

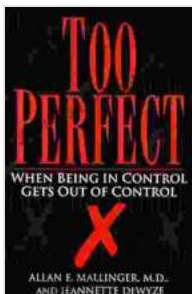
When Being In Control Gets Out Of Control: Breaking Free from the Tyranny of Control

Do you feel like you need to be in control of everything in your life? Do you find yourself constantly worrying about the future and trying to plan for every possible outcome? If so, you may be struggling with a need for control.

A need for control is a common symptom of anxiety and perfectionism. It can be caused by a variety of factors, including:

- **Childhood experiences:** People who grew up in chaotic or unpredictable environments may develop a need for control as a way to cope with the uncertainty.
- **Personality traits:** Certain personality traits, such as perfectionism and rigidity, can also contribute to a need for control.
- **Life experiences:** Traumatic events or other stressful life experiences can trigger a need for control.

A need for control can have a negative impact on your life in many ways. It can lead to:



Too Perfect: When Being in Control Gets Out of Control

by Jeannette De Wyze

★★★★☆ 4.6 out of 5

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Word Wise : Enabled

Print length : 225 pages

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- **Anxiety and stress:** Trying to control everything can be exhausting and stressful. It can also lead to anxiety about the future and a sense of overwhelm.
- **Perfectionism:** People with a need for control often set unrealistic standards for themselves and others. This can lead to perfectionism and a fear of failure.
- **Relationship problems:** A need for control can damage relationships. People who are controlling may be seen as overbearing and difficult to be around.
- **Health problems:** A need for control can also lead to health problems, such as headaches, stomachaches, and insomnia.

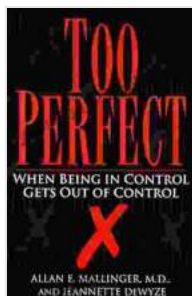
If you are struggling with a need for control, there are steps you can take to break free from its tyranny. Here are a few tips:

- **Identify your triggers:** Pay attention to the situations and events that trigger your need for control. Once you know what your triggers are, you can start to avoid them or develop healthier ways to cope with them.
- **Challenge your thoughts:** When you find yourself feeling the need to control something, challenge your thoughts. Ask yourself if you really

need to be in control of this situation. Are there other ways to handle it that would be less stressful and more effective?

- **Practice mindfulness:** Mindfulness can help you to become more aware of your thoughts and feelings. This can help you to identify and challenge your need for control.
- **Seek professional help:** If you are struggling to break free from a need for control on your own, seek professional help. A therapist can help you to understand the causes of your need for control and develop healthier coping mechanisms.

Breaking free from a need for control is not easy, but it is possible. With time and effort, you can learn to let go of the need to control everything and live a more fulfilling life.



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