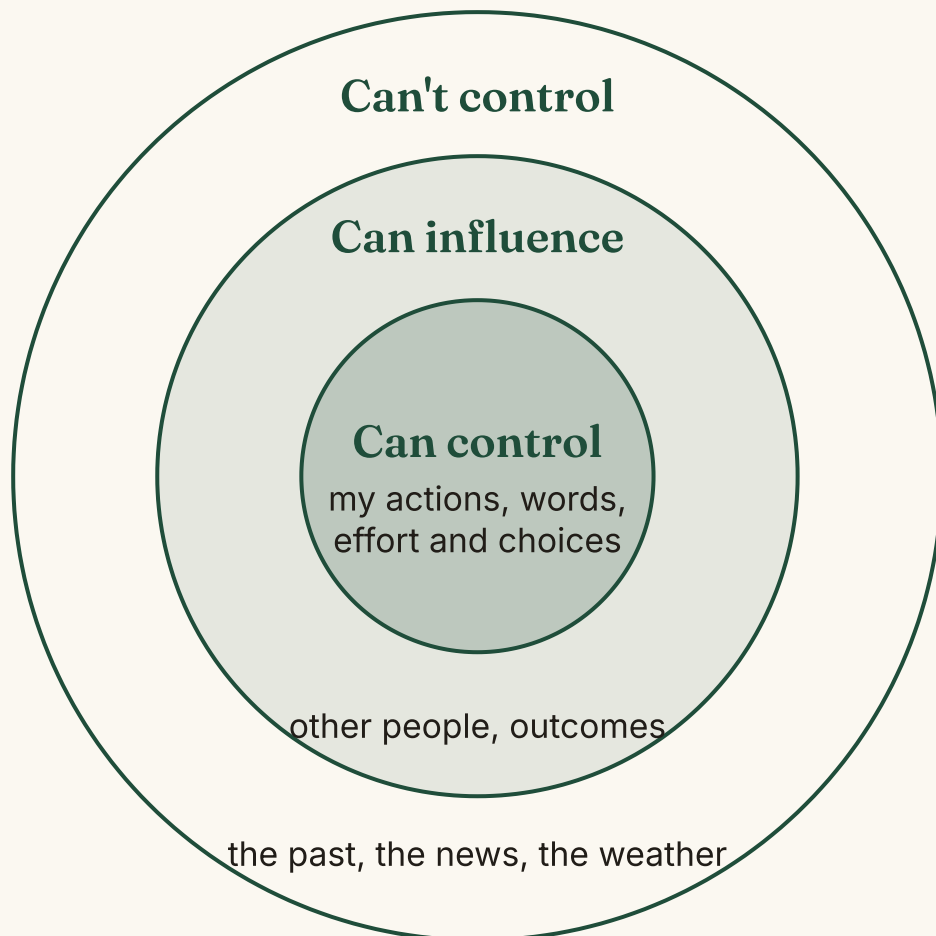




Use the circles to sort what's on your mind, then give each ring the response it needs: an action, a step, or a kinder way of letting go.

THE CIRCLE OF CONTROL



Put each worry in the ring it belongs to. Act in the middle, take a step in the second ring, and practise letting go of the outer one.

01 What's worrying me right now

Write down everything that's on your mind, big or small, in any order. No sorting yet. Getting it out of your head is the first step.

Everything I'm worrying about:

1.

2.

3.

4.

5.

6.

7.

8.

How heavy does all of this feel right now?

1	2	3	4	5	6	7	8	9	10
Light					Very heavy				

02 Sort it into the three circles

Take each worry and put it in the ring it belongs to. If one worry has parts in more than one ring, split it. 'My job interview' might be: my preparation (can control), the impression I make (can influence), whether they pick me (can't control).

Can control

My actions, words, effort, choices

Can influence

Other people, how things turn out

Can't control

The past, other people's choices, chance

03 Can control: one action

Choose one thing from the middle circle and make it concrete. Small and specific beats big and vague.

The worry I'm choosing:

One action I'll take, and when (for example, 'Ring the bank on Tuesday at 10'):

What might get in the way, and what I'll do if it does:

04 Can influence: one step

You can't decide how this turns out, but you can nudge it.
Pick one worry from the second circle and one step that
gives it your best shot.

The worry I'm choosing:

One step I could take (a conversation, a request, preparing,
asking for help):

The part I'll leave to them, or to how things go:

05 Can't control: letting go, and a kinder thought

Letting go doesn't mean you stop caring. It means you stop spending energy trying to change what you can't. Pick one worry from the outer circle.

The worry I'm choosing:

What letting go of this could look like (noticing the thought and coming back to now, setting it aside for later, saying 'that's not mine to fix'):

A kinder thought I can say to myself when it comes back:

When it comes back, I could:

- ☐ Name it: 'that's an outer-circle worry'.
- ☐ Take three slow breaths, or ground myself in what I can see and hear.
- ☐ Write it down and leave it on the page.
- ☐ Do one small thing from my middle circle instead.
- ☐ Talk it through with someone I trust.

06 Weekly check

Come back in about a week. Look at what moved, without judging yourself for what didn't.

Circle

Control, influence or
can't control

What I did

Or what I tried

What happened

And how I feel about it
now

How heavy does it all feel now?

1 2 3 4 5 6 7 8 9 10

Light

Very heavy

Did any worry move rings when I looked again? Which one?

When you're done, a moment to reflect

- Which ring do I spend most of my worrying in? Is that where my effort actually makes a difference?
- Is there something I've been treating as out of my hands that I could take one step on?
- Is there something I've been trying to control that was never mine to carry?
- What would I say to a friend who was worrying about the same things?
- What does it feel like in my body when I put an outer-circle worry down, even for a minute?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.