



# Circle Of Control Activity Pdf

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You can use these prompts to think more about your Circle of Control and how to use it to manage stress and anxiety. 1. What was your experience with filling out the circles? What . When things feel out of control, or in a moment of anxiety, overwhelm or hopelessness, draw an empty set of circles. Write out what is currently in the outer circle (be specific for your situation) . Trusted By Millions · New Content Daily · Free registration · Ratings & Reviews. Circle of Control During difficult times, it can help to take big stressors and break them down into what you can control and what you can't. Think about what's stressing you out. In the outer ring, write the things that you have zero (or very little) control over. In the middle ring, write the things that you can influence, but not entirely. No Control or Influence Think about the things that matter to you. Which do you feel you have most and least control over? Use the circles to indicate where your important stuff goes in order of "control-ability". Questions: • Can I change or take control of this situation? • In what ways could I control or influence this situation?. and worries. Remember that some things we can control and some things we cannot control. For the things we cannot control we should 'let them go' and focus our energies on the things we can. This image is a useful reminder to help order our thoughts at this time. The things inside the circle are those things within our control.