

My Circle of Control

What I Can't Control

What I Can Control



Predicting what will happen

Other people being honest



Being ill

Past mistakes or bad decisions



Routines in society (bus, train, shop timetables, etc.)

Making the right choices



My behaviour and actions

Keeping my hands to myself



Being kind

Asking for help when I need it

Taking care of myself



Working hard and doing my homework

Using different strategies to help me

Apologising if I need to



The friends I choose

My likes and dislikes

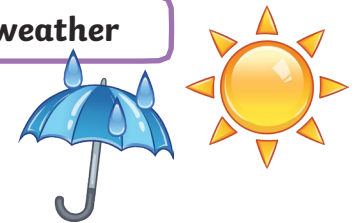


Eating healthily



How other people treat me

The weather



How other people behave

Traffi



What other people think, feel or say