

# WHAT DO I HAVE CONTROL OVER?

## NO CONTROL



THINGS I WORRY ABOUT THAT ARE OUT OF MY CONTROL

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## CONTROL



THINGS I WORRY ABOUT THAT I HAVE CONTROL OVER

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# PART 2: I HAVE CONTROL OVER MY LIFE

WHAT ARE SOME WAYS I CAN ACCEPT THE THINGS I CANNOT CONTROL?  
(FOR EXAMPLE: FORGIVE, SET A BOUNDARY, PRACTICE SELF-CARE, PRAY, ETC.)

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WHAT DO I NEED TO DO ABOUT THE THINGS I CAN CONTROL? (LIST ACTION  
STEPS TO TAKE AND BE SPECIFIC.)

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