

STEP ONE

Identify

*What are you worried about?
What makes you anxious?
What leads you to stress?*

Make a list of everything coming to your mind in this column...

How is your worry, anxiousness and stress tied to a lack of control?

For each source of worry, anxiety or stress, list what feels out of control...

STEP TWO

Examine

Notice your patterns:

When you feel worried, anxious, or stressed, how do you respond?

How do you try harder to manage what feels out of control?
(Such as researching, working longer hours, changing habits, etc.)

Where do you try to over-control other areas of your life?
(Such as micromanaging family, work, your schedule, the organization of your home, etc.)

Where do you resort to inactivity, avoiding or distracting yourself from what feels out of control?
(Ex: overindulging in streaming, shopping, video games, social media, etc..)

STEP THREE

Plan Your Experiment

***As you consider the patterns you have identified:
What is one small change you could try (for a limited period of time) to
experiment with releasing control?***

One manageable change I will try...

*(This could be taking a break from one of the ways you identified in Step Two
you try to manage what feels out of control or distract yourself)*

Time frame:

Who is one person you can tell about
your plan to help you follow through?

Some examples to spark ideas...

- For one week, I am going to quit trying to get ahead on tasks late at night.
- For two weeks, I am going to quit spending on the things I typically start shopping for when I feel out of control.
- For 2 days, I am going to offload the app I use to distract myself the most.