

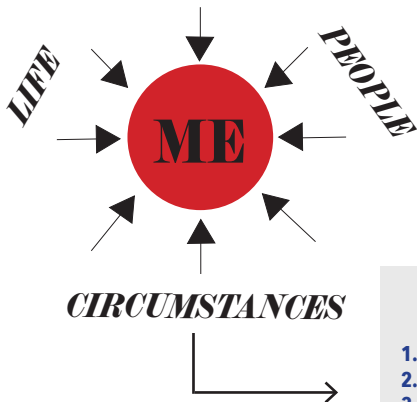
THE TWO CIRCLES

A TOOL FOR TEACHING AND ENCOURAGING

ownership

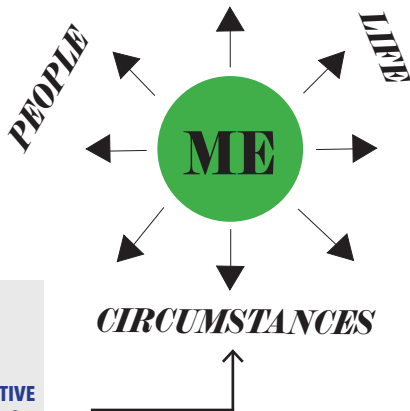
VICTIM CIRCLE

External Locus of Control



FREEDOM CIRCLE

Internal Locus of Control



3 THINGS YOU
CAN CONTROL

1. YOUR CHOICES
2. YOUR PERSPECTIVE
3. WHOM YOU TRUST

VICTIM CIRCLE

- Attempts to control and exploit others to achieve personal ends
- Attitude: "I am influenced by everything around me, I am not okay unless something external changes."
- Shifts responsibility onto others, creating a blame culture
- Circumstantial living
- Lacks personal boundaries, and disrespects others boundaries

FREEDOM CIRCLE

- Recognizes and uses their ability to influence others toward a greater purpose
- Attitude: "I have the capacity to influence others and make an impact no matter what is happening externally."
- Takes responsibility and ownership for self
- Transcendent Living
- Sets healthy boundaries, and respects the boundaries of others

I IMAGINE I CONTROL

the past I control with regret

the present I control with anxiety

the future I control with anger

I ACTUALLY CONTROL

my choices I have the opportunity and power to make decisions and take action

my perspective I control how I view the world and those around me

whom I trust I get to decide if I will trust someone or not