

# Circle of Control



## What you CAN control:

These are things that belong inside your Circle of Control:

- Thoughts - the way you choose to think about something
- Feelings - how you try to understand and manage your emotions
- Actions - what you say, what you do, and how much effort you put in
- Boundaries - the limits you set to keep yourself safe, calm and respected

These are all things you have power over every day.

## What you CAN'T control:

These are things that belong outside your Circle of Control:

- Other people's choices
- Other people's feelings
- What others think or say
- The past

You might care about these things, but you can't control them.

## How to use your circle of control

1) Identify - when you are feeling worried or stressed, stop and ask:

- What is in my control right now? What is out of my control right now?

2) Shift your focus - put your energy into things you can control - your effort, attitude and choices. Let go of thing you can't control.

3) Acceptance - it is okay if some things are outside your control. You can still choose how you respond.