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# The "Different Perspectives" Newsletter

It can be fun to step back and look at the world from a different angle. Here, we step back and look at commonly used words in business and life, ask a provocative question, and see what others are doing differently by applying a different lens on life. I hope you enjoy "Different Perspectives" and that you begin to step back when needed and observing what else is possible.

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January 27, 2025

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## Word Choices

**Control** /kuhn-trohl/, verb/noun. Def - to exercise restraint or direction, to hold in check, the act or power of controlling.

I have always been fascinated by this word and the variety of messages and definitions that can be conjured up, but the answer has always seemed to elude me.

Many people seek control in their worlds, be them their political world, business world, or personal world. Control can have such a negative, restraining definition, and yet, it can have a comforting quality to it too. For example, sometimes our pets are "out of control" and need training. Or, you can hear stories of one person trying to control another in the workplace or at home on the negative spectrum of the definition. On the other hand, trying to get control of our expenses in a business, or to get control of your blood sugars if you are a diabetic has a positive definition effect.

One thing I try to share with clients is for them to understand what they actually can control, which is your own personal thoughts, emotions, actions, and behaviors. This concept can be found in many psychology journals and coaching websites but [click here](#) for a good article on it. We cannot control others but we influence a situation or a

group that we are involved in, but we can't control them and that can lead to frustration and stress if we try to. We cannot control the weather, in spite of some politicians viewpoints (sarcasm note there), nor can we control government policy, our pasts, or people's behaviors and when we try to do that, that is a sure-fired recipe for stress and helplessness.

When we run across issues in our life, I have modified the Circle of Control to my own concept to handle problems. I encourage clients to respond to a problem with a question, is this a Me, We, or Them problem. A Me problem as it relates to the The Circle of Control concept is the inner most portion of the diagram and is something that we can solve and we can control. A We problem relates to the Circle of Influence. A They problem is one that relates to the outermost circle in the diagram, which is the Circle of Concern. Knowing where you are and what you can control can provide a bit of relief and a dose of sanity when navigating life.

Know what you can control and what you cannot and your world will begin to make sense.

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## Question of the Week

A couple of questions to ponder to bring some sanity in your life:

1. Is this a Me, We, or They problem?
2. What in this situation is in my direct control at this moment?

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## Thinking Outside the Box

When you are faced with a situation where you feel out of control or when stress is high, according to an article in [Psych World](#), the perception of control can go a long way to well-being and less stress. When you don't feel that you have control, depression and learned helplessness can develop.

The idea of being out of control makes me think of one of those game shows where they put people in a tube and have a fan running while dollar bills swirl all around you and you are told that you can keep whatever cash you can get your hands on. It is fascinating to watch people in those situations because they wildly flail their arms and

hand desperately trying to grab all of the money in the allotted time.

This makes me relate to those who say they are overwhelmed and can get control of their life. Life the money tube, you will be more successful if you try to focus on one bill at a time and grab that bill, then the next, then the next. This is often a solution for people who are stressed at work and feel overwhelmed - slow down or stop, focus on one thing at a time, complete that, then go onto the next. The key here is to identify what is the most important thing to tackle first. Think dominos here. What is the one thing, that if you could complete that task, could create a domino effect on the others and start to complete others or the others will fall away.

One step at a time. One task at a time. One bill at a time.



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