

My Control

Look at the areas listed in the table below. Write each one of them into the box you feel they fit; either 'Things I Can Control' or 'Things I Can't Control'.

You can then put this up in your room or home to remind you of the things you can actually control and to focus on these.

Things I Can Control	Things I Can't Control

how other people feel	what other people do	how I look after myself	other people's opinions
getting older	what I say	traffic	the weather
what I do	what I wear	what I eat	who I play with
my opinions	my thoughts	my words	how I behave
what other people say	what other people think	how other people feel	what other people believe