

I Can/Can't Control

A hard lesson to learn is that you **cannot control** most things. This activity lets you identify the things you can control and the things you cannot control. It can be done with a partner or by yourself so you can reflect on any situations that you both struggle with.

I Can Control...		I Can't Control...	
	My Thoughts		Other people's thoughts
	My Happiness		Other people's opinions
	Who I choose to spend time with		Other people's actions
	My Interests		The weather
	My Actions		The problems and issues in the world
	The effort I put into things		Other people's emotions

Make a list of other things you <i>can control</i> . Feel free to use examples of things you have experienced.		Make a list of other things you <i>cannot control</i> . Feel free to use examples of things you have experienced.	