

CIRCLE OF CONTROL

Directing energy towards what can be chosen or influenced

AT A GLANCE



The model separates what is within our control, what we may influence, and what lies outside both. It helps turn worry into proportionate action.

KEY IDEAS

CONTROL

My actions, choices, words, boundaries and self-care.

INFLUENCE

Relationships, routines, learning and the support I offer.

OUTSIDE CONTROL

Other people's choices, the past, events and outcomes.

WISE RESPONSE

Accept reality, focus effort and release responsibility that is not yours.

WHY IT MATTERS



Energy spent trying to control the uncontrollable can increase anxiety and helplessness. Clearer boundaries support steadier choices.

PUTTING THE IDEA INTO PRACTICE

1

NAME IT

Write the concern in one clear sentence.

2

PLACE IT

Which circle does it belong in today?

3

ACT

Choose one realistic action within your control.

4

RELEASE

Practise allowing the remainder to be uncertain.

REFLECTION PROMPTS

1

What am I trying to control?

2

Where could my influence be useful?

3

What can I gently put down today?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.