

# THE CIRCLE OF CONTROL

## WORKBOOK



**A Simple Yet Powerful Exercise to Help You  
Reduce Anxiety, Increase Your Confidence,  
Raise Your Self-Esteem and Generally Make  
You Feel a Little Bit Happier**

# WELCOME!

You know those times when our brains just seem to go into overdrive when we're thinking about just stuff, whether that's work or school...

Or, something that's happened that just makes us feel anxious, almost makes your head hurt and stops you from focusing...

I'm sure, you know what I mean! It's not a good feeling.

Well, I'm going to show you a brilliant exercise that's going to help you to feel a lot better about yourself

It's called The Circle of Control and it is going to help you reduce your anxiety, increase your confidence and generally make you feel a little bit happier

Let's get started!

## Karen Cruise

Founder, Flourished Minds



karen@flourishedminds.co.uk



+447725 766100



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## THE CIRCLE OF CONTROL

### STEP 1: LIST YOUR THOUGHTS

The first thing you're going to do is write a list of all of those things you are constantly worrying about. All The stuff that's stressing you out that's making you unhappy, that's making you miserable. Don't worry about spelling or anything like that. Just write, let it flow.



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### STEP 2: RECOGNISE WHEN YOU TEND TO HAVE THESE THOUGHTS

Write down when you tend to have these thoughts the most. Is it in the evening? Is it in the morning? Is it after you've been with a particular person?

### STEP 3: CONSIDER WHY YOU HAVE THESE THOUGHTS

Write down why you think you have these thoughts.  
Don't spend too much time on this. Don't overthink your answers.

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### **STEP 4: DESCRIBE HOW YOU FEEL WHEN YOU HAVE THESE THOUGHTS**

Write down 3 to 5 words that describe how you feel when you have these thoughts

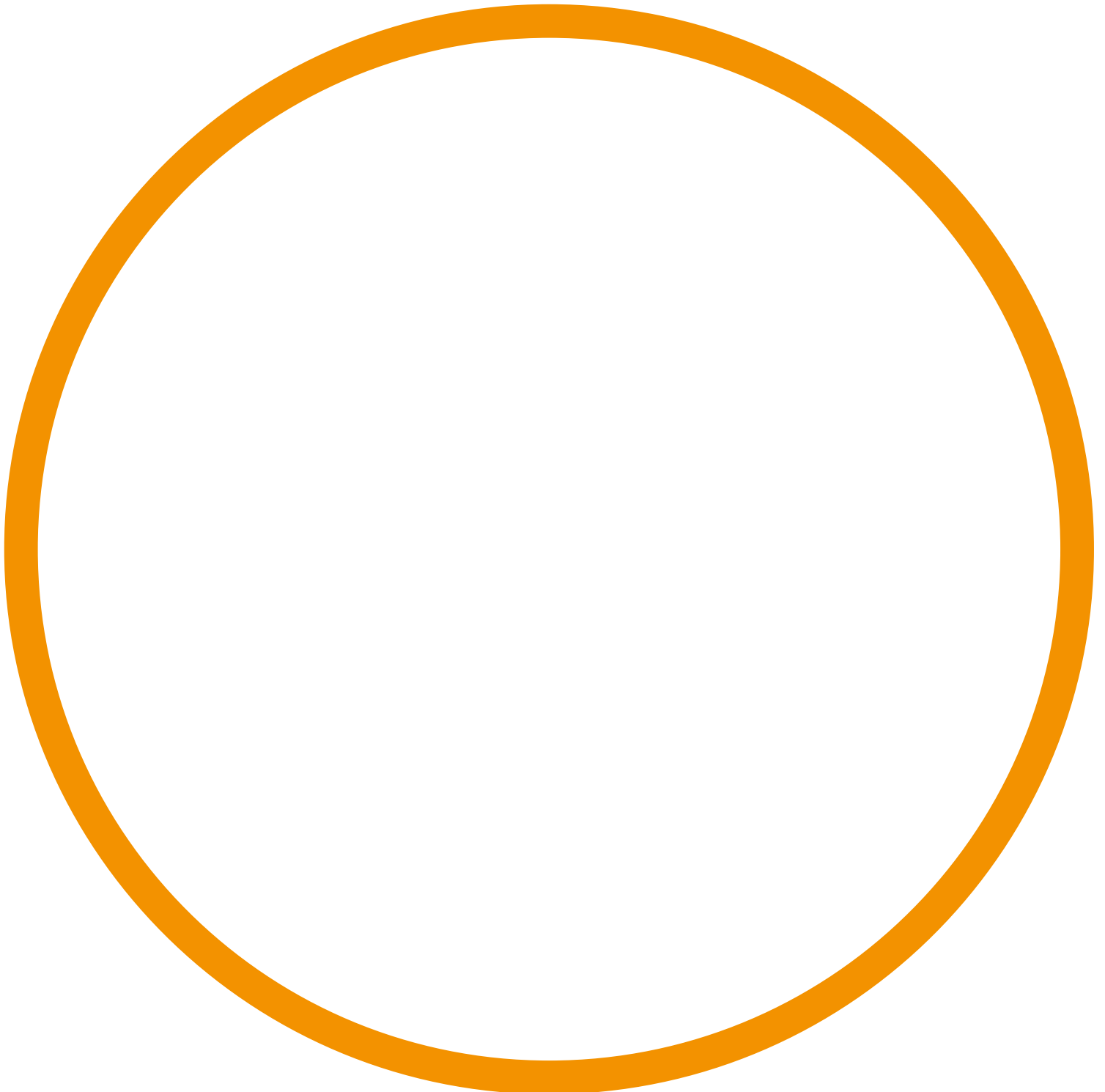
### **STEP 5: DESCRIBE HOW YOU WOULD PREFER TO FEEL**

Write down 3 to 5 words that describe you would prefer to feel.

## THE CIRCLE OF CONTROL

### THINGS I CAN'T CONTROL

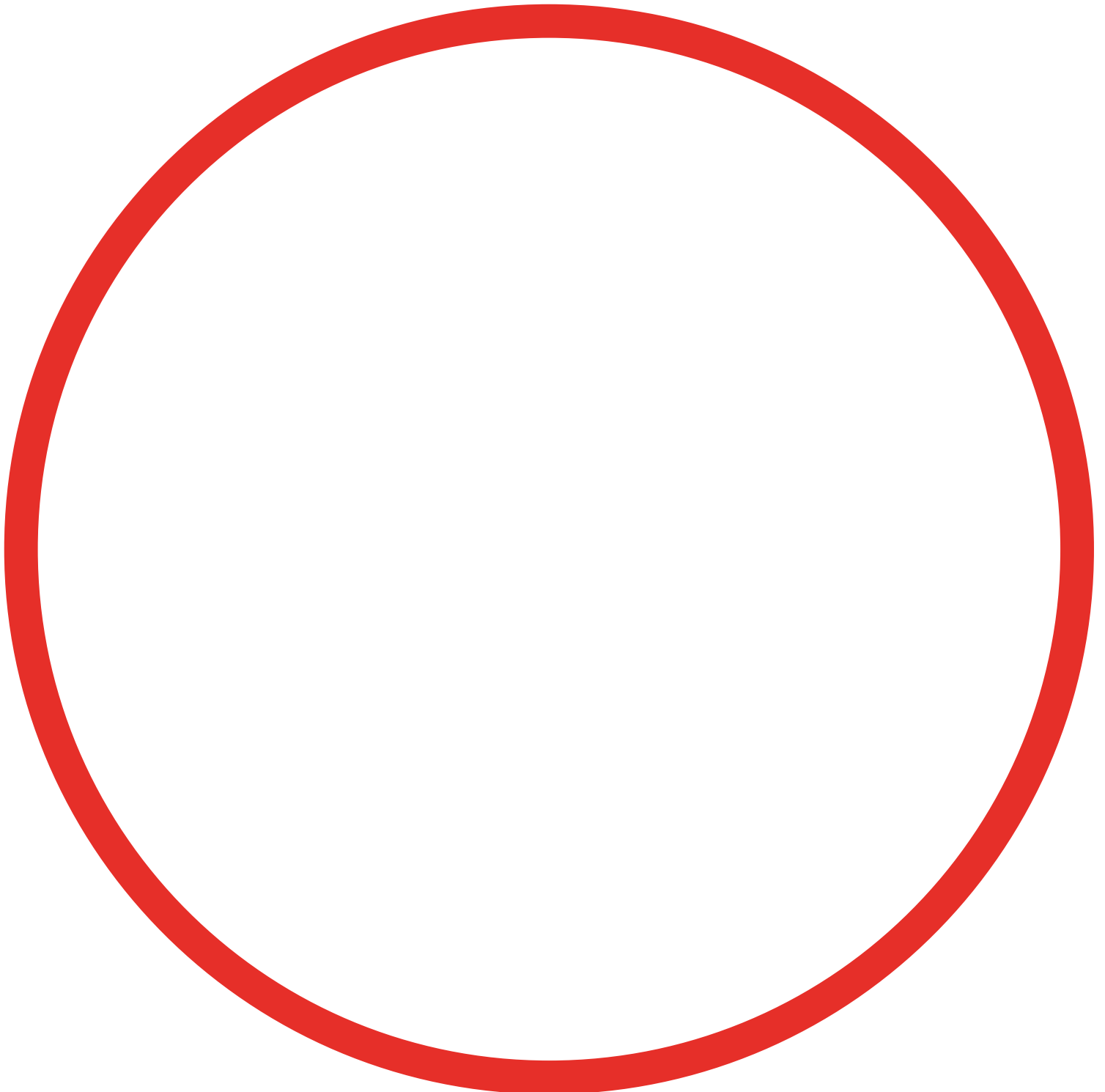
Go back to that first list that you made and add all the things that you **cannot** control into this circle.



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### THINGS I CAN CONTROL

Go back to that first list that you made and add all the things that you **can** control into this circle.





## NEED MORE HELP?

I provide coaching for young people and their families.

I'd be more than happy to help you with any queries you have relating to this exercise or you can contact me to discuss some of the other techniques I use to help our young people manage issues around lack of confidence, anxiety, self esteem.

**Just drop me an email at:** [karen@flourishedminds.co.uk](mailto:karen@flourishedminds.co.uk)

**Or, give me a call on** 07725 766 100

### Karen Cruise

Founder, Flourished Minds



[karen@flourishedminds.co.uk](mailto:karen@flourishedminds.co.uk)



+447725 766 100

