



Locus of control



Understanding Your Locus of Control

What is Locus of Control?

Locus of control refers to how much you believe you have influence over the events and outcomes in your life. People with an internal locus of control tend to believe their actions and choices significantly impact what happens to them. Those with an external locus of control tend to believe outside forces such as other people, luck, or circumstances primarily determine their outcomes.

Neither approach is entirely right or wrong, but developing awareness of your patterns can help you respond more effectively to life's challenges.

How This Worksheet Works

Below you'll find pairs of statements that represent internal versus external locus of control thinking.

As you read through them, notice:

- Which statements sound more like your typical thinking patterns?
- When do you tend toward internal versus external perspectives?
- Are there specific situations where you consistently lean one way or the other?

The goal isn't to judge your responses, but to develop awareness of how your beliefs about control influence your actions and outcomes.

Key Questions to Consider

- Internal focus: What aspects of this situation can I actually influence?
- Appropriate boundaries: What parts of this are genuinely outside my control?
- Balanced perspective: How can I take responsibility for my part while accepting what I cannot change?

Remember: Healthy locus of control involves recognizing your genuine sphere of influence while accepting what lies beyond it. This awareness helps you direct your energy toward productive action rather than futile resistance or learned helplessness.

You can use the following page to think about situations and your locus of control at these times?

how could a different locus of control lens change how we persevere the event?

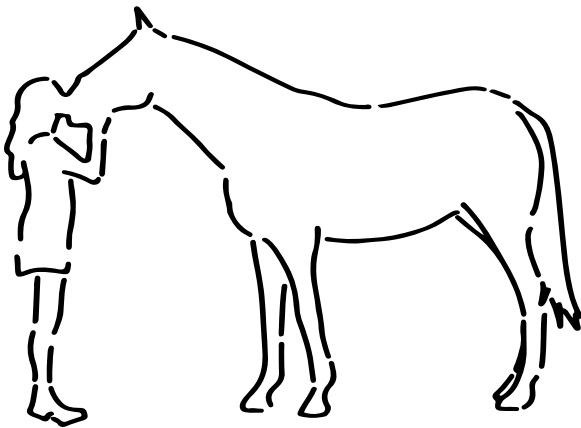


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"If my horse spooks, I'll focus on my body language and staying calm to help them feel safe."

Internal

"I know my horse's progress depends on the consistency of my training and how well I communicate."



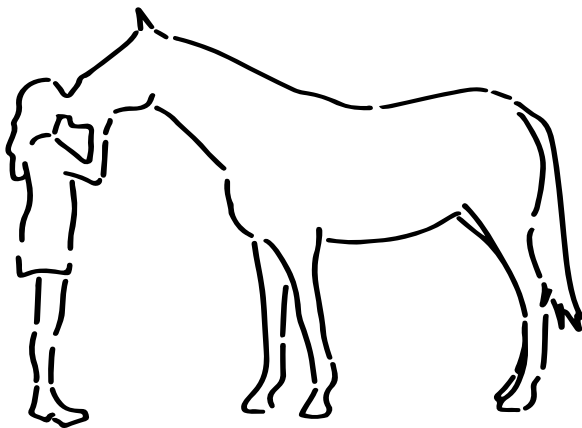
"I can bring authenticity to my relationships"

I control my destiny.

External

"My horse isn't improving because they're just stubborn and don't want to listen."

"My horse spooked because they're just a nervous wreck—I can't do anything about it."



"We didn't win because the judge was biased against our breed."

"I'm not improving because my instructor doesn't explain things clearly."

Life happens to me and I react to it.