

Meet Your

# Control Freak

## Profile...

1. Obsesses over details
2. Over-reacts to failure and error
3. Unable to relax in challenging situations
4. Bossy and demanding toward others
5. Often disguises demands as "suggestions"
6. Intolerant of imperfection
7. Impatient with systems that don't work
8. Convinced they have the best ideas
9. Low tolerance for other's ideas
10. Dismissive of other people's suggestions
11. Exaggerated sense of self-importance
12. Their way or the highway
13. Often perfectionistic—hard on their families and themselves
14. Neat freaks
15. Don't do well with change
16. Freak out with disorder
17. On the verge of snapping
18. Critical of the minutest flaw
19. Disrespects boundaries
20. Unreasonable Expectations



## Underlying Reality...

Anxiety... Your Inner Control freak emerges to manage your anxiety. You are worried about loss, failure, or injury. You manage your fears by attempting to control the environment. Unfortunately, this includes the people around you, especially your spouse and kids.

You need to confess your Control Freak behaviors as expressions of your Inner Mess (your flesh). Along with that, you need to recognize anxiety as a sign that you don't trust God.

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## Try this...

Next time you feel the need to control, try this. Bring your ANXIETY into relationship. That means, rather than controlling the situation or the person, pause and breathe. Then say out loud, "Sorry for that... I'm really nervous/afraid here." This defuses your victim's revenge mechanisms, and actually allows the relationship to deepen. Your authenticity is your best chance to make your Inner Control Freak unclench!

Above all, you need to trust God with the details of your life. That includes trusting him to work through others, even when they don't do things your way.

Ask yourself: what would Jesus say to my Control Freak? What would he say to my anxieties?

## Meditate...

- In the multitude of my anxieties within me, Your comforts delight my soul. (Psalms 94:19, NKJV).
- Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand. (Romans 14:4, NKJV).
- Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; (Philippians 4:6, NKJV).
- "My sheep hear My voice, and I know them, and they follow Me. "And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. "My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of My Father's hand. (John 10:27-29, NKJV).