

Control VS Boundaries

Credit to
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Control

Focuses on **changing the other's behaviour** to achieve **comfort** for self. Critical, blaming or shaming of the other & minimizing own responsibility or contribution.



Expresses a **need, preference or personal limit** to gain **cooperation & understanding** from the other. Open to collaboration.

Expressed **reactively** (heightened or "cold" emotion) & with possible intimidation or guilt inducement. Framed as **absolutes**.



Expressed **calmly & non-reactively** with vulnerable emotion that invites **several opinions to be considered**.

Closes down or escalates interactions, focusing primarily on the needs of the deliverer, not the needs or autonomy of the other.



Invites & opens up **discussion** & takes all parties needs, responsibilities & autonomy into consideration.

One-way interaction that aims to gain temporary feeling of **authority or comfort** for deliverer.



Two-way interaction that aims to establish safe limits for the relationship that **benefit all parties**.

Boundaries