Are You A Control Freak?



Has anyone ever called you a control freak? Do you feel like you always have to be in charge and tell other people what to do? Do you feel like you have to plan every little thing before you do it? Take our test and find out if you are a control freak!

1. Do you fight your family over the TV remote control?

A. Sometimes.

B. I don't really care. They can have it.

C. I have to be the one holding the remote.

2. What does your WhatsApp inbox look like?

A. I have about 125 unread messages.

B. There are a few unread messages. I will delete what I don't need later.

C. I delete spam and label every new message that I get.

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3. How hard it is for you to admit you were wrong?

A. Not too hard. Everybody makes mistakes.

B. I don't like it, but if I was wrong, I'll be the first to admit it.

C. I'm almost never wrong.

4. After someone sits on your bed, do you tidy it again?

A. It wasn't tidy to begin with, so why do it now?

B. Just a little bit, so it looks nice.

C. I have to do it all over again. I can't stand the mess.

5. Do you get angry when something or someone makes you late or things don't go like you planned?

A. I don't get mad because of things I can’t control. What's the point?

B. No one likes being late. I try to not let it get to me.

C. Yes, it happens a lot. Why can't people respect other people's time?

6. Whom do you let borrow your things?

A. Anyone I know and trust.

B. Just my close friends.

C. No one. It's my stuff.

7. Which answers did you choose the most?

A. A

B. B

C. C

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If you answered "A" to most questions, you are the opposite of a control freak. You are part of the "I Don't Care" team. It's a pretty good place to be in; just make sure people are not taking advantage of your nice attitude!

If you answered "B" to most questions, you are not a control freak. Like most people, you feel a need to control some things in your life, but you are definitely not a freak. Just keep listening to the voice of reason — it looks like you are doing a good job.

If you answered "C" to most questions, you are definitely a control freak! You have to be in charge and in control 100% of the time! But aren't you getting a little tired sometimes? Controlling everything can be exhausting. You might find that letting go of control from time to time can be surprisingly liberating.

1. Which person would you like to be?

A. I wish I was like person A.

B. I wish I was like person B.

C. I wish I was like person C.

Write a list of things that worries you but you CAN'T control. Near each thing you CAN'T control, write something you can do, something you CAN control to make yourself less worried.

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