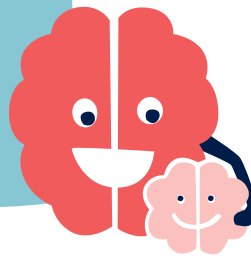


Circle of Control



The Gotcha Circle of Control tool serves as a valuable framework for promoting emotional adaptability. Based on psychological principles, the tool introduces us to the concept, identifying and understanding the factors within our control, termed “What I can control,” and those outside our control, termed “What I can’t control.” By understanding to differentiate between these two circles, we are empowered to focus our energy and efforts on aspects of our lives where we can make a difference. This not only fosters a sense of agency and self-efficacy but also equips us with valuable coping skills to navigate challenges effectively.

Introduce the idea of a Circle of Control to your child using the poster provided to help visualise the concept. Explain that the tool helps us understand what they can and cannot control in various situations.

Discuss the concept of control by asking questions like:

- “What does it mean to be in control?”
- “Can we control everything in our lives?”
- “Are there things that happen in our lives that we cannot control?”
- “Can we control other people?”

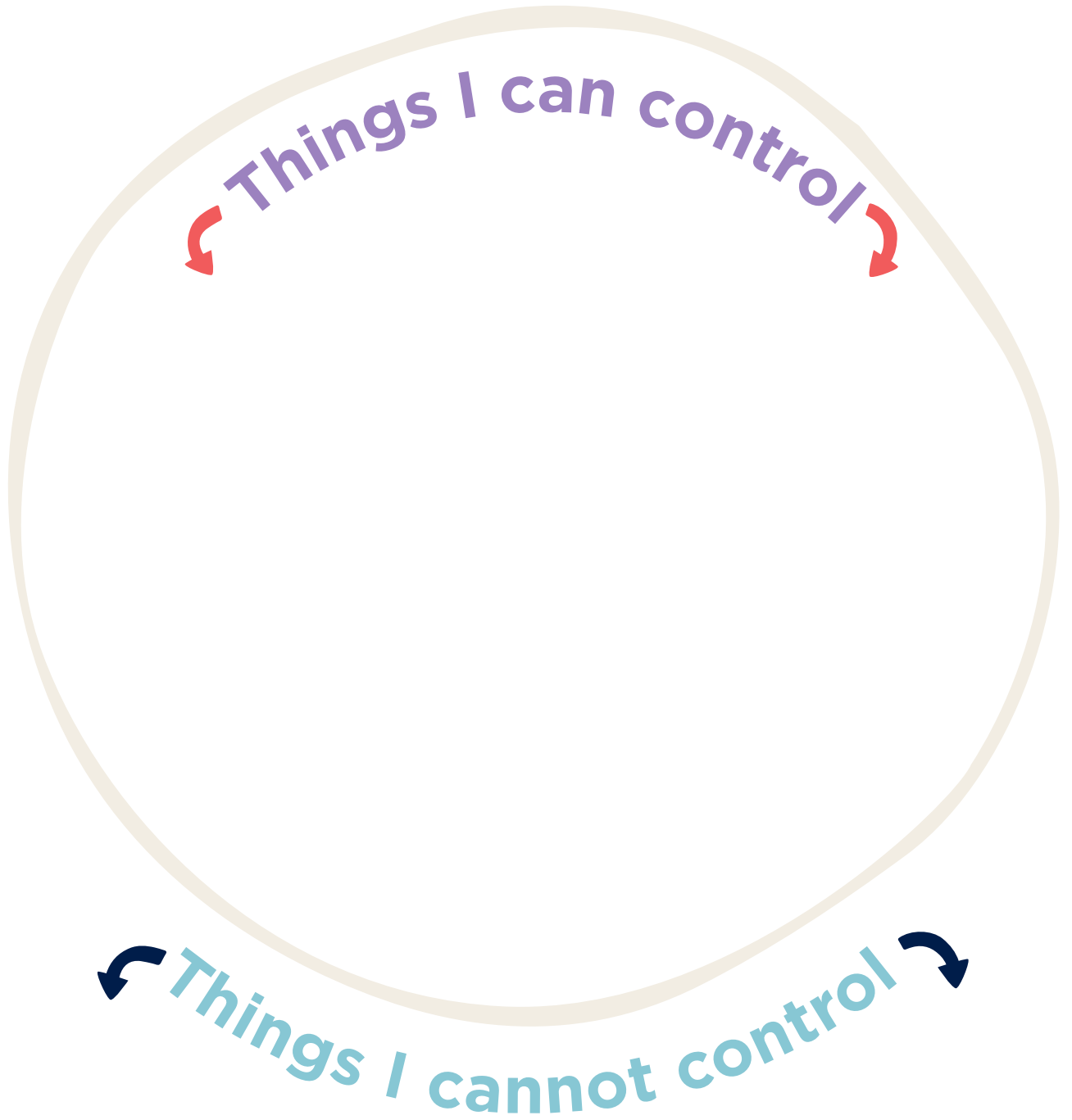
Use the empty circle diagram with your child/children to pinpoint and explore particular issues that might arise and require further exploration. The Circle of Control is a practical and empowering tool that helps families manage their worries, focus on what they can control, and build stronger, more resilient relationships.



Let's build our mental fitness together



Circle of Control



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