

Control (tribal/expectations)

Wrong Attitudes

- I'll arrange my life so that the control is effective.
- Everyone has to play by my rules or I don't play.
- I'm strong and proud of it, so I should be in control.
- If people don't change the way I expect, I'll cast them aside...(make them suffer).
- I will dole out affirmation and love in carefully controlled amounts to teach my (wife, roommates friends) what I expect from them.

Wrong Actions

- We'll have a joint checking account and I'll write all the checks.
- I expect you to move if I get a promotion.
- I work, you look after the house and kids; and if I let you work, that's okay, too. We'll put the money you make in a savings account for the kid's education.
- I always pick out the new car. I know more about it than you do.
- I'll plan the vacations because I do so much better at it than you do.
- I'll yell at my kid when he's playing ball until he cries. I'm going to make him do it my way--the right way!
- If people don't do what I expect, I'll play on their emotions until they feel guilty.

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