappy things in people's lives are partly due to bad luck. |
| a. Mostly false |
| b. Mostly true |
| 3. Getting a good job depends mainly on being in the right place at the right time. |
| a. Mostly false |
| b. Mostly true |
| 4. Many times I feel that I have little influence over the things that happen to me. |
| a. Mostly false |
| b. Mostly true |
| 5. What happens to me is my own doing. |
| a. Mostly true |
| b. Mostly false |

Count how many "a" and "b" responses you have. More "a" responses suggest a more internal locus of control, while more "b" responses suggest a more external locus of control.

Balancing perspectives

A balanced perspective acknowledging both personal responsibility and external factors is often most beneficial. Neither an extremely internal nor extremely external locus of control is inherently better. The goal is to develop a realistic and flexible outlook.

Now, place the different aspects of your life into the different circles based on how much control you feel you have over them:



For one area where you feel you have little control, brainstorm **three actions** you could take to increase your influence over outcomes in this area:

| Area of your life: |
|--------------------|
| 1. |
| 2. |
| 3. |
| Additional notes |
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