The Dichotomy of Control – 10 Questions

1. Is this actually my problem to solve? Am I assuming ownership of something that properly belongs to someone else?

2. Is this genuinely my responsibility? Do I have a real obligation here, or am I creating one for myself out of habit, guilt, fear, or expectation?

3. Is this within my control? Can I meaningfully influence the situation through my own choices and actions, or am I attempting to control other people, events, or outcomes?

4. Does this actually require my involvement? Would anything important be lost if I simply chose not to participate?

5. Is this something that can wait? Is there a genuine need for immediate action, or am I responding to an artificial sense of urgency?

6. Am I responding thoughtfully or reacting emotionally? Is my desire to become involved driven by reason and principle, or by anger, fear, disgust, anxiety, resentment, curiosity, or the need to be right?

7. Am I the right person to address this? Do I have the authority, knowledge, ability, and appropriate relationship to make a useful contribution?

8. What will my involvement cost me? How much time, attention, energy, emotional stability, or opportunity am I about to commit, and is that expenditure justified?

9. Will my involvement make anything meaningfully better? Am I likely to contribute to a constructive outcome, or merely add another opinion, argument, complication, or source of friction?

10. Can I choose not to engage and remain at peace with that decision? Can I allow something to remain unresolved, imperfect, or outside my influence without feeling compelled to intervene?