

WB 2.14b — Dichotomy of Control

Use with Chapter 14 (Conflict and Repair Scenarios) in the manual, Chapter 8 in *Shoulder the Bill*.

Purpose In conflict, peace comes from directing energy only toward what you can influence — your words, timing, tone, and willingness to listen — and genuinely releasing what you cannot: the other person's response. This page sorts the two.

How to use this page

When: Use when a conflict is occupying your mind. Sort honestly, then commit energy to your side of the line only.

Done when: You have sorted the situation into within/not-within your power and committed to one release.

Worked example

The conflict: a disagreement with a family member over a decision.

Within my power: my tone, my willingness to hear them, owning my part.

Not within my power: whether they change their mind. I release that.

Anchor Phrase: *'Repair the connection. Protect the relationship.'*

Protocol: Sort: within my power vs not within my power. Act on the first; release the second.

Loop stage: Act → Connect → Recover

The conflict or situation:

Within my power (my words, timing, tone, willingness to listen, owning my part):

Not within my power (their response, willingness, interpretation, readiness):

One action I will take on what is within my power:

One thing I will genuinely release:

☐ Self-Reward Loop completed