

WHAT'S IN MY CONTROL?

Sometimes, it's easy to feel like your life is out of control. Sometimes, it feels like nothing is going right, and you don't even know how to deal with things. But, taking the time to focus and reframe your perspective will show you that there are many things you do have control over. It can be helpful to explore everything you can control to put things in perspective. Remember, these feelings are totally normal; you aren't alone when it comes to this experience. Ask for help, spend time outside, get yourself organized, or engage in your favorite pastime to take a break.

Application: First, look at the following list & ask yourself if you DO or you DO NOT control this.

1) Your height	16) An F on a test
2) What you eat for dinner	7) The time you go to bed
3) Your grades	8) How many tasks you can accomplish in a day
4) The mood of your teacher	9) If someone agrees to go out with you
5) Your SAT score	10) For how long you exercise

Next, review the discussion questions below as a class or with a friend.

Did you find that you controlled or didn't control most things?

Were there some things that you felt were a little of both? Explain.

What patterns did you notice?

Finally, fill in the table with three things you believe people **CAN** control and three that people **CANNOT**.

IN OUR CONTROL	NOT IN OUR CONTROL