

WORKSHEET 1

# THE CONTROL AUDIT

## What are you still trying to control?

Control doesn't always look controlling.

Sometimes it looks like overthinking. Sometimes it looks like needing certainty. Sometimes it's excessive discernment, perfectionism, checking, testing, chasing, planning, withdrawing, or refusing to do anything until you feel completely safe. Control can even dress itself up in spiritual language.

This exercise isn't about judging yourself. It's about becoming brutally aware of where fear has convinced you that control will keep you safe.

### HOW TO USE THIS WORKSHEET

Type directly into the fields, or print it and write by hand.

Check what feels true. Then slow down and answer honestly.

NAME

DATE

## PART 1

# What are you trying to control?

Check anything that feels familiar. Don't debate it. Notice it.

- ☐ When I will get married
- ☐ How quickly a relationship should progress
- ☐ Whether someone likes me
- ☐ How often someone communicates with me
- ☐ Getting reassurance about where I stand
- ☐ Knowing someone's intentions very early
- ☐ Whether someone chooses me
- ☐ Avoiding rejection
- ☐ Avoiding heartbreak
- ☐ Avoiding "wasting time"
- ☐ Finding the "right" person
- ☐ Knowing whether someone is "the one"
- ☐ Getting certainty from God before moving forward
- ☐ Making sure I don't choose incorrectly
- ☐ How someone pursues or responds to me
- ☐ How I'm perceived
- ☐ My biological or family timeline
- ☐ A specific person or relationship outcome
- ☐ Something else:

## PART 2

# How does my control show up?

When I feel uncertain in relationships, I tend to:

- ☐ Overthink
- ☐ Overanalyze communication
- ☐ Future trip
- ☐ Seek reassurance
- ☐ Ask other people what they think repeatedly
- ☐ Look for signs
- ☐ Look for red flags
- ☐ Test the other person's interest
- ☐ Chase
- ☐ Pursue too much
- ☐ Do too much to keep things moving
- ☐ Try to fix the person or situation
- ☐ Become extremely independent
- ☐ Pull away first
- ☐ Find reasons the person isn't right
- ☐ Demand clarity prematurely
- ☐ Become passive and "leave it all to God"
- ☐ Avoid dating altogether
- ☐ Stay too long because I need the relationship to work
- ☐ Leave too quickly because uncertainty feels unsafe
- ☐ Other:

REFLECT

# Now go deeper.

Slow down here. The goal is not the “right” answer. It is the honest one.

01

**What area of your love life are you currently trying to control the hardest?**

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02

**What are you trying to make happen or prevent from happening?**

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REFLECT

# What is underneath it?

Fear often becomes easier to recognize when we name the outcome we're trying to avoid.

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**If you stopped trying to control this, what are you afraid might happen?**

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04

**Finish this sentence without overthinking it:**

*"If I cannot control this, then I might have to face..."*

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REFLECT

# What is control doing for you?

Control usually offers something in the short term, even when it costs us in the long term.

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## What does control temporarily give you?

Check anything that fits, then explain in your own words.

☐ Certainty   ☐ Safety   ☐ Relief   ☐ Power   ☐ Protection   ☐ Hope

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06

## What has trying to control your love life cost you?

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## REFLECT

# Where might fear be hiding?

This is not about abandoning wisdom, standards, or discernment. It is about noticing when fear has taken the wheel.

07

**Where might something you've called "discernment," "standards," "wisdom," "guarding my heart," or "waiting on God" actually contain fear or control?**

**Awareness is where a new choice begins.**