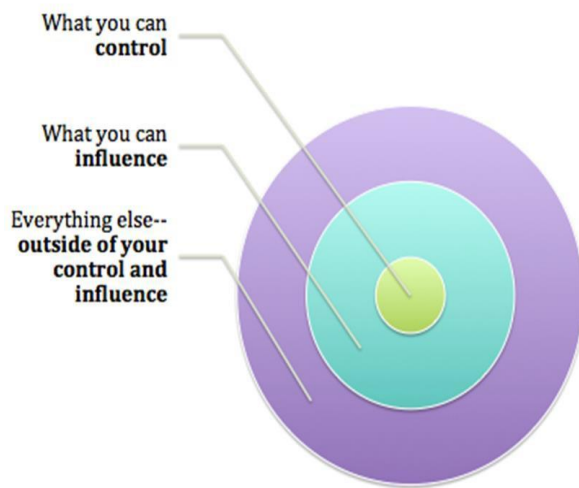


Circle of Control

Your life doesn't just "happen". Whether you know it or not, it is carefully designed by you. The choices, after all, are yours. You choose happiness, sadness, decisiveness, ambivalence, success, courage and fear. Just remember that every moment, every situation provides a new choice and you can choose to be proactive or reactive.

Instead of reacting to or worrying about conditions over which they have little or no control, proactive people focus their time and energy on things they can control. The problems, challenges, and opportunities we face fall into three areas as illustrated.



- **Immediate influence** = problem-focused coping (e.g., address the problem)
- **Some influence** = Problem-focused coping and/or emotion focused coping
- **No influence** = emotion focused coping (e.g., acceptance)

Problem focused coping: Address the problem at its source

Emotion focused coping: Manage your response to the problem

Use the circle of control to think about the following:

What helpful actions / activities are in my direct control? **Do them**...use a problem focused approach

What helpful actions / activities can I influence? **Do them**...

What is outside of my control / influence? **Manage your response, reframe your thinking and practice acceptance....**