

CONTROL FALLACY

When control gets read as total or none, with nothing in between.

IN PLAIN ENGLISH

Either everything is your fault, or none of it is.

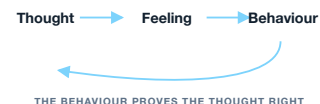
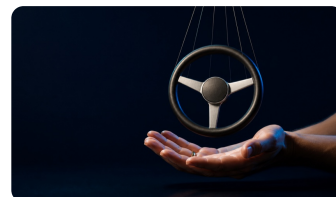
Both feel true. Both are wrong.

Ask what is genuinely yours here. Do that part, and let the rest go.

THE CLINICAL NAME

Control fallacy

Two mirrored errors sharing one root. Excessive internal control produces guilt for outcomes that were never yours; excessive external control produces helplessness about outcomes you could influence. Both avoid the harder work of locating the actual, partial, unglamorous share of control you hold.



HOW IT RUNS *A team project that failed*

THE VERDICT

THE NEXT STEP

THOUGHT

"I should have carried it all." or "Nothing I did mattered."

"My part was the timeline. That is what I own."

FEELING

Crushing guilt, or flat powerlessness.

Accountable for a defined piece, and not for the rest.

BEHAVIOUR

Take on everything, or disengage entirely.

Fix your piece. Name clearly what was not yours.

THREE TOOLS

- 1 Draw the circle.** List what is yours, what is influenced, what is neither. Three columns.
- 2 Do the yours column.** Fully and properly. That is the whole job.
- 3 Release the third column out loud.** Naming what is not yours is what stops you carrying it.

A MUSLIM LENS

Either you are responsible for everything that befell your family, or nothing you do matters — and both stop you acting.

Tie the camel, then trust — The instruction contains both halves. Neither one alone was offered.

Qadar is not passivity — Belief in decree sits alongside taking the means, never instead of it.

Then du'ā' for the rest — The part outside your hands still has somewhere to be taken.

Your share is real, limited, and enough. The rest was never on your account.

THIS WEEK Take one situation. Write the three columns. Act only on the first.

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