

Control and Expectation

Control, Surrender & Resistance

Step-Working Guide · The Recovery Files

In this workbook

1. **Control and Expectation** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

TOPIC

Control and Expectation

KEY IDEAS

Control and Expectation

Understanding Manipulation in Recovery

Control and expectation patterns are systematic attempts to manage outcomes, people, and situations rather than surrendering. They masquerade as responsibility but often block spiritual growth and authentic connection.

Outcome Manipulation

Trying to Predict & Manage

Attempts to control how situations unfold by predicting and planning variables. This maintains the illusion of control but prevents the surrender necessary for spiritual growth.

Relationship Management

People Control

Treating others as variables to be influenced rather than autonomous individuals. Using emotional manipulation or strategic behavior to control how others respond.

Conditional Cooperation

Selective Engagement

Participating in recovery only when outcomes can be controlled. Treating spiritual principles as tools to be used selectively rather than truths to be lived consistently.

Emotional Bargaining

Transactional Thinking

Treating spiritual efforts as transactions where effort guarantees rewards. This prevents unconditional surrender and maintains a quid pro quo approach to spirituality.

Spiritual Bypassing

Surrender Resistance

Using spiritual concepts to justify controlling behavior. Treating spirituality as another tool for control rather than a call to release it.

Anxiety Management

Security Seeking

Using control to manage fear and uncertainty. Treating control as safety and surrender as danger, which prevents the faith development essential for spiritual living.

Surrender Development

The Path to Freedom

The goal is not passivity, but developing the capacity to act without attachment to outcomes. Trusting that spiritual principles work regardless of immediate results.

WORKSHEET**Control and Expectation Worksheet**

Understanding and Surrendering Manipulation

CONTROL_MAP**Personalized Control Map**

Identify specific examples of how these patterns manifest in your life.

Outcome Manipulation

Relationship Management

Conditional Cooperation

Emotional Bargaining

ACTION_PLAN**Surrender Action Plan**

Identify a primary control pattern and plan concrete steps to release it.

Specific Control Pattern

Impact on Recovery

Action Steps

Timeline

Accountability

SURRENDER_SYSTEM

Comprehensive Surrender System

Develop ongoing practices to build spiritual trust.

Daily Control Awareness

Graduated Surrender Protocol

Spiritual Surrender Practices

Control Emergency Protocol
