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## **take control of definition meaning and origin Apr 19 2024**

the phrase take control of speaks to the idea of asserting authority or dominance over a situation or aspect of one s life to take control of someone or something means to get the power and right to direct them or it

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taking control of your life is a multi step process that involves self reflection to understand your current situation identifying what s within your control setting clear goals and taking actionable steps toward achieving those goals

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the goal is to gain a healthy perspective of others without creating conflict within yourself recognize and acknowledge your own worth we all have specific abilities talents and skills but

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taking control of your life requires working through multiple challenges including your own perceptions building self confidence as well as taking an action determine what you want more control over and that will help focus your energy

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take control of is correct and usable in written english you can use it when describing a situation in which a person or group of people has taken charge of a situation or process for example the new ceo took control of the company to make sure it stayed on track

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at ucla psychologist cassie holmes has come to believe that many people underestimate how much control they do have in making their lives less busy and stressful a powerful moment of insight in cassie s life occurred one day in 2017 as she was racing across campus with a preschooler in tow

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what does it mean to take control of a situation it means clearly understanding the situation and taking the necessary steps to manage it in a way that leads to the desired outcome in some cases this may require decisive action in others it may involve being proactive rather than reactive

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10 steps to take control of your life 1 self awareness comes first 2 clear communication is essential 3 be specific but don t blame 4 consequences are often necessary 5 take power back in your job 6 assess the financial stress 7 outgrow toxic relationship 8 practice positive self talk 9 find your support system 10

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feeling lost taking back control of your life is within reach here are 11 actionable ways to finally take control of your life s direction

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focus on what you can control instead of what you can t you may not be able to stop the covid 19 pandemic but you can take action to better protect yourself such as getting vaccinated and wearing a mask indoors when community spread is elevated

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you don't have to live in a sci fi movie to control your mind we break down 10 strategies to help you gain the upper hand over your mindset and outlook

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autonomy means being in control of your own decisions without outside influence in other words that you are in charge of yourself it is considered an essential development step toward maturity we all make decisions about how to live our lives although sometimes we have less choice than we might like

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controlling behavior occurs when a person attempts to conform another person to their own needs or desires through some form of manipulation this outsized desire for control is unhealthy unhelpful and may create relationship conflicts but it's not always abusive

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take control of someone or something to gain assume or exercise the ability or authority to manage direct or influence something things have been running a lot smoother ever since sarah took control of the project

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to occupy or take control of especially through force to take control of someone's body or mind especially in a supernatural manner to handle deal with tackle or cope with someone or something effectively to direct or influence the behavior or development of to burden or worry with

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