

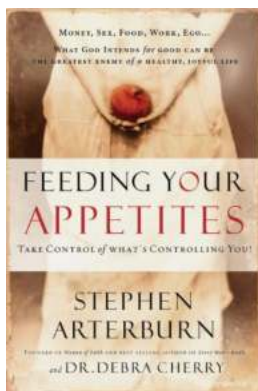
Take Control Of What Controlling You



Are you tired of feeling like your life is being controlled by external factors? Do you want to break free from the chains that are holding you back and take control of your own destiny? In this article, we will explore the concept of taking control of what is controlling you and provide you with strategies to regain power over your life.

The Reality of External Control

Many people go through life feeling powerless, as if their actions and decisions are constantly being controlled by external forces. Whether it is societal expectations, family pressures, or the demands of work, it is easy to get caught up in a never-ending cycle of feeling controlled.



Feeding Your Appetites: Take Control of What's Controlling You by Stephen Arterburn (Kindle Edition)

★★★★☆ 4.2 out of 5

Language	: English
File size	: 635 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 224 pages



The truth is, external control is a real phenomenon that affects countless individuals. It is a result of the conditioning we receive from an early age, being taught to conform and follow the rules set by others. While there are valid reasons for certain external controls, such as laws and regulations, allowing ourselves to be entirely consumed by outside forces can be detrimental to our individual growth and happiness.

Identifying What Controls You

In order to take control of what is controlling you, it is essential to first identify the specific factors that are influencing your life. Take some time to reflect on the different areas of your life and evaluate which aspects are causing you the most distress or feelings of powerlessness.

Is it a toxic relationship that keeps you from pursuing your dreams? Or perhaps a demanding job that leaves you feeling stressed and unfulfilled? Maybe it's societal pressure to conform to certain standards that don't align with your true values.

By pinpointing the root causes of what is controlling you, you will gain clarity and be better equipped to find ways to regain control and live a more authentic life.

Strategies for Taking Control



Once you have identified the sources of external control in your life, it is time to take proactive steps towards reclaiming your power. Here are some strategies to consider:

1. Set Clear Boundaries

Establishing boundaries is crucial when it comes to taking control. Clearly communicate your limits and don't hesitate to say no when something doesn't align with your values or goals. By setting boundaries, you prevent others from overstepping and encroaching upon your autonomy.

2. Practice Mindfulness

Engaging in regular mindfulness practices, such as meditation and deep breathing exercises, can help you cultivate self-awareness and gain a deeper understanding of your thoughts, emotions, and reactions. This heightened self-awareness allows you to take a step back and evaluate situations objectively, enabling you to make conscious choices rather than being driven solely by external influences.

3. Surround Yourself With Supportive People

Having a strong support system is vital when it comes to taking control of your life. Surround yourself with individuals who uplift and encourage you to pursue your dreams and goals. These positive influences can help you stay focused and motivated, even when external pressures attempt to sway you off course.

4. Take Responsibility for Your Actions

While external factors can certainly impact our lives, it is important to acknowledge that we still have control over our reactions and decisions. By taking responsibility for our actions, we shift our mindset from victimhood to empowerment. This mindset allows us to focus on the areas where we can make a difference and take action.

5. Prioritize Self-Care

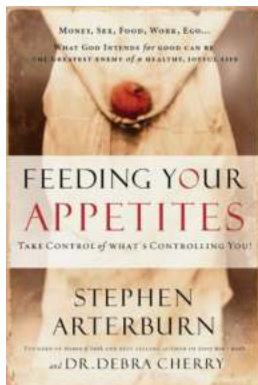


Self-care is crucial for maintaining a healthy and balanced life. Dedicate time regularly to engage in activities that bring you joy and relaxation. Whether it's practicing yoga, taking a walk in nature, or enjoying a bubble bath, self-care allows you to recharge and refocus on what truly matters to you.

The Importance of Taking Control

By taking control of what is controlling you, you reclaim your power and freedom. You are no longer at the mercy of external influences but instead become the captain of your own life. This newfound control allows you to make choices that align with your values, pursue your passions, and find fulfillment on your own terms.

It's time to break free from the chains of external control and take charge of your own destiny. By identifying what is controlling you, implementing effective strategies, and prioritizing self-care, you can regain control and pave the way for a more fulfilling and authentic life. Remember, you are the one in the driver's seat, so take control and steer your life towards the direction that brings you happiness and true fulfillment.



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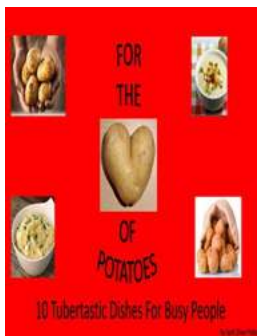
Our appetites are like fire! They can fill our lives with warmth, or they can become an uncontrolled inferno that is capable of destroying a career, a marriage, a soul.

If you've ever struggled with cravings, whether for chocolate, shopping, alcohol, sex, cars, work, or power, you know how it works. Best-selling author Stephen Arterburn and Dr. Debra Cherry reach below the surface of such harmful behaviors to address the underlying needs that drive us all, and how those hungers can bring us fulfillment, not frustration.

- Discover the original and very good purpose for your appetites
- Develop useful strategies for managing your misdirected cravings

- Understand the connections between appetites, addictions, and sin
- Expose phony and inadequate sources of satisfaction
- Avoid the trap of "spiritual anorexia," which numbs you to what you really need

Maybe you haven't given much thought to what drives your life. Here's your chance to consider all your appetites in a new light, and to bring under control the ones that are keeping you from the life you long to live.



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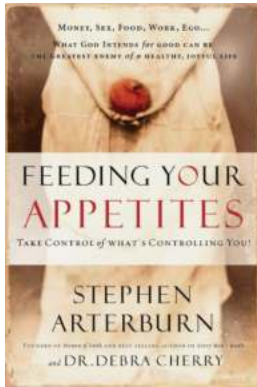
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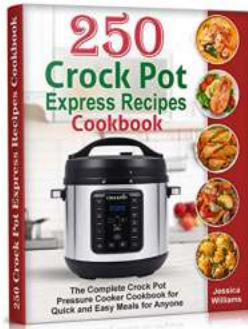
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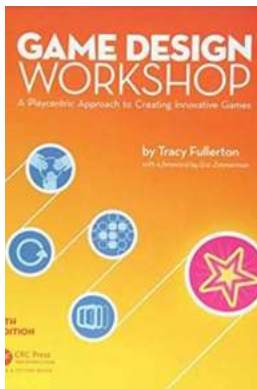
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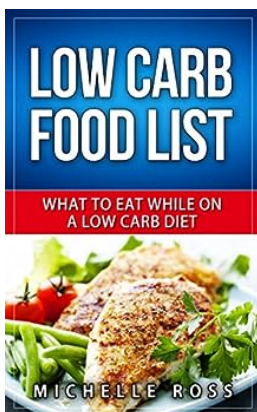
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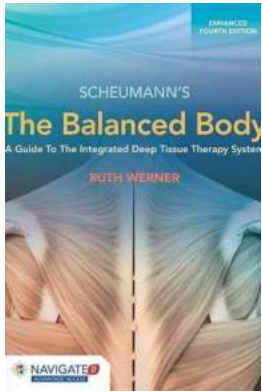
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