

Circle of Control **Worksheet**

From the original "Circle of Control Worksheet.pdf" · 13 pages

What this is. The original handout (13 pages) reproduced page for page inside the house frame, unaltered, so that every word, line, table and illustration is exactly as its author set it. It replaces the September 2026 redesign of this file, which re-set the text and chopped it.

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THE CIRCLE OF CONTROL

YOUR KEY TO
MAINTAINING MENTAL
WELL-BEING

THE CIRCLE OF CONTROL

YOUR KEY TO MAINTAINING MENTAL WELL-BEING

In a world that often feels chaotic and unpredictable, it's easy to become overwhelmed by external factors that seem to dictate our lives. However, by understanding and utilizing the concept of the "Circle of Control," you can turn your focus inward and take charge of the aspects of your life that you can influence. This shift in perspective is not only empowering but also essential for maintaining good mental health.

What is the Circle of Control?

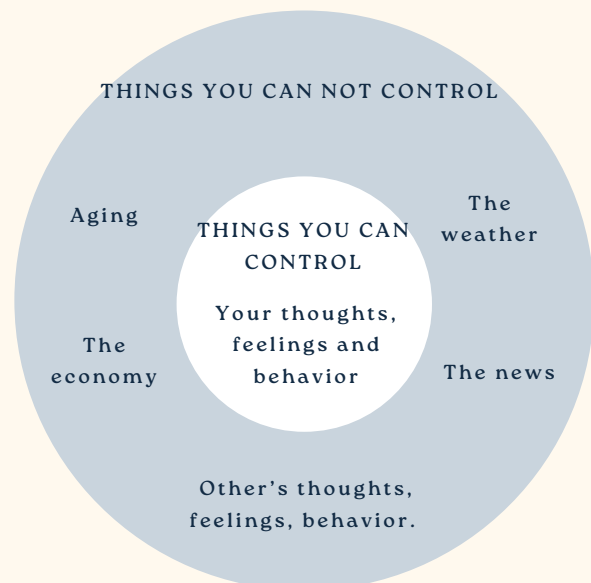
The Circle of Control is a simple but powerful concept that categorizes your concerns into two main areas:

THINGS YOU CAN CONTROL

These are the aspects of your life that are within your direct influence. This includes your thoughts, actions, reactions, and decisions.

THINGS YOU CAN NOT CONTROL

These are the external factors like the weather, others' opinions, and unforeseen circumstances.



By focusing on the things inside your Circle of Control, you can cultivate a sense of autonomy and peace, instead of constantly feeling stressed by factors beyond your reach.

COUNSELLOR *Cronan*

THE CIRCLE OF CONTROL

List all the aspects of your life that are within your control. Consider things like your actions, attitudes, responses to situations, and personal goals.

In the "Things I Cannot Control," list the aspects of your life over which you have no direct control. This may include other people's opinions, the weather, or unexpected events.



THE CIRCLE OF CONTROL



CONTROL



"ANXIETY'S GRIP IS STRONGEST WHEN WE TRY TO CONTROL EVERYTHING WITHIN OUR REACH. RELEASE THE NEED FOR ABSOLUTE POWER, AND INSTEAD, FIND SOLACE IN MASTERING THE ART OF CONTROLLING OUR RESPONSES AND ATTITUDES. FOR IT IS IN SURRENDERING CONTROL THAT WE GAIN TRUE FREEDOM FROM ANXIETY'S RELENTLESS GRASP."

However, it's crucial to understand that control is not an absolute. Rather than fixating on trying to control every aspect of our lives, it's more beneficial to focus on managing what we can control. By directing our attention to our thoughts, actions, and reactions, we can establish a sense of inner control and navigate uncertainty more effectively. Remember, real power lies in how we respond to situations rather than our attempt to dictate every outcome.

How do you react when you feel like you're losing control of a situation? How does this impact your anxiety levels?

Reflect on instances when you've tried to control situations or outcomes beyond your control. What impact did this have on your mental well-being?

WHY IT IS IMPORTANT FOR MENTAL HEALTH

1**Reduces Stress and Anxiety**

We often feel overwhelmed and stressed when we spend time and energy worrying about things we cannot control. We can reduce unnecessary stress by actively shifting our focus to elements within our control. This shift in mindset alleviates anxiety because we begin to see tangible progress and receptivity to our efforts.

2**Enhances Productivity and Effectiveness**

Focusing on the Circle of Control helps us concentrate our energy on tasks and decisions we can actually influence. This makes us more productive and enhances our sense of efficacy and accomplishments. When our energy isn't wasted on unchangeable circumstances, we can make meaningful strides in areas that matter most.

3**Fosters a Positive Attitude**

Acknowledging that we control our reactions, decisions, and mindset in any situation fosters a more positive attitude. Instead of feeling like a victim of circumstances, we start seeing ourselves as active participants in our lives. This empowerment can lead to a more optimistic outlook and better resilience when facing challenges.

4**Encourages Personal Growth**

The Circle of Control invites us to take responsibility for our own lives. This responsibility is a cornerstone of personal growth. By continuously working on what we can control—like our skill sets, behaviors, and habits—we embark on a lifelong journey of self-improvement, contributing to overall life satisfaction and happiness.

PRACTICAL STEPS TO EMBRACE THE CIRCLE OF CONTROL

1**Identify Stressors:**

Start by listing out things that are currently causing you stress. Separate them into what you can and cannot control.

2**Refocus Your Energy:**

For items within your control, create actionable steps to address them. For those outside your control, practice letting go and redirecting your energy towards what you can influence.

3**Practice Mindfulness:**

Mindfulness practices can help us stay present and reduce overthinking about things we can't control. Techniques such as meditation, deep breathing, or journaling can keep us grounded.

4**Set Boundaries:**

Learn to set boundaries to protect your peace. This can include limiting exposure to negative news or speaking up about your needs in a relationship.

5**Celebrate Small Wins:**

Acknowledge and celebrate your progress within your Circle of Control. Small achievements can build momentum and improve your mental health over time.

REFLECTION QUESTIONS

1

**"Worrying about something outside your control is like sitting on a rocking chair...
It gives you something to do but doesn't get you anywhere."**

What are your thoughts on this statement?

2

What current stressors in your life are beyond your control?

REFLECTION QUESTIONS

3

What small, actionable steps can you take today that are within your control?

4

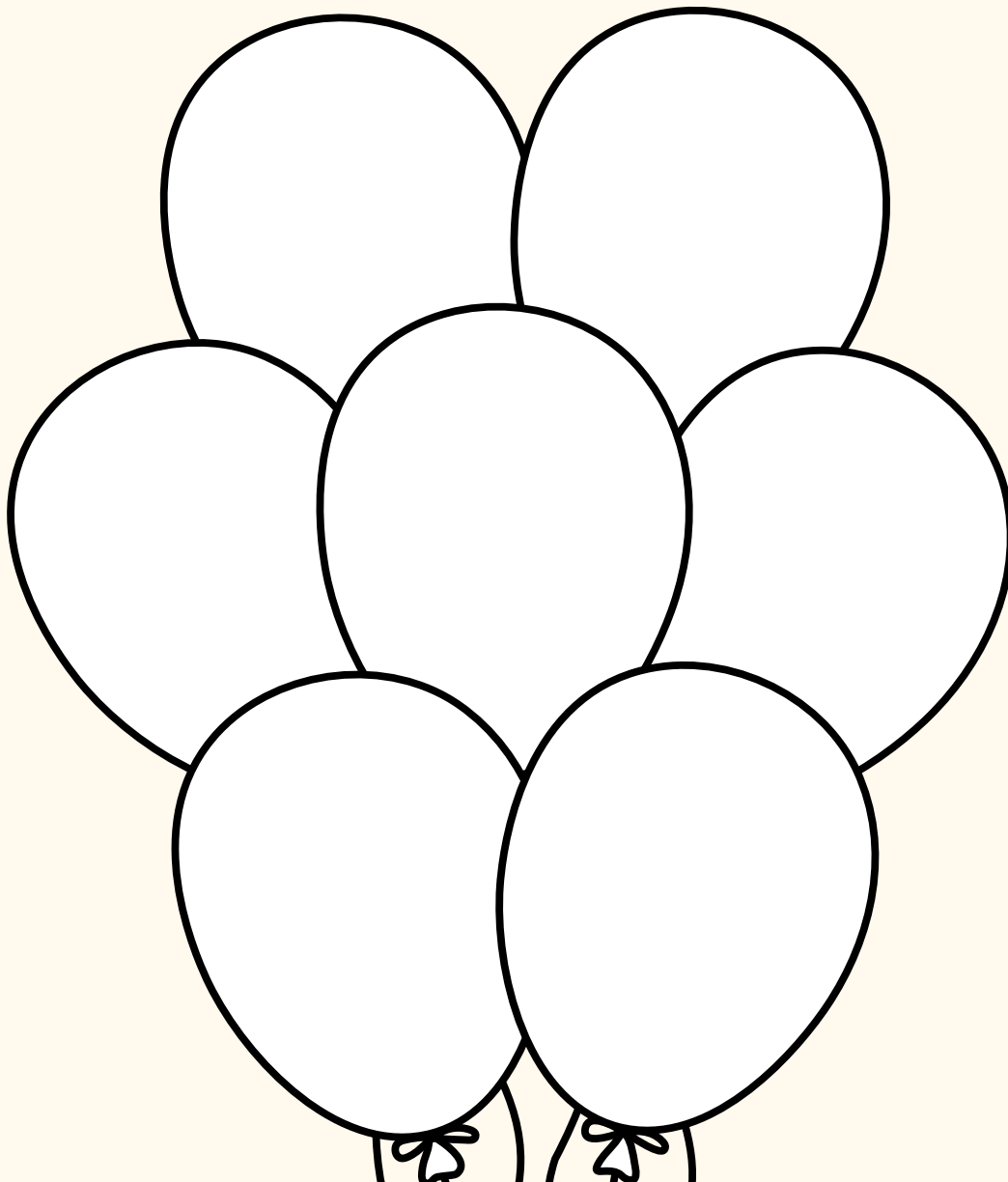
How do you usually react to situations outside of your control, and how can you change this reaction?

FINDING PEACE IN LETTING THINGS GO

There's a profound liberation in accepting things as they are and relinquishing the need to control everything. It's about finding a balance—managing what you can and accepting what you cannot, thus allowing life to unfold its natural rhythm.

Instead of seeing unpredictability as a threat, perceive it as a space for potential and growth. Mavericks, innovators, and leaders often thrive in unpredictable environments because they adapt rather than control.

Can you write down on the things that you need to let go?



CIRCLE OF CONTROL QUIZ

	YES.	NO
1. I can control my own actions and reactions.	☐	☐
2. I can control the weather.	☐	☐
3. I can control what time I choose to wake up in the morning.	☐	☐
4. I can control other people's opinions of me.	☐	☐
5. I can control the effort I put into my work or studies.	☐	☐
6. I can control unexpected events happening in my life.	☐	☐
7. I can control my own thoughts and attitudes.	☐	☐
8. I can control the choices I make and the goals I set for myself.	☐	☐

	YES.	NO
9. I can control how much sleep I decide to get each night.		
10. I can control how other people treat me.		
11. I can control the skills I choose to learn or practice.		
12. I can control traffic or the behavior of other drivers.		
13. I can control my response to setbacks and failures.		
14. I can control the past and things that have already happened.		
15. I can control my commitment to personal health and wellness habits.		
16. I can control someone else's happiness or decisions.		
17. I can control my willingness to seek help when needed.		

QUIZ RESULTS

After completing the quiz, review your answers:

- Take note of all the statements you answered with "Yes." These represent aspects of your life where you have control and can make proactive decisions.
- Look at the statements where you answered "No." These represent areas where you do not have direct control, and it's important to recognize and accept that finding ways to cope with these uncertainties can help you manage stress effectively.

REFLECTION