2. Now it's time to go people-watching. Set aside a window of fifteen minutes and situate yourself in a public venue. Become the observer and notice the antics of the "controllers in your neighbourhood." Take note and then make note of the controlling behaviour, in the chart below. Add to each item on your list three healthier ways that each of these people could have satisfied his or her need to feel "in control."

Who?	Controlling Behaviour	Healthier Alternatives
man at check-out	*yelled at cashier*	*take a deep breath* *say "excuse me" and walk away*

3. Consult two people you trust and ask them what control strategies they recognize as part of your modus operandi.