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| I will finish my task by removing barriers: An Exercise in Locus of ControlThis is the task I will finish: |
| Barriers to finishing this task: | This is how I will use control to remove this barrier: | Internal control: I will remove this barrier.External control: I will let someone/thing else remove the barrier  |
| Score 1 if this is an example of internal locus | Score 1 if this is an example of external locus |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |
| 6. |  |  |  |
| 7. |  |  |  |
| Total each column.Which type of control have you used most to finish this task?  |  |  |