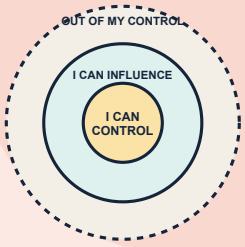
AGES 6–12 PRINTABLE WORKSHEET

What Can I Control?



WHAT THIS IS

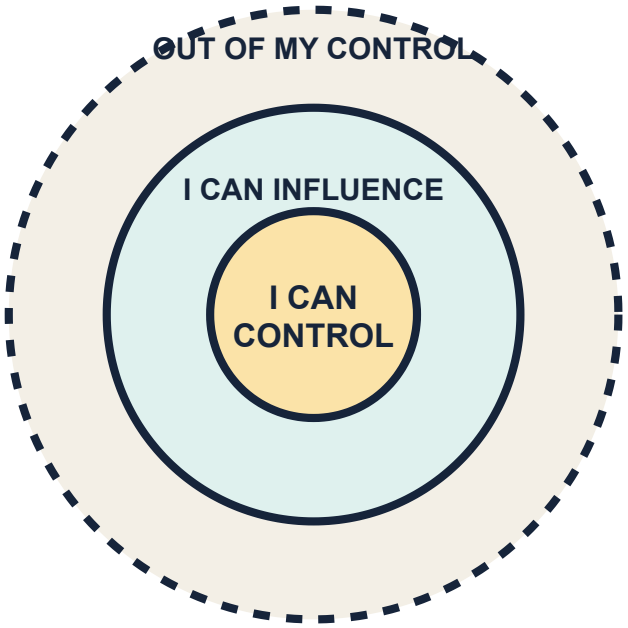
Some things are up to us. Some are not. When we focus on what we can control, worry gets lighter.

HOW TO USE IT

1. Read each item.
2. Write it in the right circle or list.
3. Pick one thing you can do today.

EXAMPLE

"*I can't control the **weather**, but I can control if I bring a **raincoat**.*"



SORT THESE

- My effort
- The weather
- What others say
- How I react
- The past
- My words
- Other people's feelings
- Who I ask for help

I CAN control:

_____

_____

I CAN'T control:

_____

_____

One thing I can do today about something that worries me:

_____

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.