

Therapy Worksheet About control

we have provided you with a set of squares. In the innermost square, write the factors of the problem that you can control. In the middle box, write the factors you can influence but not control and finally, write the factors you cannot control in the outermost box. Use this knowledge to find solutions to your problem.

Things that I cannot control, e.g. pandemics

Things I cannot control but can influence, e.g. relationships, and the behavior of others.

Things I can control, e.g. what I can eat? Where I can live.

