

# Circle of Control

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Many of us, when anxious, will try to find things we can control. This is due to feeling out of control or overwhelmed. This activity is designed to help you identify what you have control over versus what you do not have control over. Think of your most anxiety-provoking situations, and use the circles to identify what you have control over and what is not in your control. Process this further with your therapist for ways to focus more on what you can actually control. This will help lessen your anxiety and overwhelming feelings.

