

Internal vs external locus of control – BEHAVIOURS AND TRAITS

INTERNAL LOCUS OF CONTROL

- Are more likely to take responsibility for their actions
- Tend to be less influenced by the opinions of other people
- Often do better at tasks when they are allowed to work at their own pace
- Usually, have a strong sense of self-belief
- Tend to work hard to achieve the things they want
- Feel confident in the face of challenges
- Tend to be physically healthier
- Report being happier and more independent
- Often achieve greater success in the workplace

EXTERNAL LOCUS OF CONTROL

- Blame outside forces for their circumstances
- Often credit luck or chance for any successes
- Don't believe that they can change their situation through their own efforts
- Frequently feel hopeless or powerless in the face of difficult situations
- Are more prone to experiencing learned helplessness *(if you believe you have no control over your situation you can start behaving in a helpless manner)*

REMEMBER! – We are all capable of operating from either our internal or external locus of control! So if you notice yourself blaming external circumstances or feeling powerless, gently bring yourself back to your external locus of control.

This is also why looking after your wellbeing is so crucial – if I have not slept well or feel stressed, then I am much more likely to veer into an external locus of control when dealing with things.