**Circles of Control**

Now lets have a closer look at your worries…

Which of your worries can you control and which of your worries are out of your control?

Cut out your worries on the previous page or copy them over and put them in the correct circles below.

**CANNOT CONTROL**

**CAN CONTROL**



The worries you put in your ‘cannot control’ circle can be let go of… They aren’t worth thinking about. Take a deep breath and let those worries go….

The worries in the ‘can control’ circle can be managed with some of our coping strategies!