



CIRCLE OF CONTROL



Notice the worry • Sort what I can control • Choose one helpful step



Some worries are about things we can control, and some are about things we cannot control. This worksheet helps you sort the worry, let go of what is not yours to control, and choose one helpful step you can take.

1 What is worrying me?



Write or draw the worry.

Example: "What if they are mad at me?"
"What if I make a mistake?" "What if it rains?"

2 How big does this worry feel?



2

3

4

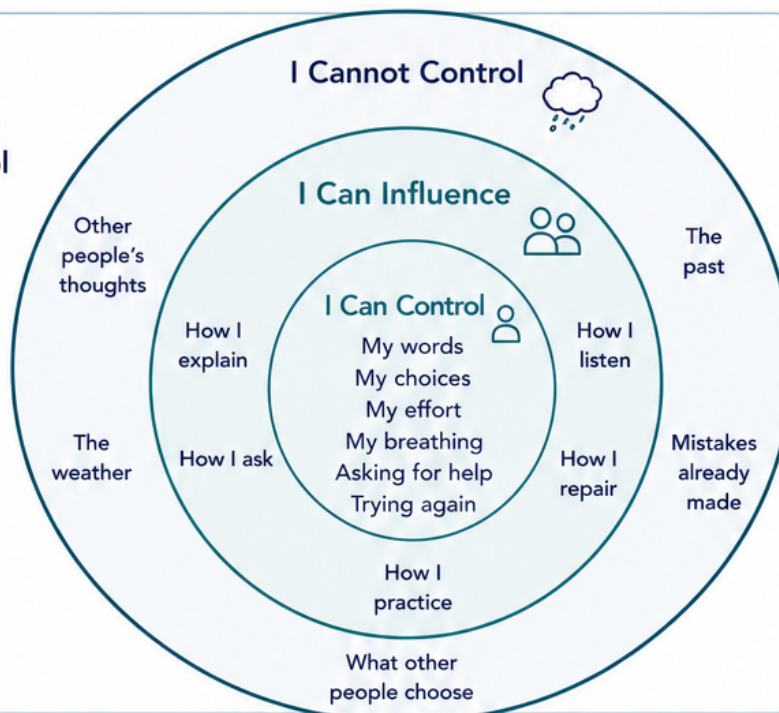
5



Small worry → Big worry

3

My Circle of Control



4

What part can I control?



From the worry above, what is one thing I can control?

5

What part can I not control?



What do I need to let go of for now?

6

What can I influence?



What could I try that might help the situation?

Example: "I can ask kindly."
"I can explain how I feel." "I can practice."

7

Helpful thought I can try



A calmer thought I can tell myself:

Example: "I can focus on my choices."
"I do not have to control everything."

8

My one helpful step



- ☐ Take a slow breath
- ☐ Use kind self-talk
- ☐ Ask for help
- ☐ Try one small step
- ☐ Talk it out
- ☐ Practice
- ☐ Let go for now
- ☐ Other: _____



I do not have to control everything.
I can focus on my words, my choices, my effort,
and one helpful next step.

