



we dictate the outcome – pain or not pain. To succeed in this activity of Mousetrap, it is then essential for one to have high internal locus of control, and believe that they are the difference maker. At the end of the day, the mousetrap is just a ... mousetrap. Why should we allow it to control how we feel?

This activity is a great metaphor of the life we face everyday. We all live in the same world and are presented the same challenges. There are of course many aspects of life that are not within our powers to control – like weather phenomena, economic crisis and epidemics. But, we can always control how we react and respond to the situation and influence ourselves and maybe, those close to us.

Look at your hands now; this is where you find success.

### **Web Reference**

<http://www.psych.uncc.edu/pagoolka/LocusofControl-intro.html>

<http://www.attitrade.com/commentary/locus-of-control/>

<http://www.wattpad.com/724132-locus-of-control>