

Control

List examples of things that you can and cannot control:

| What I can control | What I cannot Control |
|---|---|
| <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> |

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: Feelings: Behaviours: | Thoughts: Feelings: 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.