Control vs Out of Control

It is easy to focus and become anxious about things we cannot control. This chart is to help us remember that there are just as many things in our control as out of our control.

Young Adult

Things I Can Control

- My Emotions
- How I React to a Situation
- My Actions
- What I Say to Other People
- My Thoughts

Things I Cannot Control

- How Others Feel
- What Others Do
- How Others Act
- What Others Say
- How Others Think