

Control

List examples of things that you can and cannot control:

What I can control	What I cannot Control
<ul style="list-style-type: none"> ○ ○ ○ 	<ul style="list-style-type: none"> ○ ○ ○

In the grid below, list the thoughts, feelings, and behaviours associated with each square

	Can Control	Can't Control
Take Action	Thoughts: Feelings: Behaviours:	Thoughts: Feelings: Behaviours:

Don't Take Action	Thoughts:	Thoughts:
	Feelings:	Feelings:
	Behaviours:	Behaviours:

Where are you on the control square?

People tend to find themselves in different positions on the control square when dealing with different situations. Take a moment to reflect on which square you tend to spend most of your time in.

Consider the elements in your life that you have control over – do you take action on these or not?

Next, consider the situations you do not have control over – do you take action on these or not?

Write down examples from your life in the appropriate square below:

	Can Control	Can't Control
Take Action	Mastery	Banging your head against a wall
Don't Take Action	Throwing in the towel / Giving up	Acceptance / Letting go

Are you continuing to put your energy into things that are outside of your control? How you might stop taking action on the things you can't control?

Are you Giving Up? How might you start taking action on the things you can control?

If the situations you listed are mainly in the Mastery or Acceptance boxes, this is a good sign. When you live according to mastery and acceptance, your actions reflect your understanding of what you can control and what you cannot. When faced with challenging situations, ask yourself:

“Can I control this?” and use this grid to help you determine how you might reframe the situation.