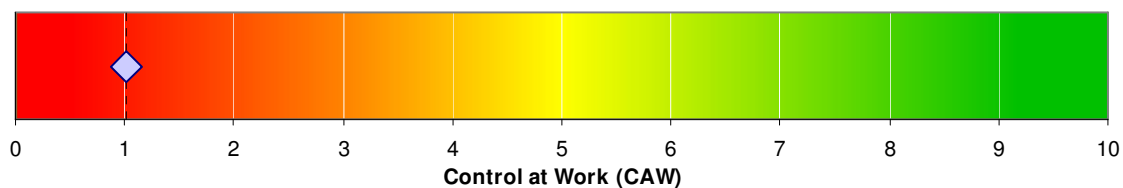


Control at Work (CAW)

How far you feel you are involved in decisions that affect you at work.

Control at Work (CAW) assesses how far you feel you have an appropriate level of control within your work environment. Your perception of control will be influenced by various aspects of work, including the opportunity to contribute to the process of decision making about things that affect you. Perception of personal control can strongly affect both an individual's health and their experience of stress.

Your QoWL Control at Work (CAW) Score is: **1.0**



Your score on this aspect of the WRQoL is lower than for the majority of people in our sample, indicating a low sense of control at work.

This could be related to aspects of your job, your level of responsibility or authority, or your feelings and attitudes about your role and position, or a combination of these.

You may feel that you don't have much of a say and aren't involved in decisions that affect you at work.

There are three broad steps you can take to address issues of control within your existing role. The first is to consider what you can and can't control and focus more on what you can. The second is to find ways of getting more control at work. Often, it is possible to discuss and negotiate changes or 'tweaks' to your role to give you a greater sense of control. The third step is to accept the things you can't change. This is rarely easy, but the essential partner to trying to change things.

We often need to challenge the idea that that lack of control is necessarily bad. In reality it is important to have control over some key areas rather than fighting to control everything and feeling threatened when we fail.

This aspect of your work experience is worth reviewing in some detail, because persistent sense of having too little control can affect your health. It might be useful to try to identify the things that make you feel you don't have control. As this aspect can be complex, it might be useful to seek help as you begin the process of thinking things through.

Your lower score probably indicates that you do need to spend some time on this aspect and identify action you can take to help you feel different.