

AI-01141 Locus of Control vs Circle of Control

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What is "locus of control"? Is the concept related to the circles of control. List 20 examples of internal vs external locus of control.

Locus of Control: Understanding the Concept

Locus of control is a psychological concept that refers to a person's belief about the causes of events in their life. It can be either **internal** or **external**.

- **Internal locus of control:** Individuals with an internal locus of control believe that they are primarily responsible for their own actions and outcomes. They attribute their successes and failures to their own efforts, abilities, or choices.
- **External locus of control:** Individuals with an external locus of control believe that external factors, such as luck, fate, or other people, are primarily responsible for their actions and outcomes. They attribute their successes and failures to factors beyond their control.

Relationship to Circles of Control

While the concepts of locus of control and circles of control are not directly related, they can be seen as complementary. The circles of control model illustrates the different areas of influence a person has in their life. An internal locus of control suggests that a person believes they have significant influence over the things within their circle of control. Conversely, an external locus of control might indicate a belief that external factors have more influence over events within their circle of control.

20 Examples of Internal vs. External Locus of Control

Internal Locus of Control

1. **Success:** "I got the promotion because of my hard work and dedication."
2. **Failure:** "I failed the exam because I didn't study enough."
3. **Health:** "I'm in good shape because I exercise regularly and eat healthy."
4. **Relationships:** "I have strong friendships because I invest time and effort in them."
5. **Career:** "My career success is due to my skills, experience, and perseverance."
6. **Happiness:** "I'm happy because I choose to focus on the positive aspects of my life."
7. **Challenges:** "I can overcome challenges if I put my mind to it."
8. **Opportunities:** "I create my own opportunities by taking initiative."
9. **Responsibility:** "I am responsible for my own actions and their consequences."
10. **Control:** "I have control over my own destiny."

External Locus of Control

1. **Success:** "I got lucky and won the lottery."
2. **Failure:** "The teacher gave me a bad grade because she doesn't like me."
3. **Health:** "I'm sick because of bad luck or genetics."
4. **Relationships:** "My relationship problems are caused by my partner's bad behavior."
5. **Career:** "I didn't get the job because the boss didn't like my resume."
6. **Happiness:** "I'm unhappy because of circumstances beyond my control."
7. **Challenges:** "It's impossible to overcome challenges in this world."
8. **Opportunities:** "Opportunities are rare and out of my reach."
9. **Responsibility:** "Other people are responsible for my problems."
10. **Control:** "I have no control over my life."