

Circle Of Control

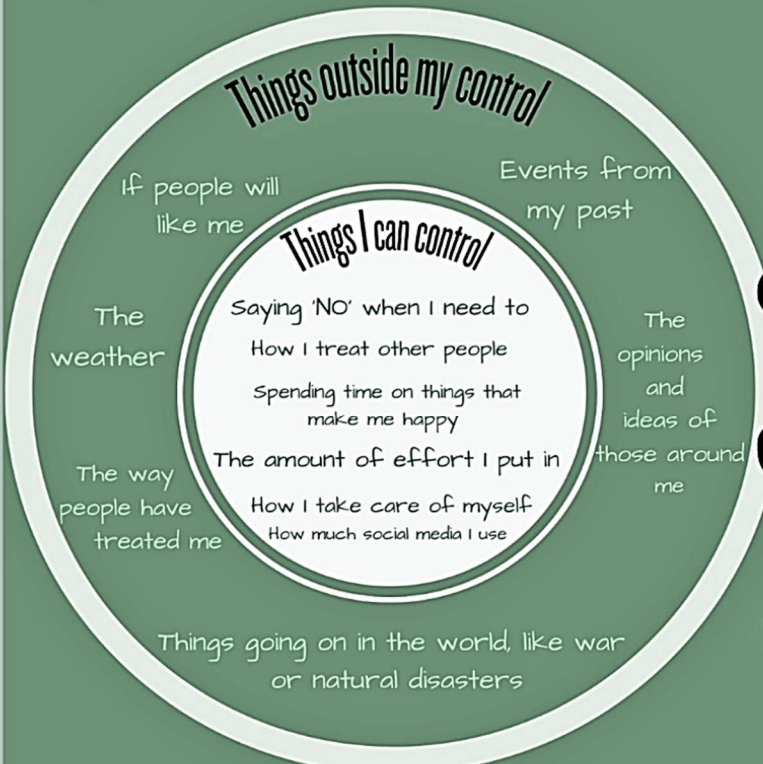
Taken from the Autism Coping Skills Workbook for Women

THOUGHTS THAT MIGHT HELP

What can I control?



The experience of anxiety is normal.
Anxiety it is just one part of a whole range of emotions.
Sometimes it helps to think about what we can control so that our worries are focused **towards** problems we can work on, and **away** from feelings that may prevent us from moving forward and doing the things we want or need to do (meaningful occupations).



let go of what you can't control

be gentle with yourself

focus on the present moment

You could add your own examples to the circles above.
What can you control? Who can you ask for help?
What do you worry about that is outside of your control? What could you do instead?



Notes