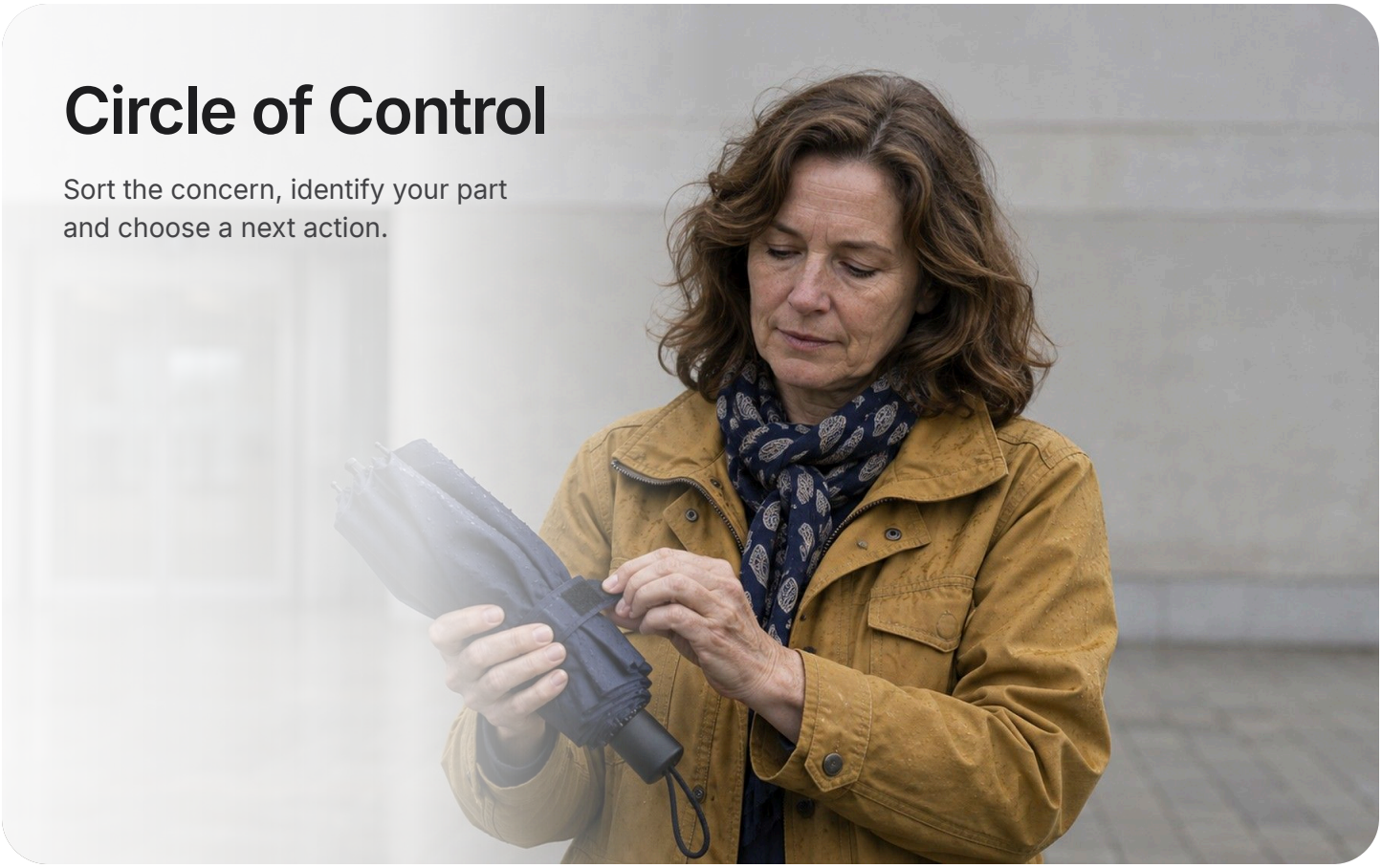
# Circle of Control

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


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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.

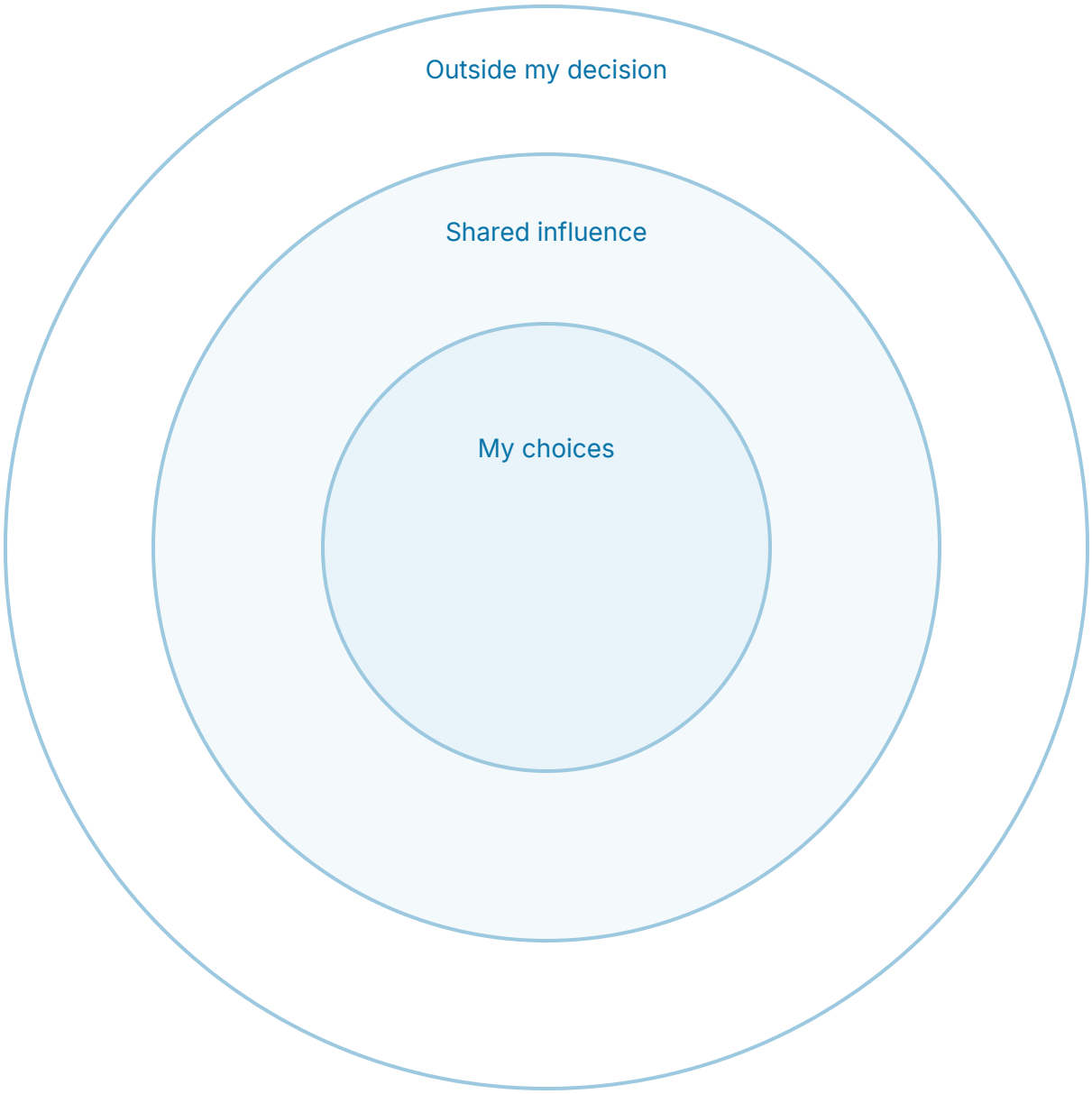
# Numbered worry list

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 |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
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| | | | |

# 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.