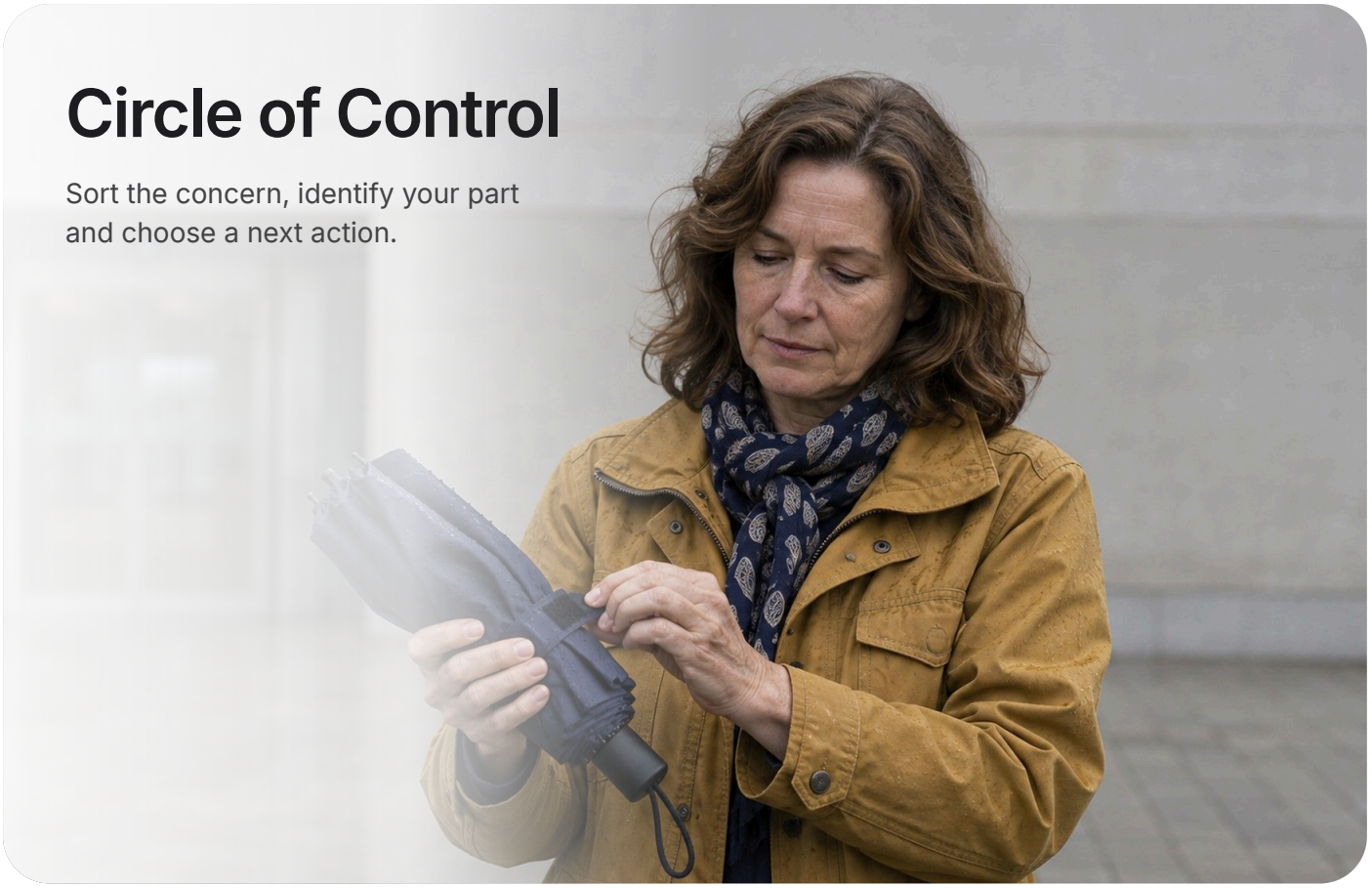
Circle of Control

Sort the concern, identify your part and choose a next action.



WHY IT HELPS

A circle of control sorts a concern into what you can choose, what you can influence and what you do not decide. This printable uses a numbered worry list and three rings to make that distinction visible.

HOW TO USE IT

List and number worries	Write one concern per row and split any item with several parts.
Place the numbers	Use the rings for your choices, shared influence and outcomes outside your decision.
Act and review	Choose a next step, date it and keep the earlier notes when reviewing.

INSIDE

2	Example: Nina's family visit	3	Numbered worry list
4	My three-ring map	5	Action record
6	Map review		

A number on the map points back to the full worry in your list.

Example: Nina's family visit

MY CHOICES

1 Pack my bag. 2 Send my arrival message.

SHARED INFLUENCE

3 Agree on a meeting time.

OUTSIDE MY DECISION

4 The weather on travel day.

MY NEXT ACTIONS

Pack after dinner. Offer two meeting times and record the reply.

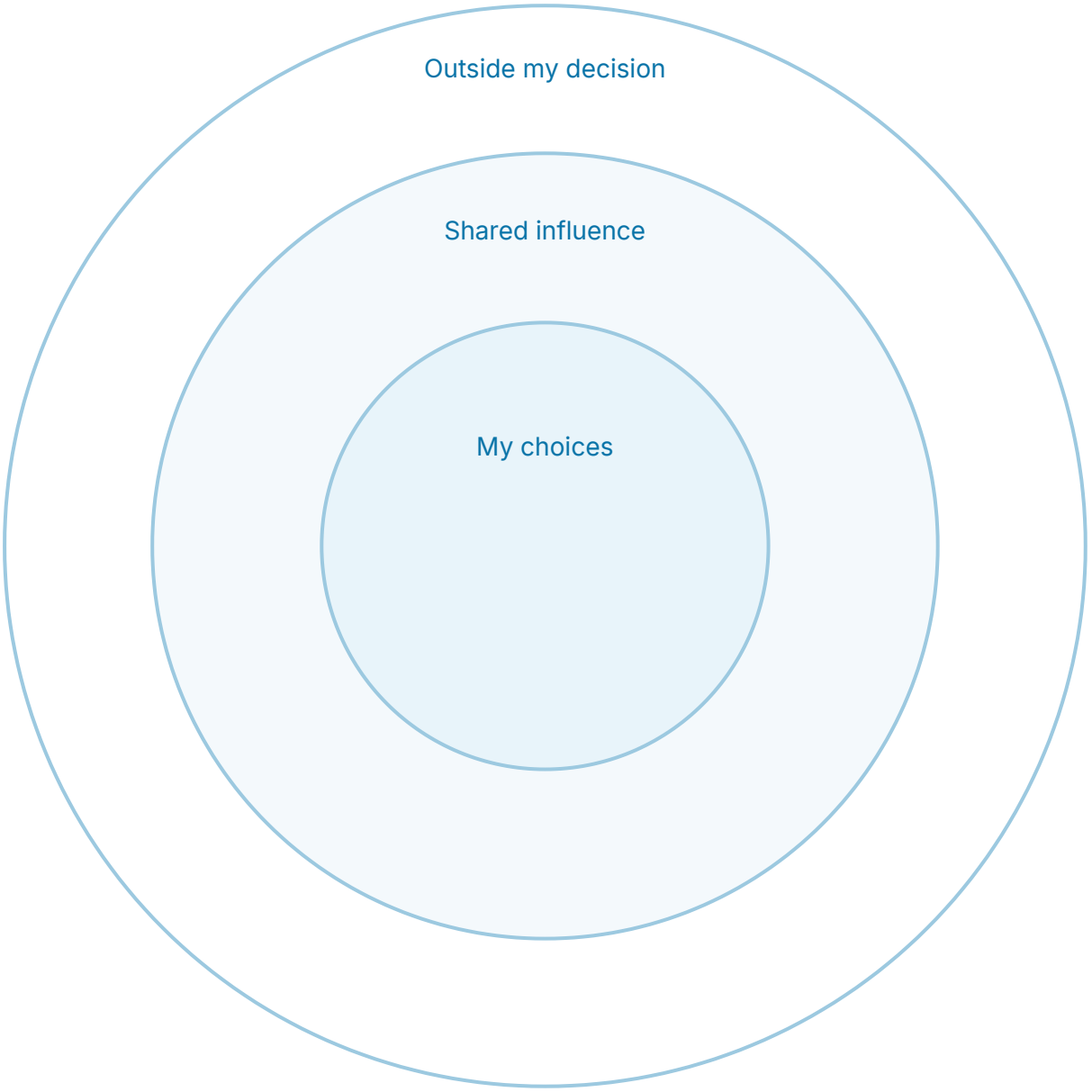
Numbered worry list

ONE CONCERN PER ROW

NUMBER	THE CONCERN, WITH SEPARATE PARTS SPLIT OUT

My three-ring map

DATE AND SITUATION



Action record

WHAT I CAN CHOOSE OR CONTRIBUTE

WORRY NUMBER	NEXT ACTION	WHEN	WHAT HAPPENED

Map review

COUNT IN EACH RING AND WHAT I NOTICE

WHAT I TRIED, WHAT CHANGED AND WHAT TO REVISIT

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.