



Circle of Control Journaling Exercises



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Introduction

What You Can Expect from Completing the Exercises

This set of “Circle of Control” exercises is designed to help you identify and reflect on aspects of your life that are within and outside your control.

By understanding what you can and can’t control, you can focus your energy and efforts on areas where your actions will make a difference.

How to Complete the Exercises

We encourage you to print the exercises and complete them by hand. If you don’t have access to a printer or prefer typing your answers, you can use the file with note-taking apps such as Notability and Goodnotes.

Don’t rush through the exercises. Take time to think through the questions and provide thoughtful answers.

Important Note

These exercises are for personal use only and are not intended to diagnose or treat any medical or health-related issues. Please seek professional help to diagnose and treat medical, emotional, or other health-related issues.

EXERCISE 1

Identifying What You Can and Can't Control in Life

5 Things You Can Fully or Partly Control

1. _____
2. _____
3. _____
4. _____
5. _____

5 Things You Have No Control Over

1. _____
2. _____
3. _____
4. _____
5. _____

How do these things affect how you feel and how you go about your daily life?

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EXERCISE 2

Put Your Energy into What You Can Control

Think about one of the things you can fully control. What is it that makes it fully controllable?

Think about one of the things you can partially control. Describe what parts you can control and what you can't.

Can you think of any situation where putting your attention and energy into things you can't control made a difference in the outcome?

Describe what you will gain if you quit focusing on things you can't control.

What is one thing you can do today to focus more on things you can control?

EXERCISE 3

Coping with What You Can't Control

Describe a time when you felt discouraged, stressed, or anxious about something you couldn't control. What did you do to cope with the situation? Did your coping strategies work?

Describe why you believe the three strategies you selected on the right would help you cope with things outside of your control.

Which of these three strategies would you be willing to try to help you cope with things you can't control?

Focus on what you can control.

Accept and let go of things you can't control.

Take deep breaths to help you relax when you feel stressed.

Share your feelings with someone you trust.

Participate in some type of physical activity.

Listen to music you enjoy.

Limit your exposure to sources of stress.

Practice meditation or mindfulness.

Make gratitude a regular part of your day, through journaling or self-reflection.

EXERCISE 4

When Letting Go Isn't an Option

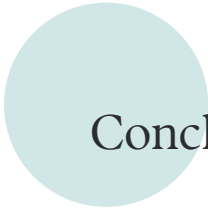
“

It's not a matter of letting go – you would if you could.
Instead of “let it go,” we should probably say “let it be.”

Jon Kabat-Zinn

”

Write a letter to yourself about accepting the things in your life that you can't control. Describe how you would encourage yourself to accept what you can't control, so those thoughts can rest peacefully in your mind.



Conclusion

Congratulations on completing all four exercises! Looking back, what do you know about your circle of control now that you didn't know before you completed these exercises?

A large, empty rectangular box with a light teal border, intended for the user to write their conclusion.