

## Focusing on What I Can Control

Out of My Control or Only Partial Control

In My Control

Instructions: List any item you can think of that fits inside and outside the circle.

Everything inside the circle is In My Control Examples: How much I eat, when I ask for help, how nice I am to myself Everything outside the circle is Out of my Control Examples: Traffic, other people's reactions. Some ControlExamples: Where I work, my health.