

My Circle of Control

What I Can't Control



Predicting what will happen

Other people being honest



Being ill

Past mistakes or bad decisions



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

What I Can Control



Making the right choices

My behaviour and actions

Keeping my hands to myself



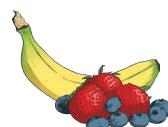
Being kind



The friends I choose



My likes and dislikes



Eating healthily



Working hard and doing my homework



Taking care of myself

Using different strategies to help me

Apologising if I need to

How other people treat me

The weather



How other people behave

Traffi



What other people think, feel or say