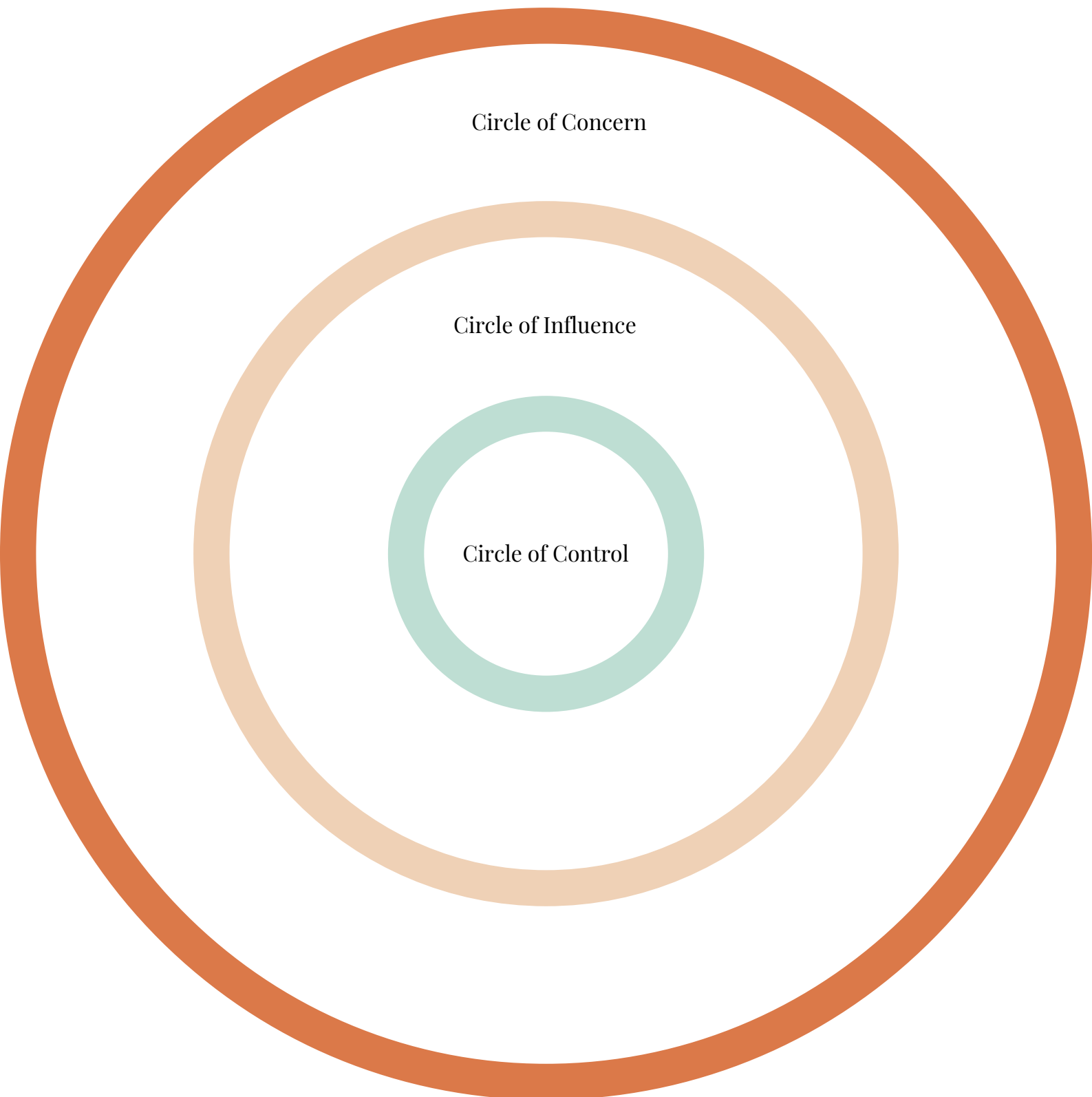




Circles of Control

The ability to look at the way we think about things can help us make informed choices...reducing worry or anxiety about things we have little or no control over - have a go at writing in each ring to get your thoughts on paper.





Circles of Concern – Example

