

BE HUMAN, NOT CONCRETE.



the
Hearten Up
podcast

with Joel Clapham

Worksheet: Locus of Control

The concept of a 'locus of control' was developed by American psychologist Julian Rotter in the 1950s.

'Locus' is latin for 'place' so it translates as 'place of control'. In psychological terms, it represents where we believe, perceive, or place the power over us – with external forces, or internally within our control.

Complete the questionnaire below for an indication of where your locus of control may reside.

Read each statement and place an 'X' on the line to reflect to what extent you disagree (left) or agree (right) with it.

Disagree Neutral Agree

Making new friends is something I have an active role in.

I can always do something about the problems I see in society.

Regardless of socio-economic background, academic success is something that can be worked on.

Our personality can change if we work at it.

A hard and difficult life doesn't prevent me having an easy-going nature.

If I failed an assignment, I would assume that I didn't put sufficient effort into it.

We can overcome painful childhood memories and reduce the impact on our behaviour, thinking & emotions.

'Luck' and 'chance' are something I can create for myself.

My parents and family don't determine whether my life is miserable or not.

Failure just means I have to work harder next time.

My behaviour and effort can influence whether people like me or not.

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Disagree **Neutral** **Agree**

Chance has nothing to do with being successful.

Genetics aren't the only determinant of my physical health.

If I see something unjust in this world, I can take steps to change it.

Respect is earned by me and not given by others.

The way people treat others is largely a reflection of how they feel about themselves.

EVALUATION

The more **Xs** we have on the left hand side of the page, the more **external** our locus of control.

The more **Xs** we have on the right hand side of the page, the more **internal** our locus of control.

BUT... our locus of control exists on a spectrum and it isn't fixed or permanent.

In reflecting and evaluating on our values, goals and ideals, and recognising that regardless of what might happen, we control our responses and reactions to everything, we can begin to shift our locus of control to be more internal and less external.

We might not be able to influence or control everything, but we do get to choose how we respond.