

What's Actually in My Control?

Humans spend an impressive amount of time thinking about things we cannot control. Take everything currently occupying space in your brain and put it somewhere on this page.

I CAN CONTROL THIS

Things that depend primarily on my own choices and actions:

- ☐ WHAT I DO NEXT
- ☐ HOW I TREAT OTHERS
- ☐ THE EFFORT I MAKE
- ☐ HOW I SPEND MY TIME
- ☐ WHETHER I ASK FOR HELP
- ☐ WHAT I SAY
- ☐ THE BOUNDARIES I SET
- ☐ _____
- ☐ _____

I CAN INFLUENCE THIS

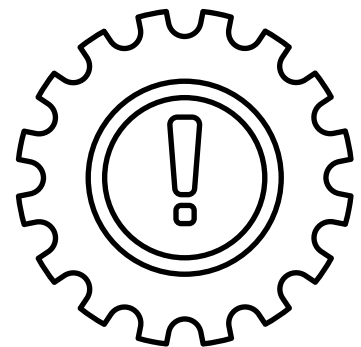
I have some effect on these things, but I don't get to determine the outcome:

- ☐ MY RELATIONSHIPS
- ☐ HOW OTHERS UNDERSTAND ME
- ☐ MY PERFORMANCE
- ☐ OTHER PEOPLE'S DECISIONS
- ☐ WHETHER SOMEONE ACCEPTS MY REQUEST
- ☐ _____

THIS IS NOT MINE TO CONTROL

I may care deeply about these things. I still don't control them.

- ☐ WHAT OTHER PEOPLE THINK ABOUT ME
- ☐ OTHER PEOPLE'S BEHAVIOR
- ☐ OTHER PEOPLE'S FEELINGS
- ☐ THE PAST
- ☐ WHETHER LIFE IS FAIR
- ☐ UNEXPECTED EVENTS
- ☐ WHETHER SOMEONE LIKES ME
- ☐ OUTCOMES AFTER I'VE DONE WHAT I REASONABLY CAN



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PART 2

Now Look at Your Lists

Which category receives most of your mental energy?

What are you repeatedly trying to control that isn't actually yours to control? _____

Is there anything in the “influence” category that you've been treating as though you can guarantee the outcome?

Is there something you can control that you've been avoiding while worrying about things you can't? _____

Choose one thing from the “NOT MINE TO CONTROL” category. What would letting go of control actually look like—not emotionally, but behaviorally?

I will stop: _____

I will start: _____

When my brain returns to it, I will remind myself: _____

You don't have to stop caring about something to stop trying to control it.